

FMC NEWS - Spring 2017

We are closed for TARGET (Time for Audit Review Guidelines Education and Training) from 12 noon on:
Thursday 23rd March
Thursday 20th April
Thursday 25th May.

We are closed on the following Bank Holidays:
Fri 14th April
Mon 17th April,
Mon 1st May
Mon 29th May

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 some 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 Participation Group (PPG)

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

The last PPG meeting was held at the practice on 21st February 2017. The next meeting will take place in May. Meeting minutes and information regarding our PPG are displayed in the waiting area and on our website.

We thank our Patient Participation Group members for their continued support.

Practice News

We said goodbye to Dr Lee Cuthbertson and receptionists Debbie and Sharon who left us for pastures new in January.

We welcome clinical pharmacist Emma Solomon, practice nurse Sarah Bowler and receptionist Nichola.

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

Weekend Appointments

We now offer pre-bookable routine GP appointments for Fountain Medical Centre patients. These will be held at:

Windsor House Surgery, 2 Corporation St, Morley, LS27 9NB
Saturdays: 8am to 4pm & Sundays: 8am to 12noon

If required please book with a member of our team (by telephone or at the reception desk).

Pancreatic Cancer

The pancreas is a large gland situated deep in the abdomen lying behind the stomach and in front of the spine. It plays an important role in the digestion of food. It produces enzymes which help to break down food and hormones which control sugar levels in our blood. These are some of the symptoms that can indicate a problem with your pancreas, including pancreatic cancer:

- Yellow skin or eyes (jaundice) and/or itchy skin,
- Abdominal pain,
- Weight loss,
- Oily floating poo.



If you have jaundice you should see your GP without delay.

If you have any of the other symptoms and they are unexplained and persistent (lasting 4 weeks or more), visit your GP.

Remember, these symptoms can be signs of other conditions and may not be pancreatic cancer.

To find out more visit: www.pancreaticcancer.org.uk/signsandsymptoms or contact the Pancreatic Cancer UK support line: **0808 801 0707**.

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.

Feeding local people in Crisis

This practice is registered with the Foodbank and able to issue vouchers to our patients in need.

We are also now collecting food donations to support the foodbank on a regular basis.

Any non-perishable food items will be gratefully received - please hand to our reception team.

For further information on fundraising, collecting food or volunteering with the foodbank visit: leedssouthandeastfoodbank.org.uk



NHS Choices

Our practice pro-actively works to improve the service provided by our team and patient feedback is a valuable part of this. One way of letting us know how we are doing is by posting a comment on the NHS Choices website: Go to www.nhs.uk and type our postcode LS27 9EN in the find local services section.

Select Fountain Medical Centre.

Select leave review. Leave your review and submit

Your comments may be regarding how we can improve our service but our team also find it rewarding to hear when they are getting it right so please let us know!

Watch out for our Summer edition in June!