



BURNLEY GENERAL PRACTICE PATIENT NEWSLETTER

KIDDROW MEDICAL PRACTICE—ISSUE 10 JUNE 2015



Opening Times

The Practice is Open Monday, Wednesday, Thursday & Friday - 8:00 'til 6.30 and Tuesday 8-12



Could you help your local NHS to save around £3.5 million a year? It's not as difficult as you might think!

With waste medicine costing the NHS in East Lancashire £3.5 million, this money could employ more than 100 more community nurses, pay for nearly 5,000 cataract operations, 700 more hip replacements or 490 more heart by-pass operations.

Next time you order your medication, please consider:

- Do I need to order ALL the items?
- If you decide to stop taking any of your medication, inform your surgery so your GP is aware.
- If you are receiving medication that you don't take, it appears to your GP that you are still taking them. This gives a false impression of your treatment which could affect what medications you receive in the future.
- If you order via a pharmacy, inform them as well as your surgery of the items that you no longer need.
- Some medications require regular monitoring, therefore it is important that you attend any invitations from your GP.

Burnley Patient Participation Network Group

The Burnley Patient Participation Group meets four times a year and is specifically set up for Burnley patients to discuss relevant health issues that are happening in Burnley. Recent topics have included primary care access, future plans for Specialist Nurse Practitioners to support patients. At the next meeting a Cancer Nurse will be talking about cancer awareness.

The next meeting will be held on:

Date: Wednesday 22 July 2015

Time: 6:30-8:00

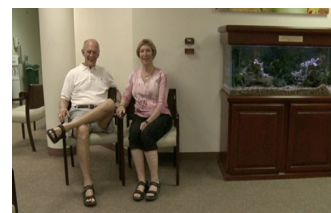
Venue: The Community Fire Station, Burnley

Your Practice Patient Group update:

Our Patient Participation Group is a virtual one—you automatically become a member once we have your email address on your medical record—please give your email address in at reception if you haven't already, and ensure it is kept up to date.

At the moment we're looking at reorganising our Practice Nurse and Health Care Assistant appointments as we know there can be a long wait for an appointment—please bear with us whilst we change our systems and contact the Practice Manager with any feedback.

Please help us to use our appointments wisely by giving us as much notice as possible if you need to cancel an appointment—if we have an up to date mobile number for you, you can do this by text message.



Electronic Prescribing

Those of you who order medication regularly will have noticed that we're now able to send prescriptions electronically to your nominated pharmacy. To nominate a pharmacy ask them for a form next time you're in there. Once your prescription has been sent, you can go to any pharmacy to collect it—this is useful if your nominated pharmacy is closed, or if your prescription has been sent to the wrong pharmacy. If you have any feedback, please contact the Practice Manager.

You can contact the surgery at:

Telephone: 01282 731300

Fax: 01282 731311

Email: kiddrowlane.doctors@nhs.net

Website: www.kiddrowmedicalpractice.co.uk



Patient Contact Details

Please remember to inform your GP practice if you change your phone number or address.

Please turn off or put your mobile phone on silent mode during your GP appointment.



Mindfulness

It is easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Five steps to improve our mental wellbeing.

connect – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

be active – take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your life.

keep learning – learning new skills can give you a sense of achievement and a new confidence. So why not try something new like taking a cooking course, learn to play a musical instrument, or figure out how to fix your bike?

give to others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

be mindful – be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness "mindfulness", and it can positively change the way you feel about life and how you approach challenges.

All this information and more can be found on NHS Choices at www.nhs.uk.



Hay fever

It's that time of year again and for those of you who suffer the symptoms of hay fever here are a few suggestions on how to reduce your exposure to the substances that trigger your hay fever.

- * Don't keep fresh flowers in the house.
- * Keep windows and doors shut in the house. If it gets too warm, draw the curtains to keep out the sun and keep the temperature down.
- * Vacuum regularly, ideally using a machine with a HEPA (high-efficiency particle arresting) filter.
- * Damp dust regularly. Dusting with a wet cloth, rather than a dry one, will collect the dust and stop any pollen from being spread around.
- * If possible, avoid drying clothes outside. This will help prevent bringing pollen into your house.
- * Avoid cutting grass, playing or walking in grassy areas and camping – particularly in the early morning, evening and at night when pollen counts are highest.
- * Wear wraparound sunglasses to stop pollen getting in your eyes.
- * Change your clothes and take a shower after being outdoors to remove the pollen on your body.
- * Keep car windows closed. You can buy a pollen filter for the air vents in your car. This will need to be changed every time the car is serviced.

For further advice and information check out NHS Choices at www.nhs.uk



Homewise Recycling Centre

Do you have any independent living aids you no longer use and which are suitable for recycling? Homewise will recycle items such as toilet frames, shower chairs, walking sticks, trolleys and crutches. The recycled items are then available to purchase - all products are cleaned and checked and Homewise are a non profit making organisation.

If you'd like more information, you can contact them at Unit 21, Arndale centre, Accrington, BB5 1PL, tel. 01254 382696 or email: info@homewiseonline.co.uk

Travel Vaccinations

If you're travelling abroad and need vaccinations, allow plenty of time to make your appointment.