

SUMMER NEWSLETTER

Leigh View Opening Times

Monday	8.00am - 6.00pm
Tuesday	8.00am - 6.00pm
Wednesday	8.00am - 6.00pm
Thursday	8.00am - 6.00pm
Friday	8.00pm - 6.00pm

Late Night & Early Morning Opening - Did you know?

That we regularly offer late night appointments and an early morning surgery - every week? These may be especially useful for those who are unable to get in during usual working hours; and can be booked one week in advance. .

Did you also know? We also offer telephone consultations - this is a great time saver for patients who struggle to be able to fit us in in their busy schedules. !

Please ask at reception for details of our appointments.

Practice Based Commissioning.

Leigh View Medical Practice has now joined H3+ Practice Based Commissioning Consortium. Here is some information about what that is, and what this means...

Who we are

H3Plus is a GP commissioning consortium of 31 practices in the outer north, inner north, west and south of Leeds covering 280,000 patients. The consortium seeks to improve the health and wellbeing of the patient population through the commissioning of clinical pathways and services that respond to the needs of both patient and clinician. In this way, H3Plus seeks to ensure coordination and integration of care across the whole health and social care landscape ensuring high quality, cost effectiveness care.

How H3+ works

The consortium is directed by a board consisting of representatives from member practices. The board is supported by key executive appointments including the Executive Chair, Chief Business Officer and Clinical Director, who are tasked with delivering on a range of clinical commissioning priorities.

No decision about me without me

H3Plus is committed to ensuring a patient-clinician partnership that is able to deliver on the White Paper principle of "no decision about me without me". This is demonstrated through a well-established Patient and Public Advisory Group (PPAG) consisting of patient and public representatives. The PPAG nominates from amongst their members a Chair to coordinate their activities. In addition, the chair of the PPAG sits on the H3Plus board as a non executive director for public engagement.

Why are GPs involved in commissioning?

GPs are widely recognised as the vanguards of the NHS. As the overarching responsible patient care coordinator, they are best placed to make commissioning decisions that promote and safeguard cost effective highly quality care. Whether it is hospital services, mental health services, community services or the independent sector, clinicians within H3Plus are striving to ensure that future services are appropriate to the needs of their patients.

Our principles - the heart of commissioning

As we seek to commission, we recognise that there are many challenges that lay ahead. It is because of those challenges that H3Plus has developed the "four principles of commissioning". The four principles will help ensure the correct environment necessary to commission successfully.

Our principles are as follows:

- Patient involvement: we believe that for commissioning to be successful, patients must play a key role. This means future decisions on health services and clinical pathways must involve patient needs and views together with clinical appropriateness.
- Education and training: we believe that a full and effective primary care workforce education and training programme will contribute towards the standardisation of a skilled and experienced workforce at the highest common denominator, whilst ensuring appropriate use of commissioned health services.
- General practice support and development: as the gateway to most NHS services, we believe that robust, fit for purpose and sustainable general practice is critical to the future of the NHS.
- Commissioning: who better to lead and direct the commissioning activities that will decide the future makeup of clinical services and pathways than GPs and clinicians? Far from turning clinicians and GPs into managers, H3Plus will ensure that clinical leadership is supported fully by professional managers. When we combine patient involvement, education and training, and the support and development of general practice, we can be assured to a greater extent that clinically led commissioning responsibilities will be discharged appropriately, with the patient as the primary benefactor.

Contact us

If you would like to find out more about H3Plus Commissioning Group, or would like to become involved through our PPAG in shaping the future of NHS services, please visit our website at www.h3plusgroup.co.uk. Alternatively, you can write to us at: H3Plus Commissioning group, 10 Netherfield Surgery, Netherfield Road, Guiseley, or call us on 0113 239 7898.

Waiting Room Revamp

After the recent surgery extension, we hope that you now notice a new warmer feel to the waiting room with our new chairs, TV, and layout. Elaine Lodge - The Office Manager and the Reception team have been taking your feedback on board and welcome further suggestions.

