

# FMC NEWS

## Winter 2014

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

No closure in December, Thursday 15<sup>th</sup> January, Thursday 26<sup>th</sup> February

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

### Bank Holiday Hours

**Thursday 25<sup>th</sup> December - Closed, Friday 26<sup>th</sup> December - Open 09:00 to 13:00, Thursday 1<sup>st</sup> January - Closed. Other days are normal hours. Full details are displayed in the practice and on our website**

**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!

**When the surgery is closed:** If you require urgent medical assistance which cannot wait until the surgery opens, please telephone the Freephone NHS 111 number. In the event of an urgent prescription collection please contact Lloyds Pharmacy staff who may be able to offer advice.

**If you have a life threatening medical emergency telephone 999.**

## Patient Reference Group

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

The last Patient Reference Group (PRG) meeting was held at the practice on 24<sup>th</sup> November. The next meeting will take place in February 2015. Meeting minutes and information regarding our PRG are displayed in the waiting area and on our website.

*We did:* Discuss some issues regarding our car park being used as a 'cut through' by cars.

*PRG did:* Came up with suggestions on how we could make improvements.

*We did:* Discuss the future of the PRG group & virtual panel members.

*PRG did:* Agree that a recruitment drive for new GROUP members would take place.

This includes attending quarterly meetings at the practice - anyone interested please let us know (forms to join are available from reception or can be downloaded from our website).

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

## Energy Efficiency

The practice has been working on a project to address energy efficiency on site e.g. Heating / Lighting / Air conditioning / Windows and mechanical ventilation / Equipment - including computers / Recyclable waste.

We now have 'Energy Champion' members of staff for each floor of the building to oversee energy efficiency related issues. They will hold regular meetings to manage any changes required, to review the success and constantly look for new areas of improvement. They have the responsibility for cascading information to/from all staff. The site also now has new 'Good Housekeeping Guidelines' for staff to follow.

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No response—information only Twitter: @FountainMed

# Prostate Cancer - how to spot the symptoms

In the UK prostate cancer is the most common cancer in men. It is strongly linked to age – three quarters of cases are in men over the age of 65.

The prostate is a small gland about the size and shape of a walnut. It lies below the bladder and surrounds the upper part of the urethra – the tube that carries urine and semen out through the penis. Prostate cancer develops when a single cell in the prostate begins to multiply out of control and forms a tumour.

## What are the symptoms of prostate cancer?

The most common symptoms are:

- Having to rush to the toilet to pass urine.
- Needing to pass urine more often than usual, especially at night.
- Difficulty passing urine.

And less commonly:

- Blood in the urine or semen.
- Pain when passing urine.
- Difficulty getting an erection or erection problems.
- Pain in your back, hips or pelvis.

These symptoms may be caused by problems that are much less serious than cancer. But if you develop any of them, it is best to see your doctor to get them checked out.

For further information about the signs and symptoms of cancer visit [spotcancerearly.com](http://spotcancerearly.com)

**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**

## **What affects your risk?**

**Age** – the older you are, the greater the risk.

**African ancestry** – prostate cancer is more common in black men than white or Asian men.

**Family History** – if a close relative had prostate cancer, particularly at a young age, then your risk may be higher.

## Stay safe - be taxi aware

Are you aware that not all taxis are the same? Although Hackney carriages (taxis) can be hailed in the street, private hire vehicles cruising the streets looking for customers are illegal, uninsured and potentially very dangerous. Never use any vehicle which is not licensed; if you do this you are getting into a vehicle with a stranger. Occasionally people who have done this have been the victims of crimes such as rape, assault and theft.

Leeds City Council has produced a safety leaflet including 5 simple rules to follow. We have copies on display in the practice (on the community news board and in the Young Peoples folder) or you can visit [www.leeds.gov.uk/taxis](http://www.leeds.gov.uk/taxis) for further information.

## Beware of this scam!

A local GP practice has advised that one of their patients received a bogus telephone call from a man claiming to be from a health centre. He asked her lots of information about herself which seemed plausible, but then continued on to questions including how she withdraws her cash, whether she goes out much and whether anyone comes to visit. The police have been informed.

**Please can we make clear to all patients that we would NEVER make calls of this nature.**

## Practice News

Dr Stephen Ledger retired on 30<sup>th</sup> September. He would like to pass on a big thank you to all patients who sent him best wishes, gifts and money for his retirement collection. £869.35 was raised and has been donated to the Community Hub Facility in the new-build Newlands Primary School in Morley.

We welcome Dr Jennifer Moffat who has joined us as a part time salaried GP.

Congratulations to Dr Bryony Mathew on the safe arrival of a baby boy on 30<sup>th</sup> September.

**Watch out for our Spring edition in March 2015!**