

# Aireborough Family Practice

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

## CHANGE TO OPENING HOURS and APPOINTMENTS

To ensure that we are continuing to offer a good service to our patients we would like to remind our patients that we open from 7:30am on Monday and Tuesday mornings and open until 7:30pm on Monday evenings. All other times are from 8:00am until 6:30pm.

We pride ourselves in offering our patients all care under one roof. We will not send you elsewhere to see a doctor for a routine appointment.

ALL appointments offered are in house where the

### DOCTORS KNOW YOU AND YOU KNOW THEM.

We also ensure that all children under the age of 10 years are seen within the same day and where possible within 2 hours.

## NEW GENERAL PRACTITIONER FROM JANUARY 2016

We are very pleased to announce we have a new Doctor join our practice. Dr Lawton has previously worked in a busy Leeds inner city practice for a number of years and has lots of experience in general practice. You are able to make an appointment to see Dr Lawton Wednesday, Thursday and Fridays. She also has an interest in Family Planning and Contraceptive Advice.

## When you have a cold or flu, antibiotics are not for you!

Antibiotics are important medicines that treat infections caused by bacteria. However some bacteria has become resistant and antibiotics no longer work. If you have a cold or flu you should see your local pharmacist who will offer help and advice and when necessary they will advise to see a doctor. Antibiotics do not work for viruses which cause most coughs, colds and sore throats. Please do not expect a prescription every time you see a Doctor.

Health Factoid— Cash machines are as dirty as public toilets British research as shown. Swab tests from both areas have confirmed the same bacteria which causes sickness. Urrgh!!!



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

### Opening Times - Surgery and Clinic

#### Opening times:

**Monday: 7:30am—7:30pm**

**Tuesday: 7:30am—6:30pm**

**Wednesday: 8:00am—6:30pm**

**Thursday: 8:00am—6:30pm**

**Friday: 8:00am—6:30pm**

#### Clinic times:

**Monday: 7:40 am—7:15 pm**

**Tuesday: 7:40am—5:50pm**

**Wednesday: 8:10am—5:50pm**

**Thursday: 8:10am—5:50pm**

**Friday: 8:10am—5:50pm**

We have had our CQC inspection October 2015 however we haven't received our report. As soon as we do we will let you know.

## Local Rate Telephone Number : 0113 3911950

As from June 2015 all patients are allocated a named GP. This does not affect which doctor you see in the practice. If you wish to know who is your allocated GP—please ask reception.

**Any Suggestions??** We are always looking for ways we can improve as a practice. If you think there is something we can get better at or improve on we are happy to hear from you.

Please ask at reception for a 'Suggestions' form to complete and hand in.

### NEW— ON THE DAY Clinic

We are sure you will agree with us that over the past few months Clinics have become increasingly busy. To help cope with the increase in demand for appointments we are introducing a On The Day clinic which will be run by Sally Howarth - practice nurse.

Sally has undergone training and is qualified to see patients with problems which don't necessarily have to be seen by a doctor ie Coughs, Colds, Constipation, Diarrhoea, Earache, Sore throats etc. Initially, appointments for Sally's 'On The Day' clinic are being held on Monday afternoons 4 - 6:30pm. The receptionist/doctors may offer you an appointment to see Sally as an alternative to a doctor appointment.

### YEAR OF CARE

Aireborough Family Practice, are constantly looking to improve care for our patients. We feel it is important for patients to feel more involved with their own health especially for patients with long term conditions. These are health problems like diabetes, COPD & heart disease, which, once developed, are usually with us for life. To enable patients to feel empowered in improving their health we are offering a new style of appointment.

We call this 'Year of Care' or 'YoC'.

Patients who may have one or more long term condition are offered an appointment called 'Data Gathering' with one of the nurses who will obtain their height, weight, blood pressure, blood tests and other basic information. The results of these tests will be posted beforehand to give the patient time to consider if and how they can improve before their follow up appointment with a nurse. This appointment is called 'Care Planning'. The nurse will discuss the results and will help in setting a goal and how to achieve the results you want along with any support if required. If you feel you would like to benefit from YoC, please make an appointment with a practice nurse.

**Health Factoid**— Don't have time for your morning coffee? Try a piece of chewing gum instead to help feel more alert. Researches at Coventry University have discovered that chewing mint flavoured gum could dramatically decrease feelings of tiredness. Meanwhile separate research studies have suggested that chewing gum can improve memory by 35%.



**Repeat Prescriptions** . As the reception desk is extremely busy we are no longer able to take repeat requests over the telephone. You can still order via pharmacy of your choice, on-line or over the counter.