We are still looking to improve the practice waiting room further, and are grateful to receive donations of large plastic toys that can be easily cleaned.

We are hoping to raise funds to buy a nice little play house for the children to use whilst they wait, and some wizzy gadgets to help entertain the teens too.

We would be especially grateful for any patients who feel that they can contribute towards this cause. Please ask to speak to Elaine Lodge or email elainelodge@nhs.net.

Patient Participation

We have recently formed a Virtual Patient Group - the "Patient Participation Virtual Panel" is an email & postal group of interested patients with whom we can consult about service changes, feedback and ideas. If you missed your chance to join at the start of this group, please let us have your email contact details and we'll keep you informed of when the group recruits again.

Would you like to have your say about something specific?

Feel free to contact us with any feedback:

Miss Victoria Allen - Practice Manager
Email: vallen1@nhs.net

Mrs Elaine Lodge - Office Manager
Email: elainelodge@nhs.net

Ardsley & Tingley Children's Centre

Based at Blackgates School Services for parents and carers of children aged from 0 to 5yrs, this includes expectant parents, Teen Parents, Groups, courses, Family Support
Please phone 0113 386 2486 for more details



Flu Season 2011

This years clinic's start week commencing 26th Sept.

The practice will offer walk in clinics on several mornings where no appointments will be necessary. There will also be some after work appointments between 5pm and 6pm. Please check at Reception for clinic times.

Please note that letters will not be posted out, so please don't wait to be reminded.

This year vaccines will ONLY be given to patients who fall under at risk categories.

If you are not eligible, but still want a vaccine, you may purchase a flu vaccine from some local pharmacies and some supermarkets!

Long Acting Reversible Contraception Implants (Nexplanon)

Now available to patients at Leigh View Medical Practice, via Dr K. Hallas...please ask at reception for details.

What is it?

A small (40mm), flexible tube containing progestogen. The implant is inserted under the skin of your upper arm by a trained professional, and it lasts for three years. You can have the implant removed at any time, and your natural fertility will return very quickly. This means that once the implant is removed, you could get pregnant as easily as if you'd never had the implant.

In the UK, implants inserted after October 2010 are called Nexplanon. Implants inserted before this are called Implanon. They work in the same way, but Nexplanon is designed to reduce the risk of insertion errors, and is visible on an X-ray or CT scan. There is no need for existing Implanon users to have their implant removed and replaced by Nexplanon ahead of its usual replacement time.

How does it work?

The implant stops the release of an egg from the ovary by slowly releasing progestogen into your body. It thickens the cervical mucus and thins the womb lining. This makes it harder for sperm to move through your cervix, and less likely for your womb to accept a fertilised egg.

How effective is it?

Extremely - Less than one woman in 1000 over the three years will become pregnant.

Added benefits?

It's very useful for women who know they don't want to get pregnant for a while. Once the implant is in place, you don't have to think about contraception for three years. It can be useful for women who can't use contraception that contains oestrogen. It's very useful for women who find it difficult to take a pill at the same time every day, if you have side effects, you can have it taken out and it is not affected by antibiotics.

Is your child due a Childhood Immunisation?

The practice is pleased to announce an extremely successful high take up of all childhood vaccines for children aged 2 and children aged 5.

Look online for further information
<http://www.nhs.uk/Planners/vaccinations/Pages/Vaccinationchecklist.aspx>

If you are not sure if your child is up to date with their imms, please phone us and to speak to our imms admin lead **Helen R** on **0113 2537629**.

New Phone Filtering System

To help improve our call handling & hopefully making it easier for patients to get through, we've introduced a new call filtering layout for incoming calls!

We've also given all of our receptionists a set of questions to ask **all patients**, so that we can be sure that we offer you our most appropriate services

Why did you not attend ?

During May/June 276 patients didn't attend for booked appointments they had made with us.

