

Aireborough Family Practice

www.aireboroughfamilypractice.nhs.uk

Patient Participation Group. Next Patient Group meeting on 20th March 2014 at 7pm

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. If you are interested in coming along, please let reception know.

Antibiotics and You

Antibiotics are important medicines. They help to fight infections that are caused by bacteria but, of more recent times, antibiotic resistance has become a major problem. Antibiotic resistance is driven by overusing antibiotics and prescribing them inappropriately.



- Inappropriate use includes not completing a course of antibiotics as prescribed
- Inappropriate prescribing includes unnecessary prescribing by your Doctor or Nurse

Colds, sore throats and chest infections are usually caused by viruses and antibiotics are not effective in helping you get better. The practice will often refuse to prescribe antibiotics if you request them.

If you feel like you need antibiotics for an infection, please book a telephone or face to face consultation with a doctor.

Do you take all the medications you order on repeat?

Surprisingly many of us don't. It is estimated that at any one time £90 million worth of unused prescription medicines are being retained in individuals' homes across the UK which is a staggering amount. Around half of the UK population do not take or use their medicines as prescribed. During 2014 we are asking patients to consider the following -

- Only order what they need
- Return their unwanted medicines to their pharmacy for safe disposal
- Take their medicines with them when they go into hospital
- Have regular reviews of their medicines with their GP, practice nurse or pharmacist
- Discuss any medication issues with their GP or pharmacist

We know that with your help we can reduce the amount of unwanted/unused prescribed medications and put the saved resources towards helping fund other necessary services within the NHS at community level.

Did you know we can send you a reminder for your surgery appointments via your mobile? If you would like to benefit from this service, please check with reception that we have your mobile number.

Heath Factoid

—People who laugh a lot are much healthier than those who don't. Scientists have found that laughing lowers levels of stress hormones, and strengthens the immune system. Six-year-olds have it best - they laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.



Are you aware that you can order your repeat prescriptions and make appointments on line via 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.

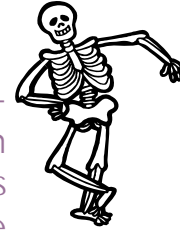
Local Rate Telephone Number : 0113 3911950

Help needed for teaching students. Most Thursday mornings between 9am—10am we are involved in teaching students at the practice how to examine patients. We need to show them what 'normal' looks and feels like. If you would like to volunteer and are fit and healthy, please speak to reception for further details.

TXT 2 U We offer a text messaging service where by we can text you information to do with your medications and messages from the doctors etc. If you wish this make use of this service please speak to reception so they can up date your records.

Aches and Pains?

We are always looking for ways to improve our services to patients and for 2014 we are working with Keele University studying disorders of the bones, joints and muscles. These conditions, although are quite common, are little understood. The outcome of this study is to try and find the best treatment for these conditions. We will be asking you for your help and we will provide you with further details at this time.



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

Cyber Bullying The internet is a fantastic invention but it does have its negatives. Bullying by use of the internet is on the increase and young people are targets of 'cyber bullying'. What is it? Cyber bullying is any form of bullying which takes place online or through your mobile phone. Cyber bullying is rife on the internet and sadly most young people will experience it at some time in their life. What can you do if you or your child have experienced this? Don't keep this bullying to yourself. Don't reply to the email/instant message or delete it, get your parents or a friend to forward the whole thing to the sender's Internet Service Provider. The Police also need to be informed as they are able to trace who and where the messages are coming from. Remember stay safe whilst using the internet. Don't give out your personal details like name, address, phone number or school. If you are worried or concerned about anything to do with bullying or if you have been made to feel uncomfortable about talking in chat rooms—speak to someone—your parents, teacher, your doctor or nurse. There is always someone to help you. Please check out The Beat Bullying Group—www.thebbgroup.org and Mindfull—www.mindfull.org@MindFullUK

Health factoid— Did you know ... It takes an interaction of 72 different muscles to produce human speech and the attachment of the human skin to muscles is what causes dimples.

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.

We are sure you will agree that ordering all your repeat prescriptions from one place makes sense and will help give you peace of mind.

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.