

# Newsletter March 2017

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## Dr Fairclough:

It is with great sadness that we announce the death of Dr Donald Fairclough, who died at his home in Scotland on Tuesday 14<sup>th</sup> February, 2017.

Many of our patients will have fond memories of Dr Fairclough and the early days when his consultations took place in the Walderslade 'wooden hut' in Elsecar.

He was an excellent GP and a truly remarkable gentleman.

Our thoughts are with his family at this time.

## Patients Who Did Not Attend Their Appointment:

Please try and cancel your booked appointment as soon as possible if you know you don't need it or can't make it to the surgery. The sooner we know, we can then offer your slot to someone else who really does need it.

During February **146** patients booked and then didn't turn up for their appointment. Unfortunately they didn't let us know.

## Healthwatch Barnsley Carers Identification Scheme:

Many people look after friends or relatives who need support due to frailty, disability, serious health conditions, mental health or substance misuse. If you are looking after someone, even if it is informally, you could get help and support but first the surgery needs to know who you are and about your caring role.

If you let a member of staff know that you are a carer they can direct you to other sources of support and access to:

- Double appointments where necessary.
- An annual flu vaccination.
- Annual health checks.

If you prefer, you can speak in confidence to Pat Gregory, Patient Liaison and Communications Manager at the surgery - call Pat on 01226 352407.

If your GP knows that you are a carer they will put a note (flag) on your medical record. This will enable the GP or nurse to see at a glance that you are caring for someone and this might be impacting on your own health. As a carer you need to be cared for too!

## Calling all Carers of People with Memory Loss or Dementia:

Do you care for a family member or friend with symptoms of memory loss or dementia? Caring for a loved one can often place physical and emotional demands on carers which can then take its toll on health and wellbeing.

If you feel isolated or un-supported in your caring role (or post caring), there is help out there. The Barnsley Dementia Carers Outreach Support service can offer advice, information or just a chat if you need it. Heather Sharratt and Avril Pritchard from the support service hold a drop-in session at Hoyland Health Centre (in the Allotment Deli) every **Tuesday** between **2pm and 3pm**.

If you would like more information contact the service directly on 01226 288772 or speak to Pat Gregory at Walderslade Surgery on 01226 352407.

### Know the Signs of a Stroke:

Approximately 110,000 people have a stroke each year in England. It is the third largest cause of death and the largest cause of complex disability; over half of all stroke survivors are left with a disability.

F.A.S.T. (Face – Arms – Speech - Time) is easy to remember and will help you to recognise if you or someone else is having a stroke.

Acting F.A.S.T. can not only save lives but potentially limit long-term effects. If you recognise any single one of the symptoms of a stroke in yourself or others, call 999 immediately.

- ❖ **Face** – has their face fallen on one side? Can they smile?
- ❖ **Arms** – can they raise both arms and keep them there?
- ❖ **Speech** – is their speech slurred?
- ❖ **Time** - to call 999.

For more information visit [www.nhs.uk/actfast](http://www.nhs.uk/actfast)

### Look Out!

If you think your child has infective conjunctivitis (sometimes known as 'pink eye') you **DON'T** need to;

- See a GP or practice nurse.
- Use antibiotics.
- Keep them away from school (unless they are feeling particularly unwell).

You **DO** need to;

- Bathe any sticky or crusty coating on eyelids or eyelashes with water and cotton wool.
- Keep their eyes uncovered.
- Discourage them from touching their eyes.
- Encourage them to wash their hands with soap and warm water regularly throughout the day.
- Make sure they use their own towels and pillows.
- Buy lubricant eye drops over the counter from a pharmacist in severe cases.

Most cases clear up in a few days without any treatment.

### Practice Nurse Vacancy:

The practice is advertising for a nurse to work 16 hours per week.

The post is permanent and the salary is negotiable depending on experience. The closing date for applications is 10<sup>th</sup> March, 2017.

If you are a qualified nurse and interested in the post, (or you know someone who might be) then please contact the surgery on 01226 743221 for more information or see the advertisement in the local press.

### Surgery Opening Times:

- Monday 8am - 8pm (6.30pm – 8pm for pre-arranged appointments only).
- Tuesday 8am – 8pm (6.30pm – 8pm for pre-arranged appointments only).
- Wednesday to Friday 8am - 6.30pm (7am – 8am on some Friday's for pre-arranged appointments only).
- Saturday, Sunday & Public Holidays – Closed all day

I-Heart Barnsley surgery hubs at Chapelfield Medical Centre, Wombwell and Woodlands Drive Medical Centre, Barnsley can offer Walderslade Surgery patients' access to a GP or nurse during the day; outside of normal GP hours; in the evening and at weekends. Call 01226 242429 or see the website [www.iheartbarnsley.org.uk](http://www.iheartbarnsley.org.uk)

For NHS Out of Hours Service call 111