

# FMG NEWS - Autumn 2016

We are **closed** for TARGET (Time for Audit Review Guidelines Education and Training) **from 12 noon** on: Thursday 15th September, Thursday 20<sup>th</sup> October, Thursday 17<sup>th</sup> November.

**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.

**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.**

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.

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 of your health records. For further information visit our website or ask at reception.

Please remember to phone us after 1pm for test results.

## 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 10th May. The next meeting will take place on 6th 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!

## Practice News

We welcome new starters Stacey Smith, Helen Ferry, Debbie Daniels, Sarah Skinner and Christine Cartwright.

For health reasons Dr Ali Best has decided to resign from her work at the practice. She will not be attending work but will still be involved in the practice until 30th September 2016.

As of the 1st October patients registered with her will be allocated another GP who will have overall responsibility for their care. If any of these patients wish to specify who they would prefer their named GP to be please let us know and we will do our utmost to accommodate the request.

Dr Best has worked at the practice since February 2000 and we are sure that all her patients will join the Partners and staff in wishing her the very best for the future.

# Testicular Cancer

Cancer of the testicle is relatively rare. Although cancer is generally more common in older people, testicular cancer is most common in young and middle aged men. Most cases are in men under 50.

If you notice any of these symptoms get them checked out:

- A lump or swelling in a testicle
- An increase in the firmness or change in texture of a testicle
- Pain or discomfort in a testicle or in the scrotum (the sac that holds the testicles)
- A heavy feeling in the scrotum
- An unusual difference between one testicle and the other

It is unusual to develop cancer in both testicles at the same time. So if you are wondering whether a testicle is feeling normal or not you can compare it with the other.

If you notice anything unusual about your testicles, come and see your doctor. Chances are it won't be cancer, but it is important to get it checked out.

If you have any questions about cancer – cancer research UK can help:

FIND OUT information about cancer [cruk.org](http://cruk.org)

ASK their specialist information nurses **0808 800 4040**

SHARE your experiences [cancerchat.org.uk](http://cancerchat.org.uk)



Leaflets on many types of cancer are available from the carousel unit in our practice waiting area

**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.**

# Communication Support

We want to get better at communicating with our patients.

We want to make sure you can read and understand the information we send you. If you find it hard to read our letters or if you need someone to support you at appointments, please let us know.

We want to know if you need information in braille, large print or easy read.

We want to know if you need a British Sign Language interpreter or advocate.

We want to know if we can support you to lip-read or use a hearing aid or communication tool.

Please tell the receptionist when you arrive for your next appointment, or call on the main surgery number.

# Only One You

How are you? In our adult years, the lifestyle choices we make can dramatically increase our chances of becoming ill later in life. Making small changes now can improve your health right away and double your chances of staying healthy as you get older. It's never too late to start. Search "One You" and take the free health quiz to see how you score.



# Chasing a Hospital Appointment?

Patients wishing to chase up their hospital appointments are able to do it themselves by contacting the relevant referral booking team: Leeds (LGI, St James's): **0113 206 4819**

Mid Yorks (Dewsbury, Pinderfields & Pontefract): **0844 822 0022**

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