

FMC NEWS

Summer 2011

Welcome to the 13th 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:

Thursday **16th June**, Thursday **21st July**, Thursday **15th September**, and for the Bank Holiday on Monday **29th August**

Please remember that we are **closed every Wednesday** between 12.30pm & 1.30pm.

Domestic Abuse

“Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality”.

It is a crime if someone physically hurts or threatens you or your children. You have the right to feel safe from harm, especially in your own home.

You are not to blame for the abuse you experience. The abuser is always responsible for the violence and should be held accountable. There is no excuse for domestic violence. You cannot stop your partner's violence and abuse, but there are things you can do to increase your own and your children's safety.

Emergency contact numbers:

- Police (in an emergency) – 999
- National Domestic Violence 24hour helpline – 0808 2000 247
- NSPCC – 0800 800 500
- Samaritans – 08457 909090
- Foreign & Commonwealth Office Response Centre – 020 7008 1500

Support Contact Numbers:

- Police – 08456 060606 and ask to speak to your local Safeguarding Unit
- S.T.A.R. (Surviving Trauma After Rape) – 01924 298954
- Victim support – 0845 3030900
- Shelterline (emergency access to refuge services) – 0808 8004444
- Childline – 0800 555111

Bowel Screening

Make sure you do your bowel screening test.

It's as simple as 1, 2, 3....

Look after number 1. Bowel cancer is the UK's 2nd biggest cancer killer. But if detected early, it can be cured. Make time to do the simple test that you will receive by post to your home. It could save your life.

Yes, it's about number 2s. If you are aged between 60 and 74 and registered with a GP, you will automatically be sent your screening test kit. In the privacy of your own home, collect samples from your bowel movements as instructed, then post the test back. It's as simple as that.

3 times in one week, for a few minutes. Doing the test is quick and easy. Once you've completed and posted it, the results will be returned to you within two weeks. The test looks for blood in your stools. It does not diagnose bowel cancer but the results will show whether further investigation is needed.

Around 1 in 18 people will be diagnosed with bowel cancer. The NHS bowel cancer screening programme aims to detect bowel cancer at an early stage, before people experience symptoms, and when treatment is most likely to be effective.

For further advice visit: www.bowel123.co.uk

To request a kit or for a replacement kit call 0800 707 60 60

Detecting bowel cancer early can make all the difference.

Don't ignore it – please do the test!

Blue Badge Changes

Do you have a Blue Badge (the Disabled Persons' Parking Badge Scheme)?

Please note that from 1st April 2011 you will **not** be assessed by your GP for your Blue Badge if you are applying under the 'Discretionary Criteria'.

Instead Leeds City Council will arrange for you to have your eligibility assessed for the issue and renewal of Blue Badges.

If you have any questions, would like to request a new Badge or are due to have your current one renewed, please contact Leeds City Council Customer Services on 0113 222 4444

Practice News

Welcome to Hazel Cockx who has joined our nursing team.

We now have new **automatic doors** on the ground and first floor of our building. These have been installed as part of our continued efforts to make access as easy as possible for our patients and visitors.

For patients who may need a little assistance to read our information leaflets we now have a '**Magnifier**' which may be borrowed whilst in the practice. We appreciate that this may not help everyone, especially if you have a diagnosed eye condition but if you feel you would like to make use of this please ask at the reception desk.

Watch out for our Autumn edition in September 2011!