

## Drop In Blood Clinic

The drop in blood clinic has been a huge success. The clinics are being held Tuesday and Thursday mornings between 8.30 and 11.30 and Monday afternoons between 1.30 and 4.15 pm at Ferrybridge Surgery on High Street.

Patients do not need to book an appointment to attend the clinic and can just drop in if blood tests have been requested, however patients can still pre-book an appointment in any of the other blood clinics if they would prefer.

### REPEAT PRESCRIPTIONS

If you are wanting to request a repeat prescription please telephone after 11.00 am as our telephone lines are less busy after this time.

Monday is our busiest day for phone calls and we often receive 500 during the day. The telephones are usually at their busiest between 8.30 and 10.30am.

Alternatively you can:

- leave a voicemail outside surgery hours by following the instructions on the phone system
- order repeat prescriptions on line through our website
- tick the items on your counterfoil and leave in the box in the waiting room at each surgery

### MEDICATION REVIEW

If you attend a clinic regularly, ie, diabetes, heart clinic, respiratory clinic and are due your medications review, this will be carried out at your appointment. If you have a reminder on your prescription you do not need to see the doctor if you are attending the clinic.



\* \* \* \* \*

**HAY FEVER**

**Symptoms:** blocked or itchy nose, sore, steaming and watery eyes, sneezing, sinus pain or tickly throat.

**How You Can Try to Avoid Hay Fever**

If you suffer from hay fever look out for the pollen count which is publicised in many newspapers and is often on TV weather forecasts.

Ask your pharmacist for advice, there are a range of over the counter medicines available to treat hay fever such as antihistamines, decongestants and eye drops.

\* \* \* \* \*

### EXERCISE FOR HEALTH

Summer is on its way so now is the time to increase your exercise.

**Exercise is good for everyone. It reduces your blood pressure, helps you loose weight, helps your mobility and makes your heart healthier.**

**Start with a steady walk alternate days for about 200 metres. You should feel slightly out of breath and be aware of your heart beating faster. Increase the length of your walk gradually until you are walking for half an hour 5 times each week.**

### REMEMBER WALKING CAN:

**Make you feel good**

**Give you more energy**

**Help you sleep better**

**Help you reduce stress**

**Keep your heart strong**

**Reduce blood pressure**

**Help manage your weight**

**Improve your life expectancy**

# PRACTICE UPDATE



**DR PINDER & PARTNERS**  
Over 75 years of care

## SPRING 2010

## ISSUE No 46

### surgery news

We would like to welcome back Dr Helen Morrell who will join our practice with effect from May 2010.

We would like to welcome Dr Sarah Alderson and Dr Kate McClintock who will be joining the practice from the beginning of May.

### 2010 Seasonal Influenza Campaign

The 2010 seasonal influenza campaign will commence late September/early October depending upon delivery dates of vaccines. Please put a reminder in your diary to contact surgery in September to book your appointment

### Patient Feedback

We are always keen to hear from patients on the services we provide. You can do this through the suggestion box, writing to the Practice Manager or via the Practice web page.

### Pneumonia Vaccine

If you are over 65 years or under 65 years and have respiratory or heart disease, or are diabetic you may be at risk of pneumonia. The practice is currently offering pneumonia vaccines to patients at risk.

If you have not had a pneumonia vaccine and think you may be at risk please check at the surgery.



### DID NOT ATTEND

During the month of March 323 patients did not attend for their appointment with the doctor or nurse.

If you cannot attend PLEASE let us know so that we can offer your appointment to someone else because we do get patients complaining at times that we do not have enough appointments.

Beauforth House Clinic  
Station Lane  
Ferrybridge  
WF11 8NJ

The Medical Centre  
8-10 High Street  
Ferrybridge  
WF11 8NQ

Byram Surgery  
St Edward's Close  
Byram  
WF11 9NT

The Health Centre  
Welbeck Street  
Castleford  
WF10 1DP

Correspondence address  
all sites  
Dr Pinder & Partners  
The Medical Centre  
8-10 High Street  
Ferrybridge  
WF11 8NQ

Tel: 0844 4778787  
Fax: 0844 4773970

Dr C.A. Pinder  
Dr A.D. Mone  
Dr P. Earnshaw  
Dr P. Wynn  
Dr C Phipps-Jones



Awarded for excellence

## From 6 April 2010, the fit note replaced the sick note (medical statement or doctor's note).

### How is the fit note different?

The main change is that your GP can give you advice to help you return to work. This is because work can play an important part in helping people to recover from illness or injury.

