

# FMC NEWS - Autumn 2014

We are **closed** for TARGET (Time for Audit Review Guidelines Education Training) **from 12 noon** on the following dates: Thursday 18<sup>th</sup> September, Thursday 16<sup>th</sup> October, Thursday 20<sup>th</sup> November

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

## Patient Reference Group (PRG)

**Patients, Carers and Staff working together to develop and improve the practice**

The last PRG meeting was held at the practice on 19<sup>th</sup> May 2014. The next meeting will take place on 15<sup>th</sup> September.

Meeting minutes and information regarding our PRG are displayed in the waiting area and on our website.

*We did:* Ask the group to look at the notice board & display materials in our waiting areas.

*PRG did:* Review and approve this. **We now have a NEW leaflet / poster board in the main waiting area displaying information for our older patients.**

*We thank our Patient Reference Group members for their continued support*

## Named GP for patients aged 75 and over

From April 2014, all patients aged 75 and over will be allocated a named GP who will have overall responsibility for the care and support that our surgery provides to them. If you are one of our patients in this age group, you will be advised of the name of your GP by letter.

Your named GP will have overall responsibility for the care and support that our surgery provides to you. They will also work with other relevant health and care professionals, who are involved in your care, to ensure that your care package meets your individual needs.

This will not prevent you from seeing any GP in the practice if you choose.

If you have any questions, or wish to discuss this further, please let us know

## Save a life - give blood

The NHS Blood & Transplant team work hard to build and maintain stocks of blood and blood products. **They have recently asked for our support to promote blood donation in the area.**

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

To find out more, or register as a donor pick up a leaflet from reception, visit [www.blood.co.uk](http://www.blood.co.uk) or call 0300 123 23 23

# Breast Cancer

More women are surviving breast cancer than ever before, thanks to earlier detection and better treatments (*Men can also get breast cancer but it is very rare*).

It is often patients themselves who first notice their breast cancer.

**Look for:**

- Changes in the size, shape or feel of your breasts
- A new lump or thickening in one breast or armpit
- Any puckering, dimpling or redness of the skin
- Changes in the position of the nipple, a rash or nipple discharge
- Pain or discomfort that is new to you and felt only on one side

**For further information:**

- pick up a leaflet from our reception area,
- visit Cancer UK's website: [cruk.org/cancer-help](http://cruk.org/cancer-help)
- or call them on 0808 800 4040.

Most changes are not caused by cancer, but it is very important to report these or any other unusual changes to your doctor.



1 in 3 women who get breast cancer are over 70, so don't assume you're past it.

A lump isn't the only sign of breast cancer. If you're worried about changes to your breasts, tell your doctor straight away.

**What reduces the risk?**

- Maintaining a healthy weight
  - Limiting alcohol
  - Physical activity
  - Not smoking

**Finding it early makes it more treatable and could save your life. For more information visit: [www.nhs.uk/breastcancer](http://www.nhs.uk/breastcancer) or Cancer Research UK: [www.cruk.org](http://www.cruk.org)**

**Our practice is actively working to increase the early diagnosis of cancer in patients**

**If you are worried that you may have cancer symptoms please talk to the doctor or nurse about it.**

The Leeds Cancer Support Team have recently launched a new *Facebook page* aimed at patients, families and carers dealing with or recovering from cancer, to help share the latest news and keep them updated.

You can visit the page by searching "Leeds Cancer Support" on Facebook.

## The Silver Line - helpline for older people

The Silver Line is a confidential, **free** helpline for older people across the UK open every day and night of the year. Specially trained helpline staff: Offer information, friendship and advice / Link callers to local groups and services / Offer regular befriending calls / Protect and support those who are suffering abuse and neglect

**No question too big - No problem too small - No need to be alone**

Visit: [www.thesilverline.org.uk](http://www.thesilverline.org.uk) or Telephone 0800 4 70 80 90

## Practice News

We said farewell to Nurse Practitioner Sally Wilson who left us in July and prepare to say goodbye to Dr Stephen Ledger who will be retiring on 30<sup>th</sup> September. **A book of good wishes and collection is in place. Please ask at reception for details.** *Messages and the collection will be presented to Dr Ledger on his last day at the practice.*

**We are delighted to announce that Dr Bryony Mathew and Dr Nick Hall will join the GP Partnership with effect from 1<sup>st</sup> October.**

We are now able to send our patients **SMS texts** regarding their appointments: One at the time of booking to confirm the appointment *and* one 48 hours prior to the appointment as a reminder.

Patients will automatically receive these unless they advise us that they would prefer not to.

We believe this will be a useful reminder for patients and will help the practice to reduce the number of patients who 'do not attend' for their appointments. ***Please keep us updated if your contact details change***

**Did you know?** – Family Planning appointments can be booked up to 6 weeks in advance.

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