

# Newsletter February 2018

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## Did you know?

This year almost £50 million will be spent on medicines in Barnsley, of which it is estimated that £2 million of those medicines will be wasted. This money could be spent on patient care in Barnsley.



Do you receive medicines on prescription that you don't need? Are the quantities on your prescription too much or too little? If so then

**We Can Sort It Out!**

Complete a Medication Change form for us to action – the form is available from reception desk and in the surgery entrance lobby. The changes requested will be actioned by a member of staff at the GP practice.

All medicines that need to be disposed of must be taken to a local pharmacy for safe destruction. **Please help the NHS**

## Combat Stress Charity:

Combat Stress is the UK's leading veterans' mental health charity. Mental health conditions affect ex-servicemen and women of all ages. Right now the charity is supporting thousands of veterans aged 18 to 97. Founded in 1919, their original name was the Ex-servicemen's Welfare Society.

Now called Combat Stress, the charity can provide a unique range of specialist treatment and welfare support along with residential and community treatment programmes to support veterans with Post Traumatic Stress Disorder (PTSD), anxiety and depression. The charity also works in partnership with other organisations to support the welfare of veterans within their community. The services they provide are free of charge to the veteran.

To find out more about services and treatments go to [www.combatstress.org.uk](http://www.combatstress.org.uk)

Alternatively contact Pat Gregory at the surgery for further information.



THE VETERANS'  
MENTAL HEALTH CHARITY

## DNA (Did Not Attend Appointments):

DNAs have an enormous impact on the healthcare system in terms of cost and waiting time.

During January 2018, 164 patients did not show up for their booked appointment. Please help other patients and staff at the practice by cancelling an appointment you no longer need or want; we can then offer it to someone else who does need it.

## Do You Want To Smoking?

There is help out there! For one to one support to stop smoking you can attend a clinic in the Hoyland Health Centre. **The clinic runs every Tuesday between 9.30am and 4.30pm.**



The service offers up to 12 weeks of support. You will attend weekly for the first 4 weeks and then fortnightly for the rest of the programme. The first assessment appointment will last for approximately one hour and is an opportunity to make decisions on the most suitable way forward. Your carbon monoxide (CO) levels will be tested at each appointment and vouchers for stop smoking medication will be given. Vouchers can be taken to any pharmacy within the Barnsley area for dispensing.

**Make a positive change in 2018 and ring to make an appointment – telephone 01226 644364**

If you can't attend on a Tuesday, the service can offer appointments on other days at various clinics in the Barnsley area, or telephone support at certain times at evenings or weekends. Just ask when you ring to book and the team will find you a suitable appointment.



## Curious about your CO levels?

Drop into Walderslade Surgery on **Thursday 8 February between 9.30am and 11.30am** and have a free CO reading and to find out more about the service.

For more information you can also visit [www.yorkshiresmokefree.nhs.uk](http://www.yorkshiresmokefree.nhs.uk)

## Have Your Say to Improve Your Healthcare:

The Friends and Family Test (FFT) in GP practices has been running for over 2 years and is about giving patients the opportunity to provide quick feedback on their care and treatment experience.

Look for the feedback forms in the surgery entrance lobby or complete the questionnaire via our MJog messaging service. It doesn't take long to complete and you don't need to give your details. Messages are automated and replies anonymous.

Thank you!



## Surgery Closed for Staff Training:

The surgery will be closed for staff training on **Wednesday 14 February** from 12.30pm and for the remainder of the day; re-opening as usual on Thursday 15 February.

The surgery will also be closed on **Thursday 1 March, 2018** from 1 – 4pm.