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Foundry Lane Surgery

Boots Charges

Boots have now introduced a delivery charge. This came into force 30.9.2019.

One off deliveries will be £5.
Alternatively, an annual subscription will be £55.

Prescriptions will continue to be free to collect from store.

Payments can be made in store or by visiting [boots.com/PDCh](https://www.boots.com/PDCh)

Prescription Requests

Please note we do not do same day prescriptions.

Prescriptions take at least 48 hours to process.

The Pharmacy requires 1 week from order to collection.



Patient Participation Group (PPG)

Carers Leeds Yellow Card Scheme

If you are a carer ask your GP for a Yellow Card to complete.

Once you have completed the short form hand it back to reception to send the referral to Carers Leeds.

A massive thank you to the on-going time and commitment of our Patient Participation Group.

The group are now to be known as Friends of Foundry Lane Patient Group (FFLPG).

If you are interested in joining the group please contact the surgery for an application form.

Alternatively, please forward your details to :

Tracy Wild – PPG Champion or email: foundry.lane@nhs.net

Remember - your opinions matter !

Next meeting – 22.11.2019 @ 1.30pm - 2.30pm



Narinder—Wellbeing Co-ordinator

Email: n.panesar@nhs.net

What does Linking Leeds do?

It connects you to relevant services in your area which will benefit your overall health and wellbeing. Our friendly Wellbeing Co-ordinators will work closely with you to understand your needs and will then help you to access relevant services and groups in your community. This could include:

- A specialist mental health service
- General fitness or 'get active' classes
- Employment advice and volunteering opportunities
- Healthy eating or healthy walking groups
- Community, faith or cultural groups
- Support groups for physical conditions or emotional difficulties
- Money or housing advice services
- Creative groups including art, gardening or music

The Alcohol & Drug Service

Forward Leeds provides support for adults, young people and families needing help with alcohol and drug use in Leeds

Looking for help for yourself or someone else?

Get in touch with us

0113 887 2477 info@forwardleeds.co.uk



Book your flu vaccination now—please see reception.

Immunisations - Protect yourself, protect others

If you are not sure if your child has had all their routine vaccinations, check their personal health record (Red Book) or contact the GP surgery.

To get the best protection for your child, they need to have had two doses of MMR vaccine. For a checklist of the vaccines and the ages at which they should ideally

be given visit www.nhs.uk/vaccinations



Cervical Screening



**DON'T BE A DIVA
IT'S ONLY A BEAVER**

**Honestly. We've seen it all.
Book your cervical smear test today.**

Cervical Screening

Cervical screening is one of the best ways to protect yourself from cervical cancer. Cervical screening checks the health of your cervix. **It's not a test for cancer**, it's a test to help prevent cancer.

How cervical screening helps prevent cancer

Cervical screening may check for:

abnormal cell changes in your cervix – left untreated, this could turn into cancer

HPV – some types of HPV can lead to cell changes in your cervix and cancer.

What is HPV?

Human papillomavirus (HPV) is the name for a very common group of viruses. You can get it from any kind of skin-to-skin contact of the genital area, not just from penetrative sex. Most people will get some type of HPV during their lives. Nearly all cervical cancers are caused by infection with certain types of HPV.



Bowel Cancer Screening

Screening is offered every 2 years to men and women aged 60 to 74.

If you have not received your testing kit please contact the

free helpline on 0800 707 60 60

Extended Access (Out of Hours Appointments)

Extended Access

Evening appointments

There are now extra routine appointments available in the evening, making it easier for you to get an appointment at a time to suit you.

A virtual clinical pharmacist service

This is a telephone appointment for patients who: need to speak to a pharmacist regarding a medication issue; but don't need to come to the surgery. The pharmacists are able to prescribe and organise prescriptions electronically. A virtual musculoskeletal (MSK) service. This is a telephone appointment for patients who need to speak to an advanced physiotherapist regarding muscle and joint problems. They will issue advice and where appropriate arrange a follow up.

A virtual mental health support service (Healthy Minds)

This is a telephone appointment for patients aged 18 and over who would like help with emotional wellbeing. It will provide a 20minute telephone consultation with Healthy Minds Practitioners who will be able to offer support for patients experiencing low mood, stress or anxiety. They will offer support, explore and develop coping strategies and offer signposting and recommend other support services. Further information to follow.

Saturday and Sunday morning face to face appointments

There are now Saturday morning routine appointments from 9-12pm available through our extended access service. This increased availability is an extension of the services offered by your practice and is provided by a range of local clinicians including GPs, nurses and health care assistants.

Please note, this is **not** a walk-in service—you still need to make an appointment via your own GP practice. Extended Access appointments are for routine general practice issues and not for urgent care. If your practice is closed and you are unwell please call NHS 111.

Sunday appointments

There are now routine appointments on Sunday morning from 9am-12pm available through our extended access service at: Rutland Lodge Medical Practice, Scott Hall Road, Leeds, LS7 3DR. Appointments can be made either via your own GP practice or by calling the extended access team on 0113 221 3540 between 9am and 12pm on Saturday and Sunday.

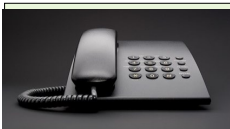


Catch it. Bin it. Kill it.

Stop the spread of flu germs. Use a tissue & wash your hands thoroughly.

Long Term Health Conditions

Patients with long term health conditions for example: diabetes, COPD etc will be routinely invited to book an appointment for their annual review around the month of their birthday.



Please note for training purposes all telephone calls are recorded.



Opening Times

The Surgery opens at 8.00am. Appointment start times are from 8.30am. The last appointment time is 17.30pm.

Important Dates

- 22.11.2019 PPG
- 21.11.2019 Surgery CLOSED from 12.15pm
- 25.12.2019 Christmas Day – Surgery CLOSED
- 26.12.2019 Boxing Day – Surgery CLOSED
- 01.01.2020 New Year’s Day – Surgery CLOSED

Important Contacts

Foundry Lane Surgery:
0113 2951200

Email: foundry.lane@nhs.net

Boots Pharmacy: 0113 2645497

St James Switchboard:
0113 2433144



Walk-in Baby Clinic

Tuesday 11am—12pm

Friday 10am—12pm (Immunisations)

Friday 11am—12pm (6—8 week check)

Immunisations - Protection yourself, protect others

To get the best protection for your child, they need to have had two doses of MMR vaccine.

National Campaigns

Stoptober	1st to 28th October 2019
National Cholesterol Month	1st to 31st October 2019
Young Carers Awareness Day	31.01.2020 2020
Movember	1st to 30th November
Alcohol Awareness Week	11th to 17th November
World Aids Day	1.12.2019
Dry January	The whole of January 2020

ARE YOU A CARER or CARED FOR ??

See reception staff for details



ZERO TOLERANCE POLICY

A zero tolerance policy towards violent, threatening and abusive behaviour is now in place throughout the NHS.

The doctors, nurses and staff in this practice have the right to do their work in an environment free from violent, threatening or abusive behaviour and everything will be done to protect that right. At no time will any such behaviour be tolerated in this practice. If you do not respect the rights of our staff we may choose to inform the police and make arrangements for you to be removed from our medical list. Foundry Lane Surgery also reserves the right to remove any patient seen to be making abusive or defamatory remarks on any social networking site (Facebook/Twitter etc). Please be aware that by posting online anything that can be construed as slanderous will be treated as abuse and appropriate action will be taken by the Practice.