

# FMG NEWS - Summer 2015

We are **closed** for TARGET (Time for Audit Review Guidelines Education and Training) **from 12 noon on:**  
Thursday 18<sup>th</sup> June,  
Thursday 16<sup>th</sup> July,  
No closure in August.

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

**When the surgery is closed:** If you require urgent medical assistance which cannot wait until the surgery re-opens, please telephone the Freephone NHS 111 number.

**Bank Holiday closure:** Monday 31<sup>st</sup> August

**If you have a life threatening medical emergency when the surgery is closed, please telephone 999! In the event of an urgent prescription collection please contact Lloyds Pharmacy staff who will be able to offer advice.**

## 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 19th May. The next meeting will take place in September. Meeting minutes and information regarding our PRG are displayed in the waiting area and on our website. We thank our Patient Reference Group members for their continued support

## West Leeds Patient Empowerment Project (PEP)

This new service opens up a world of possibilities to help you improve and maintain your health and wellbeing. Feeling alone? Fed up? Money worries? Need a helping hand?

You can call them yourself or your doctor can put you in touch with the friendly PEP team who will arrange to chat to you one to one. They will find ways of supporting you to achieve your goals in a way that works for you e.g. volunteering / healthier living / community activities / physical activity. For further information call 0113 279 5870 or email on: [pep@barca-leeds.org](mailto:pep@barca-leeds.org)

## A named GP for every patient

As a practice we must ensure that by April 2016 every patient has a named GP who will have overall responsibility for their care.

We will be allocating these however if you wish to specify who you would prefer your named GP to be please let us know by completing a form (available from reception or from our website) and we will do our utmost to accommodate your request.

## Healthwatch

Healthwatch Leeds gives people a powerful voice on health and social care services in Leeds and beyond. Healthwatch Leeds helps the citizens of Leeds to get the best out of their local health and social care services - whether it's improving them today or helping to shape them for tomorrow. Healthwatch Leeds is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need to in the future. Visit: [www.healthwatchleeds.co.uk](http://www.healthwatchleeds.co.uk) for further details.

**Having trouble getting through to us on the phone?**  
Why not register for on-line access? You can book GP appointments, renew prescriptions and view aspects your health records. For further information visit our website or ask at reception.

Fountain Medical Centre, Little Fountain Street, Morley, Leeds LS27 9EN  
Tel: 0113 2951600 Fax: 0113 2951660 Website: [www.fountainmedical.co.uk](http://www.fountainmedical.co.uk)  
No response/information only Twitter @FountainMed

# Lung Cancer

Anyone can develop lung cancer, but some people have a higher risk than others. Smoking is the main cause of the disease. When lung cancer is found at an early stage, there is a better chance of successful treatment. So spotting it early can make a real difference.

Symptoms include:

- A cough that won't go away
- A change in cough you have had for a long time
- Being short of breath
- Blood in your phlegm
- A lasting chest and/or shoulder pain
- Unexplained tiredness
- Unexplained weight loss

Please keep us up to date with your current home and mobile phone numbers and email address. Change of details forms are available from the practice or this can be easily done on our website.

Some of these symptoms are very common and may not be caused by cancer. But if you develop any of them it is best to see a doctor to get them checked out.

For further information visit [www.nhs.uk/lungcancer](http://www.nhs.uk/lungcancer)

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/nurse about it.

## Carers Leeds - Working together to support carers

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help due to illness, disability, mental health issues or a substance misuse problem.

One number, One Service for adult carers advice line **0113 380 4300**

Support for carers aged 7 to 17 contact Willow Young Carers on **0113 262 2851**

Or visit [www.carersleeds.org.uk](http://www.carersleeds.org.uk) for further information

Did you know about the Time for Carers scheme which provides grants to help enable them to have a break from caring? For further information contact Leeds Carers or visit their website to download an application form.

## A new way to get your medicines & appliances

This practice is now offering electronic prescriptions to our patients. You can benefit from this free NHS service that reduces the need to visit the surgery just to collect a paper prescription. Patients can choose for their prescriptions to be securely sent electronically from their GP to a pharmacy or dispensing appliance contractor of their choice.

Benefits to patients include:

- Choosing a pharmacy that is most convenient to you, such as one near work, home or the weekly shop.
- No trips to the surgery just to collect prescriptions, which will especially help those who receive repeat prescriptions.
- Shorter waits at the pharmacy, as prescriptions can be prepared in advance.

Patients wishing to use the electronic prescribing service (EPS) should talk to their pharmacy and nominate the pharmacy or dispensing appliance contractor that they wish to use.

Those wishing to continue with paper prescriptions do not need to do anything.

For more information visit the practice website or pick up an information leaflet from reception.

## Staff News

A warm welcome to Sister Lucinda Pyrah who has recently joined our nursing team, and best wishes to Dr Jen Moffat who moved on from the practice in May.

**Watch out for our Autumn edition in September 2015!**