

It's not a 999 emergency. But you need medical help fast.

There's now



number to call.



when it's less urgent than 999

ZERO TOLERANCE

The practice has a Zero Tolerance Policy and takes a serious view of any incidents of physical or verbal abuse against its employees and will support them if assaulted, threatened or harassed.

In the event of serious physical or verbal abuse patients will be removed from the practice list.



Please note the surgery will close from 12 noon on the following dates for staff training

**14 September
12 October
16 November**

PLEASE NOTE that our Saturday morning surgery is for pre-booked appointments only

WEST YORKSHIRE PALS

If you need advice, feedback or chasing hospital appointments you can contact a PALS (Patient Advice Liaison Service) officer on **FREEPHONE 0800 0525 270**. They will listen to any concerns, help sort out problems and provide information to you. All enquiries are completely confidential.

Feedback/Suggestions

If you have any feedback or suggestions about the practice please give details below and hand to reception

Name (optional)

PRACTICE UPDATE

SUMMER 2016 ISSUE 68



FERRYBRIDGE MEDICAL CENTRE

Over 75 years of care

Staff News

We say goodbye to:

Dr Phillipa Bailey
Dr Claire Seddon
Dr Tom Wilson

We wish them all the luck in the future

Angela McLoughlin our Healthcare Assistant retires at the end of July after 18 years service with the practice. We wish her a happy retirement.

We welcome to the surgery:
Dr Lorraine Buckley - GP Registrar
Dr Shona Adam - GP Registrar
Dr Alice Feast -FY2

Dr Katie McGowan will be returning from maternity leave and will be back in surgery from September

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

Correspondence address
all sites
Ferrybridge Medical Centre
The Medical Centre
8-10 High Street
Ferrybridge
WF11 8NQ

Tel: 01977 631623
Fax: 01977 635032

Dr P. Earnshaw
Dr C.A. Pinder
Dr P. Wynn
Dr C Phipps-Jones
Dr C Speers

JOIN US ON TWITTER AND FACEBOOK

Ferrybridge Medical Centre is now on twitter and facebook



Follow us to keep up with the latest information

medicalcentre@ferrybridgeGP's



PLEASE NOTE the practice will be closed on Bank Holiday Monday 29 August

WASTED APPOINTMENTS

If you cannot attend or no longer need your booked appointment **PLEASE** let us know as soon as possible so that we can offer it to someone else and the appointment is not wasted.

THANK YOU



Awarded for excellence

Do you want to:

Book Appointments online?
View a Summary Record online?
Request a repeat prescription online

If yes then register for our online service.

Please contact the surgery for more information



The practice now has a newly designed website which offers information about the practice
Please visit:

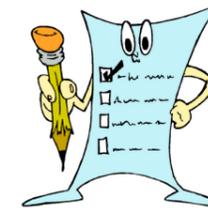
www.ferrybridgemedicalcentre.com

PATIENT SURVEY

The surgery is constantly striving to improve its care and service for all its patients

As part of our ongoing improvement, the Patient Participation Group compiled a questionnaire consisting of questions dealing with all aspects of patient experience when visiting the surgery.

The results have been reviewed and the feedback has been good. Over the coming weeks the results will be displayed in the surgery.



FLU CAMPAIGN

The 2016/17 flu campaign will be beginning shortly

Flu vaccines are given to:

Over 65's
Pregnant women
Children and adults with an underlying health condition
Children and adults with weakened immune systems

If you think you are suitable please contact the surgery towards the end of September



C-Card

The C-card scheme gives FREE condoms to young people in the Wakefield area aged 13-25. You can access this service whether you are male or female, no matter what your sexual orientation is. If you want further information please either contact the surgery or contact Trinity Walk Sexual Health Clinic on 01924 327586



SUNBURN

Sunburn is skin damage caused by ultraviolet (UV) rays. It usually causes the skin to become red, sore, warm, tender and occasionally itchy for about a week.

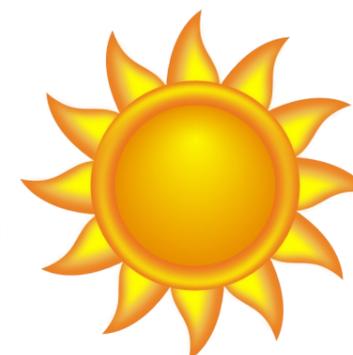
If you or your child has sunburn, you should get out of the sun as soon as possible.

You can usually treat mild sunburn at home, although there are some circumstances where you should seek medical advice.

The following may relieve your symptoms until your skin heals:

- Cool the skin by sponging it with cold water or by having a cold bath or shower
- Drink plenty of fluids to cool you down and prevent dehydration
- Apply a water-based emollient or petroleum jelly (such as Vaseline) to keep your skin cool and moist
- Take painkillers such as Ibuprofen or Paracetamol to relieve any pain

You should contact either the surgery or call NHS 111 for advice if you feel unwell or have any concerns about your sunburn.



Summary Care Records

The surgery is linked to the NHS Spine and your summary care record has been uploaded, unless you have opted out. This means that if you are taken ill and urgently need care at hospital or during out-of-hours, the clinicians looking after you will be able to view your medication and any allergies or adverse reactions you may suffer from. This could be vital in delivering the right care. They will always ask for your consent first if possible.

If you wish to opt in or out of this service please ask at reception

Cervical screening

The NHS Cervical Screening Programme screening test (previously known as a smear test) is a method of detecting abnormal cells on the cervix. Detecting and removing abnormal cervical cells can prevent cervical cancer.

All women who are aged 25-64 are invited for screening. For further information either contact the surgery or visit <http://www.nhs.uk/Conditions/Cervical-screening-test>

TEXT MESSAGES

There is now an option on our text messaging service to cancel your appointment via text.



Please ensure we have up to date details for you to use this facility

Health Trainers

The Health Trainer service is a free confidential service for people in Wakefield aged 16 years and over who would like to make lifestyle changes. These include:

- Healthy eating
- Increasing physical activity
- Stopping smoking
- Reducing stress and anxiety

Support is offered across the district. Contact the health trainers direct on 01977 665717 or arrange an appointment with a clinician for a referral to the service.