

February 2012



# Winter Newsletter

## Travelling Abroad

If you require vaccinations for a trip abroad, our nurses are able to give you advice and administer these according to your destination.

To enable them to do this they need some information about your intended trip and proposed activities so we ask that you take a few minutes to complete our Travel Questionnaire. This can be downloaded from our website [www.crossleystreetsurgery.co.uk](http://www.crossleystreetsurgery.co.uk) or you can call into the surgery to collect one from reception. Once you have returned your completed form, our nurses will then make an assessment about which vaccinations you should consider having before your trip. You may then collect the completed form, with the nurse's vaccination and travel advice, from the surgery after 3-5 working days.



You should then book a travel appointment according to the nurses' recommendations, preferably with the named nurse and bring the completed form with you. Ideally this appointment should be at least 8 weeks before you travel. If your trip is within Europe for 2 weeks or less, then a travel appointment 3 weeks before you travel should be sufficient. Our nurse appointments do get booked up several weeks in advance so call us and book yours in plenty of time.

Please be aware that some vaccinations are not funded by the NHS so there will be a charge for them (You can find details of our Vaccination Charges and a copy of our Travel Advice Leaflet on the website).

### Useful Telephone Numbers

Harrogate District Hospital

01423 885959

Leeds General Infirmary

0113 2432799

York District Hospital

01904 631313

St James's University Hospital

0113 2433144

Out of Hours Emergencies

0345 6059999

NHS Direct (24hrs)

0845 4647

Police

101

## Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes and kidney disease.

If you are aged between 40 and 74, you will be sent a letter inviting you to the surgery for your free health check. This takes around 15 minutes, when you will be asked some simple questions about your family history, lifestyle and any medication you are taking. Your height, weight, age, sex and ethnicity will be recorded and your blood pressure will be taken. A simple blood test will be done to check your cholesterol and blood sugar levels. You will be given personalised advice on how to lower your risk and maintain a healthy lifestyle. Your blood tests will be reviewed and followed up accordingly.

**WE ASK THAT YOU DO NOT BOOK AN APPOINTMENT UNTIL YOU ARE INVITED.**

### Some of our Services

Travel Advice & Immunisations

Asthma/Respiratory Clinics

Diabetes/CHD Clinics

Well Woman Checks

NHS Health Checks

Family Planning

Smoking Cessation

Minor Surgery

Joint Injections

Cryo-therapy/Wart Treatments

Warfarin Clinic

## About Us

Crossley Street Surgery is a five-partner, three-salaried GP Practice operating under a Personal Medical Services contract with Leeds Primary Care Trust. All GP, Advanced Nurse Practitioner & Nurse consultations are by appointment only. We offer a range of appointments which can be booked up to one month in advance.

At present our three male partners work on a full time basis and our two female partners are part time. However, Dr John Mate leaves to go on a sabbatical from 7th April for three months and will return in July on reduced sessions. Dr Clare Bodey will be covering for Dr Mate whilst he is away and Dr Deborah Lawrence joins us to consult two days a week on his return. From the 1st April Dr Mate will also be standing down as Senior Partner after sixteen years and Dr Hall will take over.

We are an extremely busy practice caring for around 11,000 patients. We also maintain a GP service at Wetherby Young Offenders Institute and HMP Wealstun for whom Dr Ellis Rickwood is the lead GP. Each morning on a rota basis, one of our GPs visits the Young Offenders and another visits HMP Wealstun.

Dr Sylvia Dillon and Dr Maria Frith consult three and a half days each week. Dr Dillon specializes in women's health and ophthalmology. Dr Frith has special interest in general medicine and heart disease.

Dr Richard Hall is our resident GP trainer who oversees and monitors the progress of our Registrars. GP Registrars are generally with us for at least six months at a time. As well as providing education to our Registrars in-house, Dr Hall spends one day a week away from the practice working on other training commitments. We have two Registrars at present, Dr Kate Payne and Dr Christina Gregory.

Dr Chris Ade, Dr Katy McCready and Dr Sarah Fraser are our Salaried GPs. Dr Fraser works one full day and two mornings per week and Dr Ade and Dr McCready work four days per week. Dr McCready is currently pregnant with her third child and will be going on maternity leave in March when Dr Nikki Frew will be taking over until she returns.

We have a lot of changes happening in the next few months with GPs and cover etc and we will be doing our best to make sure that patients continue to receive the excellent service that we currently provide. Unfortunately you may not be able to see your regular GP but please be assured, that your health and wellbeing is our priority and we have put more than adequate measures in place to enable continuity of care.

## INR Clinic Changes

The current pharmacy service in the practice will be moving to a postal dosing service from 12th March. This means that patients will still visit the practice to have their bloods taken but any Warfarin dose change will be sent to them by letter in the post. Patients will receive written confirmation of this change and it will be followed up verbally in the clinics over the next couple of months. This new service is currently already working successfully in York and Leeds.

## Missed Appointments

Over a 6 month period, **517** Doctors appointments and **736** Nurse appointments have been wasted due to patients not turning up. This equates to **242** hours lost. **If you are unable to make it to the surgery for your appointment, please let us know asap so that we can allocate it to someone else.**

## Community Bowel Care Service

The Community Bowel Care Service was developed in Leeds in 2006/07. A Clinical Nurse Specialist was appointed in June 2008 to enhance care given to patients with bowel symptoms, either associated with constipation or faecal incontinence.

**Do you have any of the following bowel symptoms:-**

Bloating or discomfort relieved when bowels are emptied.

Are you unhappy with your present bowel management plan?

Do you have sore skin around your bottom or problems with itching?

Are your bowels opening less than twice a week or are your stools often hard?

Do you need to rush to reach the toilet in time?

Do you have to spend a long time on the toilet and strain to open your bowels?

**If any of these apply, please speak to your GP or contact :**

**Community Urology & Colorectal Service:-**

**Tel: 0113 305 5138**

**Email: [info.cucs@nhs.net](mailto:info.cucs@nhs.net)**

**This is a self-referral service, but you can also be referred by your local clinic or GP Surgery.**

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