

FMC NEWS

Spring 2011

Welcome to the 12th edition of our Patient Newsletter. We are committed to publishing one every quarter to improve communications with our patients. **Past editions of all newsletters are on display in our main waiting area as some of the content may still be of use to patients.**

We are closed for TARGET from 12 noon on the following dates:

Tuesday 1st March, Tuesday 5th April, Tuesday 10th May, Tuesday 7th June.

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

Bank Holiday Closures

Friday 22nd April, Monday 25th April, Friday 29th April, Monday 2nd May
and Monday 30th May

Free Debt Advice

Individuals who live with low income and household debt are at higher risk of developing physical and mental health problems.

However, if you are experiencing financial difficulty the services listed below are providers of FREE debt advice in Leeds and offer a variety of face-to-face appointments and telephone consultations.

These services will signpost you to other additional support services if required.

Chapeltown Citizens Advice Bureau: 0113 262 9479

Leeds Citizens Advice Bureau:
0844 477 4788, www.leedscab.org.uk

Burley Lodge Advice Centre:
0113 275 3498

**Consumer Credit Counselling
Services (CCS):** 0800 031 9450

the charity for
your community



Transplants Save Lives

Organ transplants are the only hope for people with organ failure. More than 16 million people have joined the NHS Organ Donor Register yet there is a critical shortage of organs available for transplant. Every day three people die whose lives could have been saved by receiving a transplant.

The NHS Organ Donor Register records the details of those who want to donate and makes it possible for those who need an organ to receive one. Anyone can register. Organs from people in their 70s and 80s are transplanted successfully giving life to others.

When someone dies in hospital, while on a ventilator in an intensive care unit, the medical staff will check the NHS Organ Donor Register to see if they wanted to donate their organs after their death.

To register: visit www.organdonation.nhs.uk telephone 0300 123 23 23 or text SAVE to 84118. Please tell those closest to you that you have registered so they can confirm your wishes.

Sexual Health Matters

FREE CONDOMS? CONTRACEPTION? TESTING? ADVICE?

It is really important that you look after your sexual health and the great news is that sexual health services in Leeds are really easy to access. They are located all over the city in all types of venues making it simple to get what you need.

Visit www.leedssexualhealth.com to find your nearest service and plan your route. The website will also give you information about looking after your sexual health and the options open to you. Free postal Chlamydia tests can also be ordered from there. Alternatively you can Twitter @ [www.twitter.com/leedssexhealth](https://twitter.com/leedssexhealth) or join a facebook group by searching for NHS Leeds.

Please note that free Chlamydia test packs can also be picked up from a box located on the reception desk at our practice.

Jamie's Ministry of Food

Jamie Oliver's Ministry of Food Leeds aims to teach the people of Leeds to cook quick, simple and healthy meals, then 'pass it on' and teach others how to make them too.

The Ministry offers cookery courses that last for 10 weeks and each lesson lasts for two hours. At the end of each session you will have prepared a meal which you may take home with you.

To register, or for more information about the Ministry of Food Leeds visit :

www.leeds.nhs.uk/ministry_of_food

Jamie Oliver's Ministry of Food Leeds is located at **Stall 524, Row G in the Leeds Kirkgate Market.**

Staff News

Welcome to Dr Jenny Calvert who joined our team in February.

Watch out for our Summer edition in June 2011!