

FMG NEWS - Summer 2016

We are **closed** for TARGET (Time for Audit Review Guidelines Education and Training) **from 12 noon** on: Thursday 26th May, Thursday 30th June, Thursday 31st July, No closure in August.

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 31st 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 10th 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

Now open for longer!

Fountain Medical Centre is now open for longer
Opening hours Monday to Friday 7am – 7pm

Opening hours Saturday.

Our patients can book urgent GP appointments on Saturday from 8am – 12noon. You will be seen at Windsor House Surgery by a locum GP.

Please ask at reception or call Fountain Medical Centre to find out more.

Fountain Medical Centre is working in partnership with other GP practices in Morley & District area to offer you greater choice and better care.

Practice News

From 4th May we will **not** be closing the practice between 12.30 and 1.30pm on Wednesdays.

Over the coming few years some GP Partners will be looking to reduce their sessions within the practice. As soon as we have further details we will let patients know.

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
No response/information only Twitter @FountainMed

Cervical Cancer

Cervical cancer is the most common cancer in women under 35 in the UK, but can affect women of any age. Cervical cancer is one of the most preventable cancer types. Screening, vaccination and lifestyle can all play a role. Cervical screening saves up to 5,000 lives from cervical cancer every year in the UK. Women aged 25-49 are invited for screening every 3 years. Women aged 50-64 are invited every 5 years.

What symptoms should you look out for? No matter what your age and even if you have been for cervical screening, it is important to see your doctor if you notice any bleeding: between periods, during or after sex, after the menopause.

Get to know your body and keep an eye out for these or any other changes that are unusual or don't go away – for example pain or change in vaginal discharge (fluid). It's more likely to be something less serious but it's best to get it checked out.

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

FIND OUT information about cancer cruk.org

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

SHARE your experiences cancerchat.org.uk

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.

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.

Think Pharmacy First

Local people are being encouraged to go to their local pharmacy (chemist) for self-care advice on a range of minor ailments. All pharmacies across west Leeds are offering a service called Pharmacy First to patients who are registered with a GP practice in west Leeds.

The Pharmacy First service gives you the option of visiting your local pharmacist for self-care advice for common health conditions such as coughs, colds or earache. Pharmacy First encourages patients to self-care following advice from their pharmacist. Patients will only be recommended or provided with medication if absolutely necessary.

The service reduces the need for you to make an appointment with your local GP, use an out of hours NHS service or visit A&E. This means when you have a common condition that can be treated with self-care or over the counter medication if absolutely necessary you can go to your pharmacy first.

Many pharmacies across west Leeds are open until late and at weekends, which is useful if you start to feel unwell with one of the minor ailments included in Pharmacy First and you don't need an appointment to access the service.

GPs can also refer patients to the service although you will have a choice of whether you want to access the service or not. Patients are encouraged to use the service as it will benefit them in the long-term, so if you were to fall ill with the same minor ailment again in the near future you will be able to self-care rather than having to see a healthcare professional.

The following minor ailments are included in Pharmacy First: Cough, Cold, Earache, Sore throat, Threadworms, Teething, Athletes foot, Thrush, Hay fever, Fever, Blocked nose, Sprain or strain and Head lice.

PHARMACY
FIRST >>>

Watch out for our Autumn edition in September 2016!