With the fit note, your GP can choose one of two options to advise that:

- you are 'not fit for work', or
- you 'may be fit for work'

The fit note also includes more space for your GP to give general advice about the impact of your illness or injury and tick boxes for your GP to suggest, where appropriate, common ways in which your employer could support your return to work

### What does 'may be fit for work' mean?

Your GP will choose the 'may be fit for work' option if they think that returning to work - with support from your employer - will help you.

Your GP can give general advice on the fit note about how your illness or injury may affect your ability to work. You should discuss this advice with your employer to see if you can return to work. For example, your GP may suggest possible changes, such as:

- returning to work gradually, for example, by starting part-time
- working different hours temporarily
- doing different duties or tasks
- having other support to do your job, for example, if you have back pain, avoiding heavy lifting

### Getting advice and support

You should talk openly and honestly with your GP about how your illness will affect you at work, so they can give you the right advice to help your recovery.

You should also be open with your employer about what you can and can't do. If you're not, your employer may not be able to provide the right support.

If your employer has an occupational health department, they may be able to give you help and advice about going back to work.

### Returning to work

Your GP's first concern will be to help you get well as soon as possible.

Being signed off sick isn't always best for you, particularly if it means you lose pay or your health gets worse. It can be very frustrating if you know you can still do part of your job, even if there are some parts that you can't do.

If it's possible for you to return to work, you and your employer should agree:

- how you will return
- what support you will receive
- how long the support will last

## Book Your Online Appointments & Order your Prescriptions Online



Why should I sign up?

Avoid the queues!

You can now book, cancel and order your repeat medication online.

Manage your appointments and your repeat medication quickly and easily wherever you are 24 hours a day, 365 days a year.

### Manage your appointments online

Booking your next appointment over the internet is easy. And you can do it any time without waiting for the surgery phone lines to open. So, whether it is the middle of the night, your lunch break at work, or even if you are away on holiday, you can login and secure yourself an appointment within seconds.

Forgotten the time of your next appointment? Log in to SystmOnline and see it!

Your appointment no longer needed? Login to SystmOnline and Cancel it.

### Manage your medication online

If you find it hard to get into the practice to order your next repeat prescription, Systm Online could make your life easier.

Simply logon to SystmOnline and view a list of the medication you have been prescribed. Select the prescription you need and click the "Request Medication" button.

All you have to do the is go and collect your prescription as normal two days later



## Parking at Beauforth House

Would patients kindly refrain from parking alongside the dropped kerb outside the Beauforth House surgery. This was designed for wheelchair access to the surgery and we have had a number of complaints from patients who have not been able to use this as intended. Many thanks for your co-operation in this matter.

Signs will be put up in due course to highlight the area concerned.



## BEEFBURGERS WITH FRESH CORN RELISH

- 700 g minced (ground) beef
- 1 garlic clove
- 2 small onions, very finely chopped
- 2 tablespoons parsley, finely chopped
- 1 tablespoon tomato ketchup
- 1/4 teaspoon Worcester sauce
- 2 corn cobs
- 2 tomatoes, finely chopped
- 1 tablespoon sweet chilli sauce
- 1 handful coriander leaves
- Lime juice
- 1 tablespoon oil
- 4 hamburger buns
- Baby Kos leaves to serve



1. Put beef in a bowl with the garlic, half of onion, parsley, tomato ketchup and the Worcester sauce. Season and mix well, then leave it to marinate while you make the relish.
2. Grill the corn cobs on all sides until slightly blackened around the edges. Slice off the kernels by slicing down the length of each cob. Mix the kernels with the tomato, chilli sauce, coriander and remaining onion. Add lime juice and salt and pepper to taste.
3. Form the beef mixture into four large patties and flatten them out to the size of the buns.
4. Heat oil in frying pan and fry the patties for 3-5 minutes on each side, depending on how well cooked you like them. While they are cooking toast the buns.
5. Lay a lettuce leaf or two on each bun, add some relish and top with a beef burger and the bun top, serving extra relish on the side.

## CARERS

We are working in partnership with Carers Wakefield & District to improve our service for Carers. If you are a Carer please let the receptionist know when you are next at the surgery or collect a leaflet for further information.

Carers are ordinary people whose lives change because they are looking after relatives or friends who cannot manage at home without help. This may be due to a long term health condition, a physical, sensory or learning disability, a mental health problem or due to the effects of old age. Caring can have a major impact on your life.