

# FMC NEWS

## Autumn 2010

Welcome to the tenth edition of our Patient Newsletter. We are committed to publishing one every quarter to improve communications with our patients. We have past editions of all newsletters 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 7<sup>th</sup> September, Tuesday 5<sup>th</sup> October, Tuesday 2<sup>nd</sup> November  
Please remember that we are **closed every Wednesday** between 12.30pm & 1.30pm.

## Safeguarding Children - Everyones business

We all have a statutory responsibility to safeguard and promote the welfare of children and young people. They have the right to grow up safe from harm or abuse.

Abuse can happen to a child or young person at any age, from birth to when they have left school. It can happen in well-off families or poor families, from any ethnic background. It can happen to children and young people whether or not they have a disability.

Abuse can happen because of the way adults or other children and young people behave towards a child or young person. It can also result from adults failing to provide proper care for the children they look after. A child or young person can suffer different kinds of abuse at the same time. Types of abuse may be physical, neglect, sexual or emotional.

If you are worried about a child or young person, please tell someone about your concerns.

**Don't think "What if I'm wrong?" - think "What if I'm right?"**

You can talk to a professional at one of the agencies below, in confidence. You do not have to give your name or address.

**during office hours: Children and Young Peoples Social Care (CYPSC) Tel: 0113 2224403**

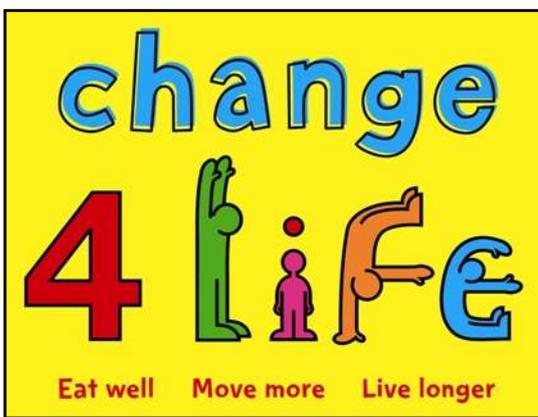
**out of hours: CYPSC Emergency Duty Team (EDT): 0113 2409536**

**Leeds Police Child Protection Unit - you can call 24 hours a day, 7 days a week. Telephone (0113) 2413535**

**In an emergency – do not delay - call 999**

Other professionals - you can also speak to other professionals such as a doctor, health visitor, teacher, or the NSPCC who can advise you and put you in touch with a social worker or police officer, or who can pass on information on your behalf.

For further information about keeping children and young people safe please access [www.leedlscb.org.uk](http://www.leedlscb.org.uk)



Many of us take our health for granted. But if you want to stay fit and healthy as you get older, now is the time to do something positive about it. In the same way that you might put your money into a pension plan to prepare for retirement, you can invest in your health by making changes to the way you eat and the way you live now.

### **Managing your Weight**

Losing weight isn't easy, but the benefits are enormous. You will feel fitter and more confident, you will have more energy and you will be healthier. Being overweight increases the risk of a number of serious health problems including diabetes, heart disease, fertility problems, high blood pressure, arthritis and certain types of cancer. If you are overweight, losing even a small amount of weight is one of the best ways to improve health. Experts agree that the only way to lose weight and keep that weight off is to make long-term changes to your eating habits and lifestyle.

### **Becoming more active**

Today's push button culture ensures that we are all moving around a lot less than our parents and grandparents and that is one of the reasons experts think that we are gaining weight. Regular activity is vital for successful weight loss, but if the thought of exercise is a bit scary then think again, because getting more active is easier than you think and small changes can make a big difference.

**We have a Change4Life display and information booklets available at the practice or for further details you can search Change4Life online or call 0300 123 1502.**

# **Influenza**

Our general advice for patients who may have the symptoms of influenza would be to take paracetamol tablets, rest, drink lots of fluid and if you feel concerned to speak to a doctor or nurse.

We are running our usual FLU CLINICS at this Practice on:

**Tuesday 12<sup>th</sup> October & Tuesday 26<sup>th</sup> October.**

These are by **INVITATION ONLY** and will be offered to our 'at risk' patients including Carers and Healthcare Workers.

# **Staff News**

Welcome to Dr Philippa Barnes and Dr Bryony Talbot who joined our team of clinical staff in August.

**Watch out for our Winter edition in December 2010!**