

# FMC NEWS

## Spring 2014

We are **closed** for TARGET (Time for Audit Review Guidelines Education and Training) **from 12 noon** on the following dates:

Thursday 20<sup>th</sup> March, Thursday 1<sup>st</sup> May and Thursday 22<sup>nd</sup> May.

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

## Bank Holiday Closures

Friday 18<sup>th</sup> April, Monday 21<sup>st</sup> April, Monday 5<sup>th</sup> May and Monday 26<sup>th</sup> May

## Patient Reference Group

The last Patient Reference Group (PRG) meeting was held at the practice on 24<sup>th</sup> February. The next meeting will take place in May.

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

**We asked:** Our PRG to help us test the new Patient Access System before it was fully launched. They were also asked for their ideas on how best we could promote this.

**PRG did:** Test out the system and gave us suggestions regarding communicating this to patients. *Please see over the page for further information.*

**We asked:** Our PRG how we could best get the message across to patients regarding the importance of Bowel Screening?

**PRG did:** Gave their ideas. *Please see over the page for further information.*

**We did:** Ask our PRG to review the content of our Annual Patient Survey form before it was circulated in January/February.

**PRG did:** Gave their ideas and approved the content.

**We did:** Ask the group to review the PRG Terms of Reference document, Patient Involvement Action Plan, Local Patient Participation Annual Report and the results of the GP Practice Patient Survey 2014.

**PRG did:** Discuss the above mentioned items. Details are documented in the 24<sup>th</sup> February meeting minutes which together with the survey results are displayed in our waiting area and on our website.

**We asked:** For a volunteer from our *group meetings* who would be happy to speak about our PRG activities when the Care Quality Commission visits to inspect the practice.

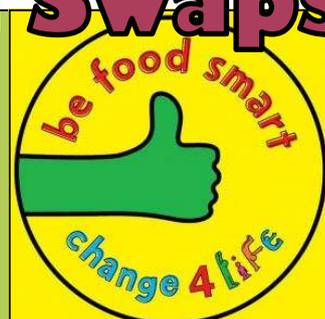
**PRG did:** Four members were happy to be approached. *A guide for working together booklet 'The Care Quality Commission & Patient Reference Groups' is available for reference.*

*We thank our Patient Reference Group members for their continued support*

## Change4Life - Smart Swaps

With Change4Life Smart Swaps you can cut sugar, fat and calories from your diet by swapping everyday food and drinks for lower-fat or sugar-free alternatives. There is no need to give up on your family favourites – just choose a Smart Swap and start cutting fat and sugar today.

For further information pick up a leaflet from our waiting area or just search Change4Life. Also, for a *Smart Recipes* app search Change4Life or download it now for FREE from the iTunes store or Google Play.



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# Welcome to Patient Access

*Patient Access lets you use the on-line services of your local practice*

Patients are now able to:

- **Book a selection of doctor's appointments.**  
Same day or appointments over 14 days in advance will not be available to book on-line.
- **Book appointments with a health care support worker.**  
For blood tests and blood pressure checks only.
- **Cancel an appointment.**
- **Amend their personal details**
- **Order repeat prescriptions.**

Patients must first:

- **Come to our reception desk and request to be part of the Patient Access Scheme.**  
The receptionist will log this request on the computer and hand out a personal registration information sheet.  
  
Please note patients will only be able to make this request for themselves or their children under 16 years old. Other family members will need to arrange their own registration.
- **Register their account following the registration details provided.**

## Test Results

Please may we remind everyone that test results can be obtained by telephoning the practice **AFTER 1PM** Monday to Friday. Information will only be given out to the patient in question or an authorised person.

## NHS national BOWEL cancer screening programme

*Our practice is actively working to increase the early diagnosis of cancer in our patients*

**We believe it is important that our patients receive relevant screening and strongly encourage anyone receiving a screening test kit to submit their sample as soon as possible**

Bowel screening kits have/will be automatically sent out by post to **men and women aged 60 to 69** who are registered with a GP.

- Bowel cancer affects 1 in 20 people in the UK during their lifetime
- 80% of people who develop bowel cancer are 60 years of age or older
- It is the third most common cancer in the UK, and the second leading cause of cancer deaths, with over 16,000 people dying from it each year.
- Bowel cancer screening aims to detect bowel cancer at an early stage (in people with no symptoms), when treatment is more likely to be effective.
- Regular bowel cancer screening has been shown to reduce the risk of dying from bowel cancer by 16%.
- Bowel screening can also detect polyps that may develop into cancer
- Removal of the polyps can reduce the chances of developing bowel cancer in later life.

To find out more, call the FREE NHS Helpline on **0800 707 6060** or visit **[www.leeds.gov.uk/bowelcancer](http://www.leeds.gov.uk/bowelcancer)**

**If you are worried that you may have cancer symptoms please talk to the doctor/nurse about it.**

## Practice News

Congratulations to Dr Nick Hall and his wife on the safe arrival of a baby daughter in January.

Our Senior GP Partner, Dr Stephen Ledger is retiring on 30<sup>th</sup> September. Please see our Special Edition newsletter for further information (out on display in our waiting area and on our website from January to September).

**Watch out for our Summer edition in June 2014!**