

FMC NEWS - Autumn 2015

We are **closed** for TARGET (Time for Audit Review Guidelines Education and Training) **from 12 noon** on:
Thursday 17th September ,
Thursday 15th October ,
Thursday 19th November .

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

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 GP 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 Reference Group (PRG)

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

The last PRG meeting was held at the practice on 19th May. The next meeting will take place on 22nd September.

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

PRG did: Feel that it would be beneficial to make a seat available for patients to use whilst waiting for taxis to arrive. This came following a patient suggestion made in our GP Practice Annual Patient Survey in January.

We did: Provide a new bench which is now undercover outside the main entrance door.

We thank our Patient Reference Group members for their continued support

REMINDER - A named GP for every patient

As a practice we must ensure that by April 2016 every patient has a named GP who will have overall responsibility for their care.

We will be allocating these to patients however if you wish to specify who you would prefer your named GP to be please let us know by completing a form (available from reception or from our website) and we will do our utmost to accommodate your request.

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

Ovarian Cancer

Ovarian cancer is the fifth most common cancer in women in the UK, and mainly affects women over 50. When ovarian cancer is found at an early stage, there is a better chance of survival.

More than half of women with ovarian cancer are diagnosed at the later stages. But getting to know your body, and what symptoms to look out for, means you're more likely to spot unusual changes that could be signs of ovarian cancer. Early diagnosis can save lives.

Experts agree that the following symptoms are common in women with ovarian cancer:

- **Persistent pain in the tummy or lower part of the tummy**
- **Increased tummy size or bloating**
- **Feeling full quickly and/or loss of appetite**
- **Needing to pass urine urgently and/or more often than usual**

Lots of women experience symptoms similar to these and usually they are nothing serious. But you should see your doctor if you regularly have any of these symptoms, which are not normal for you, and they happen on most days for three weeks or more.

Other symptom to look out for include:

- **Changes in bowel habit**
- **Irregular bleeding or bleeding after the menopause**
- **Extreme tiredness or back pain**



For further information about the signs and symptoms of cancer visit www.spotcancerearly.com

If you want to talk in confidence about cancer phone Cancer Research UK - Freephone 0808 800 4040

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.

Alcohol and Drug support services

... for Young People and Adults across Leeds

FORWARD LEEDS will help people choose not to misuse alcohol and drugs, and reduce risk taking behaviour through dedicated prevention and early intervention support. They will also support more people to help them achieve recovery from alcohol and drug misuse through a range of treatment and interventions.

FORWARD LEEDS will support sustained recovery and enable individuals to make positive progress with their lives, delivered through the Building Recovery in Communities (BRiC) programme. The specialised Young People's service will provide interventions that are responsive to the needs of young people, ensuring the welfare of the young person remains paramount. Find them at:

- Irford House, Seacroft Crescent, LS14 6PA (Behind Tesco's)
- Armley Park Court, 9 Stanningley Road, LS12 2AE (Opposite Tesco Express)
- 74 Kirkgate, LS2 7DJ (around the corner from the Corn Exchange)
- The Young Person's Centre @ The Market Place, 8-18 New Market Street, LS1 6D

Centre opening hours are: Monday to Friday 9am to 5pm (for information on evening opening times, please telephone them).

For further information Phone: 0113 887 2477 Visit: www.forwardleeds.co.uk Follow them on Twitter: @forward_leeds and Facebook: ForwardLeeds

Practice News

A warm welcome to Dr Jenny McAlpine and Dr Kay Jones who have joined our team of GPs, and farewell to Sister Yasmin who is leaving us for pastures new.

Congratulations to our treatment room nurse Annie who got married on 28th August and is now Mrs O'Leary.

Watch out for our Winter edition in December!