

York Medical Practice Patient Group

Patients' Newsletter

March 2017

Do you need some help and support?

Listed below are the details of local organisations that can provide wide-ranging help, support and advice for residents of Richmond Borough.

RUiLS (Richmond Users Independent Living Scheme)

RUiLS offers a wide range of support and advice on the health, social & wellbeing services available to residents of our Borough. It helps maintain independent living for all ages.

CONTACT DETAILS: telephone 020 8831 6083, website www.ruils.co.uk, Email info@ruils.co.uk

GoLocal

GoLocal aims to help adults of all ages in the Borough to live as independently as possible in their community, through maintaining or recovering physical health, social independence and emotional wellbeing. GoLocal finds the local information you are looking for and identifies the right services for you. If you are looking for local activities and services or opportunities to learn new skills and meet new people, talk to them.

CONTACT DETAILS: telephone 020 8973 1877, website www.golocal.org.uk, email hello@golocal.org.uk

Richmond Carers' Centre

As the name suggests this centre is for people, *regardless of age*, who are affected by the care needs of a family member or friend requiring practical or emotional support. It provides a wide variety of services as 'every caring situation is different.'

CONTACT DETAILS: telephone 020 8867 2383, website www.richmondcarers.org

Email youngcarers@richmondcarers.org

Changes to Ear Syringing & Cryotherapy

From 1st April 2017 ear syringing and cryotherapy (treating certain skin conditions by freezing with liquid nitrogen) will no longer be provided by the Practice. But this does not mean they will not be treated. Full details of the changes are on the Practice website: www.yorkpractice.co.uk.

Breast screening

Mammographic screening, where [X-ray](#) images of the breast are taken, is the most commonly available method of detecting an early breast lesion.

However, you should be aware that a mammogram might fail to detect some breast cancers. It might also increase your chances of having extra tests and interventions, including surgery, even if you're not affected by breast cancer.

Women with a higher-than-average risk of developing breast cancer may be offered screening and genetic testing for the condition. As the risk of breast cancer increases with age, all women, registered with a GP, who are 50 to 70 years old are invited for breast cancer screening every three years.

Women over the age of 70 are also entitled to screening and can arrange an appointment themselves directly by ringing the Breast Screening Unit on 020 8725 2723 at St George's Hospital. For more information look on the NHS Choices website www.nhs.uk/conditions/breast-cancer screening.

The NHS Health Check

The NHS Health Check is your chance to get your free midlife MOT. For adults in England aged 40-74 *without a pre-existing condition*, it checks your circulatory and heart health and what your risk of getting a disabling heart disease is. This guide explains what happens at the check, when and how you get one, and how to lower your risk.

How do I get an NHS Health Check? If you're in the 40-74 age group *without a pre-existing condition*, you can expect to receive a letter from your GP or local authority inviting you for a free NHS Health Check. Don't worry if you haven't got your invitation yet, as you will be invited for one over the next few years. In the meantime, there are other ways of getting your health checked.

Should you get it checked? As we get older, we have a higher risk of developing something dangerous like high blood pressure, heart disease or type-2 diabetes. Your NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer. Start by taking the online heart age test to see how healthy your heart is.

What lifestyle changes could you make? Once you've had your NHS Health Check, your healthcare professional will discuss your results with you. You'll be given advice and support to help you lower your risk and maintain or improve the health of your heart. But you don't have to wait until your NHS Health Check appointment to make healthy changes.

There is much more information on the NHS Choices website: www.nhs.uk/nhshealthcheck

Surgery staff: Arrivals and departures

Lesley Lison – Has joined us as a Medical Administrator. Lesley has recently moved to the area with her family and previously owned and ran her own magazine in Dorset.

Anita Hudson – Has joined us as a Medical Administrator. Anita is an experienced receptionist who joins us from another medical practice where she was Office Manager.

Roz De Lord – Has taken on the role of receptionist predominantly based at St Marys University Health Centre. Roz was previously an Osteopath running her own clinic from home for over 30 years.

Linda Martin – Has joined us as a Medical Administrator. Linda also joins us from another practice and brings with her many years of administration experience.

Sabreena Johal - has started her eighteen month training placement at our Practice. Her working days are Monday, Tuesday and Thursday.

Sam Villard – After working at the practice for 5 years as a Medical Administrator, Sam has decided on a change in career and is now working as Ground Staff for British Airways.

Civita Rodrigues – Leaves us a Medical Administrator and is currently volunteering in a school until leaving to teach English in a school abroad.

Hiba Gamaty – Has completed her 6 month placement with us as a GP Registrar and has now moved on to the next part of her training based in hospital.

And finally... Dr Caroline Wall will be on maternity leave after giving birth to beautiful twin boys on 1st February. Mother and both babies are doing well.

Patient Group Newsletters

These twice-yearly newsletters are written by the Patients' Group to bring you information you may not be aware of. If you have any comments' please email us at: yorkpractice.ppg@gmail.com