If you cannot attend your appointment please let us know so someone else can!

Summer is on the way!

Repeated exposure to too much sun over a number of years can cause damage to skin. The effects of sun damage include: premature skin ageing and wrinkling, brown spots, actinic keratoses (benign warty growths on the skin), and skin cancer.

Sunburn increases the risk of skin cancer. Don't let sunburn catch you out whether at home or abroad. Use shade, clothing and at least factor 15 sunscreen applied generously and regularly to protect your skin. For more information check out

www.sunsmart.org.uk

Bank Holiday Aug 2011

The practice will be closed on the following day Monday 29th Aug (Bank Holiday) but will re-open as usual at 8am on Tuesday 30th Aug

Please tell us ASAP when you change Address and Telephone Numbers

Please let our Receptionist know of any changes to your address as soon as possible.

Do please let us know of any telephone numbers you can be contacted on, too e.g.: Home, Mobile, Work this will provide a more efficient service if we need to contact you.

Training afternoons - The surgery will continue to close for staff training one afternoon per month:

"Time for Audit, Review, Guidelines, Education and Training" (T.A.R.G.E.T).

- Thursday July 21st - The practice is closed from 12.00pm
- No Training afternoon Target in August
- Thursday Sept 15th - The practice is closed from 12.00pm

Seasonal flu vaccinations are currently offered free of charge to the following at-risk groups:

- people aged 65 or over
- all pregnant women
- people with a serious medical condition such as chronic (long-term) respiratory disease, such as severe asthma, chronic obstructive pulmonary disease (COPD) or bronchitis;
- chronic heart disease, such as heart failure;
- chronic kidney disease at stage 3, 4 or 5;
- chronic liver disease;
- chronic neurological disease, such as Parkinson's disease or motor neurone disease;
- diabetes; or
- a weakened immune system due to disease (such as HIV/AIDS) or treatment (such as cancer treatment).
- people living in long-stay residential care homes or other long-stay care facilities where rapid spread is likely to follow introduction of infection and cause high morbidity and mortality.
- people who are in receipt of a carer's allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill.

Fees for private / non-NHS Work

Some things aren't included on the NHS.

This can include reports for insurance companies, solicitors & medicals, etc.

A price list is available at Reception, examples of our private fees are as follows :

Private Sick Note £15
To Whom it May Concern Letters £15
Disabled Bus Pass Application £25
Private Prescriptions £15
Full Medical Examination and Report £120 - £200

Routine Prescription Service

Please allow 48 hours notice

If we receive on Monday, you can collect on Wednesday after 3pm

Tuesday	Collect Thursday after 3pm
Wednesday	Friday after 3pm
Thursday	Monday after 3pm
Friday	Tuesday after 3pm

During the Bank Holiday season please don't forget to order your prescriptions in extra early!

If you are eligible for a flu vaccine but **don't want one** this year, please tell us now! This really does help us to avoid wasting time later in the year chasing up your appointment booking, and helps us to plan our stocks. Please let us know as soon as you can via Reception or by email: **Email: vallen1@nhs.net**

GP Registrar

Dr S. Munir leaves the practice at the beginning of Aug 2011 to continue with his advanced training as part of the Wakefield Vocational Training Scheme.

Men's Health – websites to browse:

[Older Men's Health](http://www.direct.gov.uk/en/Pensionsandretirementplanning/Over50HealthAndWellBeing/index.htm)

www.direct.gov.uk/en/Pensionsandretirementplanning/Over50HealthAndWellBeing/index.htm

[Men's Health Forum](http://www.menshealthforum.org.uk)

www.menshealthforum.org.uk

[Men's Health from the BBC](http://www.bbc.co.uk/health/mens)

www.bbc.co.uk/health/mens

[Male Health](http://www.malehealth.co.uk)

www.malehealth.co.uk

[Prostate UK](http://www.prostateuk.org)

www.prostateuk.org