

# Aireborough Family Practice

[www.aireboroughfamilypractice.nhs.uk](http://www.aireboroughfamilypractice.nhs.uk)

## Practice Newsletter—Autumn Edition

*Here's some good news*— if you weren't already aware we have replaced the surgery's 0844 number with a local rate number of 0113 3911950. We realised that some of our patients were not happy with having to dial the 0844 number to contact the surgery and so we have sort to get this changed as soon it was possible. We hope that this will make contacting us a little easier on your purse strings.

### Patient Participation Group. Next Patient Group meeting on 14th November 2013 at 7pm

The next PPG meeting will be on Thursday 14th November at 7:00pm here at the surgery.

We would like to invite patients to come along to this friendly and informal group to assist the practice to make improvements, whether these be small or large to the practice. We want your help in assisting us in becoming better at what we do! So if you are interested in coming along, please let reception know.

**Bowel Cancer Awareness** During 2013 we are helping to promote awareness around bowel cancer as it is the second most common cause of cancer deaths in the UK but as adults it's a subject we don't like talking about. If treated early there is a very good chance of recovery. Here are some of the symptoms to look out for: -

- ◆ Bleeding from your bottom/or blood in your poo
- ◆ A pain or lump in your tummy
- ◆ A change in bowel habit lasting 3 weeks or more—especially loose or runny poo
- ◆ Extreme tiredness for no obvious reason
- ◆ Unexplained weight loss

Remember that most of these symptoms may not necessary mean it is bowel cancer. However, if you have one or some of these symptoms, please make an appointment with a doctor or call the Bowel Cancer UK Information and Support Service on 0800 840 3540 or email—[support@bowelcanceruk.org.uk](mailto:support@bowelcanceruk.org.uk)

## HEALTH CHECKS FOR OVER 40's

If you are 40+ we are offering a free health check book an appointment with one of our practice nurses, which incorporates checking for heart disease and diabetes. Please see reception for further details and for booking an appointment. We also offer a specific health check for patients aged 65+ .

**Heath Factoid**—Did you know in a lifetime, the average person produces about 25,000 quarts of saliva, enough to fill two swimming pools—Lovely!

**Its Flu season time**—if you are would like to be vaccinated this year, please speak to a receptionist to see if you are eligible for this.

**Are you 70 or 79? Did you know you can be vaccinated to help prevent shingles!!** Please ask the nurse or doctor for further information.

**Are you aware** that you can order your repeat prescriptions and make appointments on line via our website—[www.aireboroughfamilypractice.nhs.uk](http://www.aireboroughfamilypractice.nhs.uk)? If you wish to make use of this service—please ask reception for details.

### Opening Times - Surgery and Clinic

#### Opening times:

**Monday: 8:00am—6:30pm**

**Tuesday: 7:30am—6:30pm**

**Wednesday: 8:00am—7:30pm**

**Thursday: 8:00am—6:30pm**

**Friday: 8:00am—6:30pm**

#### Clinic times:

**Monday: 8:10am—6:10pm**

**Tuesday: 7:40am—5:50pm**

**Wednesday: 8:30am—6:50pm**

**Thursday: 8:30am—5:50pm**

**Friday: 8:00am—5:50pm**

**Lloyds Pharmacy at Silver Lane is open from 8:30am until 7:00pm Monday to Friday.**

## New Local Rate Telephone Number : 0113 3911950



We appreciate that life is very hectic and we are all busy with day to day activities. So as a way to help you remember your appointment time we have a new service. We send an alert text message reminder to your mobile the day before your appointment. If you wish to benefit from the excellent service, please see reception to ensure we have your up-to-date mobile number.

## Guide to the NHS—Clinical Commissioning Groups or CCG's

We are all aware that the NHS is under going radical changes. These changes are having an impact on GP practices. Here is a quick guide to Clinical Commissioning Groups or CCG's. Our practice belongs to LNCCG (Leeds North CCG) which consists of 31 practices in this locality. There are a further two CCG's in Leeds—Leeds West and Leeds South and East. We are all working together buying and designing local care services which include emergency and urgent care, mental health, learning disability, community health - including health visitors, district nurses, maternity services—to name a few. Each CCG is given a budget based on their population to buy the most appropriate health care for the people they look after. The Government hopes that through this change local GP's and clinicians will have more direct influence over the healthcare services in terms of quality and so allow more effective use of NHS resources.

How will this affect you? Hopefully, as your GP, we will have more influence over health care services available to you. You are able to go to the CCG's public meeting to give your views and concerns and to talk to the people who have made decisions regarding healthcare in our community. For further details please go to LNCCG website— [www.leedsnorthccg.nhs.uk](http://www.leedsnorthccg.nhs.uk)

We hope this has helped to explain briefly what has been happening with some of the changes in the NHS.

If you require medical advice out of hours you can call 111 or if you need an ambulance you can still call 999.

**Dementia Awareness** - During 2013/14 we are raising awareness with regards to dementia. 1 in 3 people over 65 will develop the condition. Evidence shows that improving lifestyles can help to reduce the risk of developing dementia as well as other illness such as heart disease, stroke, diabetes and kidney disease. Dementia symptoms can vary but common symptoms are forgetfulness, difficulty managing tasks eg. writing a letter, feeling confused in familiar surroundings, depression, agitation or aggression. Of course these symptoms do not necessarily indicate dementia but if you recognise any of these symptoms in you or a friend/relative and are concerned, please book an appointment with a doctor. [www.alzheimers.org.uk](http://www.alzheimers.org.uk) or **Dementia helpline—0300 222 11 22**

**Health factoid—The human brain cell can hold 5 times as much information as the Encyclopedia Britannica.**

### OSTOMY AND STOMA PRESCRIPTIONS

Were you aware that the local pharmacies have access to the complete range of ostomy and stoma products? From the point of ordering to getting them in stock can take less than 24 hours and all offer a free home delivery service. All of the local pharmacies offer the repeat ordering service to help take out the burden of remembering to order items in time. Please feel free to speak to any of the Pharmacists for further details.

**Repeat Prescriptions** . As the reception desk is extremely busy we are only able to take requests for repeat prescriptions between 11:30am—3:00pm and these will be ready to collect after 5:00pm the following day.