

# FMC NEWS

## Winter 2010

Welcome to the eleventh edition of our Patient Newsletter. We are committed to publishing one every quarter to improve communications with our patients. **Past editions of all newsletters are on display in our main waiting area as some of the content may still be of use to patients.**

We are **closed** for TARGET from **12 noon** on the following dates:  
Tuesday 11<sup>th</sup> January, Tuesday 1<sup>st</sup> February, Tuesday 1<sup>st</sup> March  
Please remember that we are **closed every Wednesday** between 12.30pm & 1.30pm.

## Bank Holiday Closures

Friday 24<sup>th</sup> December – we will be closing at 4pm.  
Closed: Monday 27<sup>th</sup> December, Tuesday 28<sup>th</sup> December  
and Monday 3<sup>rd</sup> January 2011

## Repeat Prescriptions

The practice is normally extremely busy over the festive period so please remember to put in any repeat prescriptions you may require in plenty of time!

## Addiction Dependency Solutions

The ADS centre in Leeds offers advice, information and counselling for people with **Alcohol** and **Drug** problems.

They run support groups for abstainers, families and friends of drinkers and drug users and those attempting to either cut down, control or stop using.

Our doctors are able to refer patients to the centre or people can contact ADS direct for further information and support.

18 East Parade, Leeds, LS1 2BH Tel: 0113 247 0111

Web: [www.adsolutions.org.uk](http://www.adsolutions.org.uk)



**DID YOU KNOW THAT - AGE CONCERN AND HELP THE AGED ARE NOW CALLED "AGE UK"**

The Age UK Group works to improve later life for everyone by providing life-enhancing services and vital support. They aim to improve later life for everyone through their information and advice, campaigns, products, training and research.

Growing older doesn't come with a manual, so if you or anyone you know needs information or advice on anything from health to housing, call the free national information line on 0800 169 6565. It is open 365 days a year from 8am to 7pm. Alternatively you can visit their website on [www.ageuk.org.uk](http://www.ageuk.org.uk)

## So you want to STOP SMOKING?

We run Smoking Cessation Clinics at the Practice to help and support you or alternatively you can contact Leeds NHS Stop Smoking Services on **0800 169 4219** or text 'Quit' to 07811kickit / **07811542548**.

Congratulations to our smoking advisors Christine & Yasmin who have again achieved the best results in Leeds for helping people quit smoking through providing support from within a GP surgery.

## Give Blood

**You could save someone's life today**

The NHS blood & Transplant team work hard to build and maintain stocks of blood and blood products.

Regular sessions for donating blood are held in Morley Town Hall. Details are displayed in the Practice on the notice board next to our reception desk.

Or you can visit [www.blood.co.uk](http://www.blood.co.uk) or call **0300 123 23 23**



**GRIFFITHS & HARTLEY**  
PHYSIOTHERAPY & SPORTS INJURIES

Welcome to Darren Griffiths and John Hartley who have recently taken space on the first floor of the building to run a *private* Physiotherapy & Sports Injuries business. Their team includes physiotherapist Vicky Johnson and administrator Claire Shuttleworth.

For further details, advice or to book an appointment  
Tel: **07789 223622** Email: [info@griffithsandhartley.co.uk](mailto:info@griffithsandhartley.co.uk)  
Website: [www.griffithsandHartley.co.uk](http://www.griffithsandHartley.co.uk)

## Staff News

Congratulations to Dr Lynsey Fielden on the safe arrival of a baby daughter.

Welcome to Christine Midgley who joined our nursing team as a clinical support worker in November.

Congratulations to Dr Suzie Henstock who has now become a Partner in the Practice.

**Watch out for our Spring edition in March 2011!**