

FMC NEWS - Spring 2016

We are **closed** for TARGET (Time for Audit Review Guidelines Education and Training) **from 12 noon on:**
Thursday 17th March ,
Thursday 28th April and Thursday 26th May.

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.

Bank Holidays: Fri 25th March, Mon 28th March, Mon 2nd May and Mon 30th May 

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 some 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 on 1st December 2015. The next meeting will take place in March.

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

We thank our Patient Reference Group members for their continued support

Memory Problems?

Our Memory Support Workers can help you with:

- Information and advice for you (or the person you know) about memory problems
- Family and carers support and details on how to contact services that could help
- Be a contact person for people living at home with dementia/memory problems and their family and carers

For more information contact: Lynn Welsh, Memory Support Team Manager,
Leeds and York Partnership NHS Foundation Trust
Tel: 0113 30 55351
E mail: memorysupport.lypft@nhs.net

Head and Neck Cancers

Head & Neck Cancers are cancers that start in the tissues and organs of the head and neck. Head and neck cancer is a general term that doctors use. It covers many different types of cancer:

- Eye cancer
- Nasal and paranasal sinus cancer (cancers in the nasal cavity and in the sinuses around the nose)
- Nasopharyngeal cancer (the area that connects the back of the nose to the back of the mouth)
- Mouth and oropharyngeal cancer (cancers of the tongue, the gums, cheeks, lip and floor and roof of the mouth)
- Larynx or laryngeal cancer (cancer of the voice box)
- Oesophageal cancer (cancer of the food pipe or gullet)
- Salivary gland cancer

If you have any questions about Head & Neck, or any other cancer – cancer research UK can help:

FIND OUT information about cancer www.cancerresearch.uk.org

ASK their specialist nurses **0808 800 4040**

SHARE your experiences cancerchat.org.uk

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

Mind Mate

Is a new website for young people aged 12-19, that promotes resilience, emotional wellbeing and supports self-help, through practical tips and signposting to emotional and mental health services in Leeds.

Visit: www.mindmate.org.uk



European Health Insurance Card (EHIC)

You can apply for or renew an EHIC on line or by collecting a form from the post office.



This is free of charge. Beware of unofficial websites, which may charge if you apply through them.

An EHIC gives you the right to access state-provided healthcare on temporary stays in other European Economic Area (EEA) countries and Switzerland at a reduced cost, or sometimes for free. It will cover immediate and clinically necessary state-funded treatment until your planned return home to the UK. It also covers the treatment of pre-existing medical conditions and routine maternity care, provided the reason for your visit is not specifically to give birth or seek treatment.

NOTE: EHIC does not replace travel insurance. For further information visit the NHS Choices website www.nhs.uk / search EHIC card.

Are these problems affecting you?

Stress? Emotional problems? Depression? Anxiety?

If the answer is yes then **Leeds Improving Access to Psychological Therapies (IAPT)** can help you to develop new ways of coping and be more in control of your feelings.

Tel: 0113 843 4388 (lines open 8.30am to 4pm Monday to Friday)

Young people (17-21) can phone 0113 200 9188 (Community Links) and people from an ethnic community can phone 0113 216 3000 (Touchstone).

For further information pick up a leaflet from our waiting area or visit www.leedsiapt.com

Watch out for our Summer edition in June!