

# FMC NEWS

## Winter 2012

Welcome to the 15th edition of our Patient Newsletter. We are committed to publishing one every quarter to improve communications with our patients. Some of the more recent editions of the newsletters are on display in our main waiting area as the content may still be of use to patients.

We are **closed** for TARGET from 12 noon on the following dates:  
No closure in December, Thursday 17<sup>th</sup> January, Thursday 28<sup>th</sup> February  
Please remember that we are closed every Wednesday between 12.30pm & 1.30pm.

### Bank Holiday Closures

**Tuesday 25<sup>th</sup> December, Wednesday 26<sup>th</sup> December and Tuesday 1<sup>st</sup> January**  
**Repeat Prescriptions** - The practice is normally extremely busy over the festive period so please remember to put in any repeat prescriptions you may require in plenty of time!

## Doctor of the Year award!

We are delighted and very proud to advise that Dr Stephen Ledger has been awarded the Yorkshire Evening Post **Best of Health Award for Top Doctor 2012**.

The judges chose Dr Ledger after he was described as “unique in his approachability and the time he gives” in his nomination form. He was called a “hero to his patients” and the judging panel thought this was a perfect description. Dr Ledger was praised for never rushing his patients and always going that extra mile for them.

The judges were impressed with his dedication, care and the great impact he has made on his local community through his efforts to develop the Fountain Medical Centre.

At the awards ceremony Dr Ledger said he was very surprised but pleased. He said it was really important to acknowledge that he was just one person in the team and was very grateful to all staff at the practice. He also said he was grateful to his patients who were a great bunch. He has been at the practice for 28 years and said it has been an absolute pleasure and genuine privilege to look after people.



Picture courtesy of Yorkshire Evening Post

## Winter Virus Time

Our general advice for patients who may have the symptoms of a winter virus would be to take paracetamol tablets, rest, drink lots of fluid and if you feel concerned to speak to a doctor or nurse.

Please remember – antibiotics are of no benefit for treating viral infections.

For information on flu protection visit [www.flu-protect.co.uk](http://www.flu-protect.co.uk)

Visit our website [www.fountainmedical.co.uk](http://www.fountainmedical.co.uk) for further information

# Patient Reference Group

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

Our last PRG meeting was held at the practice on 17<sup>th</sup> September.

The next one is scheduled for 3<sup>rd</sup> December and will be dedicated to discussing ideas on how we can improve our practice website.

Meeting minutes and information regarding our PRG are displayed in the waiting area and on our website.

*PRG said:* We would like to provide patients with some information on Complimentary Medicines.

*Together we:* produced a patient information sheet which is now on display on our website and in our waiting area.

*You said:* Please could we have an adjustable height chair in the Health Check Area.

*We did:* One is now in place.

*We said:* We have made some savings which can be used for improvements at the practice. Have you any suggestions on how this may be spent?

*PRG did:* Make some suggestions for consideration by the Partners – we will keep you updated once decisions have been made.

## So you want to Stop Smoking

We run Smoking Cessation Clinics at the Practice to help and support you or alternatively you can contact Leeds NHS Stop Smoking Services on 0800 169 4219 or text 'Quit' to 07811kickit / 07811542548.

We also have leaflets available to help our younger patients stop smoking – see the You're Welcome notice board in our waiting area.

## Meningitis & Septicaemia can kill in hours

**...know the symptoms!**

The Meningitis Research Foundation can provide information including a general symptoms poster, race against time leaflet and baby watch card.

**Website:** [www.meningitis.org](http://www.meningitis.org) **Freefone helpline:** 080 8800 3344 – run by trained staff and nurses

**Free app for iPhones, iPads and iPods:** [www.meningitis.org/iPhone](http://www.meningitis.org/iPhone)

## Leeds Adult Social Care

GPs, health workers, hospital and social care staff in Leeds are now working together more closely to improve the care and support given to patients who need it. They are doing this in three ways:

- Acting quickly to try and stop someone's health getting worse.
- Working together and talking to each other more.
- Enabling patients to live their life the way they want to.

To find out more speak to your local health professional, call Leeds Involving People on 0113 237 4508, email: [healthandsocialcare@leeds.gov.uk](mailto:healthandsocialcare@leeds.gov.uk) or pick up one of the leaflets which are on display in our waiting area.

## Practice News

A big welcome to Dr Sapna Vadher who joined our team on 1<sup>st</sup> October as a part time salaried GP. Sapna qualified in Sheffield in 1998 and completed GP training in Sheffield. Her Special interest is in paediatrics.

We say goodbye to Dr Lynsey Fielden who left us in September to work closer to home.

Dr Nick Hall continues to provide locum cover for Dr Bryony Mathew whilst she is on maternity leave.



**Watch out for our Spring edition in March 2013!**