



**Ash Grove Medical Centre**  
**Tel: 01977 673141 – Appointments & Enquiries**  
**[www.ashgrovesurgery.co.uk](http://www.ashgrovesurgery.co.uk)**



Welcome to the Spring issue of our Practice Newsletter. In this Newsletter, we aim to provide patients with up to date news, changes to the services we provide and useful information.

### Staff News

We would like to extend a warm welcome to Dr Mantle who will be joining the team shortly at Ash Grove Medical Centre.

We would like to say goodbye and good luck in their new ventures to Susan Wright - medical secretary, Isobel Keeling – receptionist and Jackie Brear – cleaner.

### The General Practice Nursing Awards 2020

Congratulations and a very well done to our Health Care Assistant Kirsty Spurr, who recently won the 'Inspirational Health Care Assistant Award'.



### Facebook

Did you know Ash Grove have their own Facebook page...this is updated regularly with publications and relevant information. Search for us on Facebook and give us a like.



### Staff Training Days

Please make a note of the dates below when the surgery will close at 12.00pm for staff training. We will close at 12 noon on the day of training and re-open the following day at 8.00am. If you need a doctor in an emergency, please telephone NHS111.

**18 March 2020**

**22 April 2020**

**13 May 2020**

**17 June 2020**

## Carers

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction that cannot cope without their support. We are always looking at updating our Carers Register and if this applies to you please inform the surgery. This allows us to support and refer you for support while you support others. Did you know that you are classed as a carer even if you are under 18? We now have four Carers Champions at the surgery, namely Kari Leonard, Kirsty Spurr, Kirsty Temple and Lucy Mills. Please feel free to contact them should you need any further information in relation to this.

## Dementia Awareness

We aim to provide excellent care and support for people living with Dementia. All our staff are trained as Dementia Friends to support our patients, carers and community. More information about Dementia Friends (an Alzheimer's Society Initiative) is available at [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)



## Blood Clinics

Please note our walk in blood clinics are on the following days:

- Monday 8.30am – 12.15pm
- Wednesday 9.30am – 12.30pm
- Friday 13.00pm – 15.30pm
- Target dates 8.30am – 11.30am



## Food Banks

Please note your local food bank is located at Knottingley Community Church. The Food Bank is open on Tuesdays between 11.00am and 1.00pm and Thursdays between 12.00pm and 2.00pm. Vouchers are available from reception here at Ash Grove Medical Centre. We also now have a food collection point for our local Food Bank and if you can help in anyway by donating please drop your donations into reception where you will see the collection point.



## Ovarian Cancer Awareness Month 1 to 31 March 2020

Ovarian Cancer is the biggest gynaecological killer of women in the UK. Three quarters of women are diagnosed once the cancer has already spread, making treatment more difficult. This is why awareness is so important, to drive forward improvements in diagnosis, treatment and survival.

Symptoms are frequent (they usually happen more than 12 times a month) and persistent, and include:

- Increased abdominal size/persistent bloating (not bloating that comes and goes)
- Difficulty eating/feeling full
- Pelvic or abdominal pain
- Needing to wee more urgently or more often

Other symptoms can include unexpected weight loss, change in bowel habits and extreme fatigue. If you regularly experience any of these symptoms, and that's not normal for you, it's important that you see your GP. It's unlikely that your symptoms are caused by a serious problem, but it's important that you get checked.

To find out more information, visit the [ocam.org.uk](http://ocam.org.uk).



## Accessible Information Standard

The Accessible Information Standard aims to make sure that people who have a disability, impairment or sensory loss are given information they can easily read or understand. Please inform a member of staff if you have any communication support needs. You need to help us make sure we get things right for you by recording your accessibility requirements and information needs alongside your other details.



## Stress Awareness Month 1 to 30 April 2020

Stress Awareness Month is held every April to increase public awareness about the causes and cures for our modern stress epidemic. Talk about stress and its effects, share your coping mechanisms and be nice to those who are stressed and anxious. The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you. For more information, take a look at the Stress Management Society Website.



## Turning Point

We are pleased to inform you that the full range of talking therapies, that are provided by Turning Point Talking Therapies (including the IAPT provision provided by the Well Women Centre), are now available to anyone age 16 years and over who is registered with a GP in the Wakefield district. During the period of transition from an 18+ service to a 16+ service Turning Point have worked closely with colleagues at CAMHS, Future in Mind and Kooth as well as commissioners to ensure a seamless and clear pathway between their services. Turning Point have existing agreements and strong relationships in place to help them manage and coordinate client care between local services and look forward to working together closely to provide the best support they can for those aged 16 - 18 and their families. Please also note that this service does not have an upper age limit. If you have any questions, please contact Turning Point on 01924 234 860. Further information can also be found on the Turning Point Website [talking.turning-point.co.uk](http://talking.turning-point.co.uk).

## Veteran Friendly Practice

We are pleased to inform you that Ash Grove Surgery has been successful in joining the 'Armed Forces Veteran Friendly GP practice accreditation scheme'. If you are ex-forces, please let your GP know to help ensure you are getting the best possible care.

### What is a veteran?

A veteran is anyone who has served for at least one day in the Armed Forces, whether regular or reserve.

### What is the RCGP advice on veteran's health?

Whilst many aspects of the health needs of veterans are the same as for the general public, there are sometimes significant differences, particularly in relation to conditions attributable to service life and the impact upon families. These differences can be reflected in the way in which healthcare is delivered, the range and types of some specific services provided and the long-term impact upon patients and families.



## Organ Donation

The law around organ donation in England is changing. The opt out system will come into effect from 20 May 2020. These changes will affect all adults in England unless they have recorded a decision not to donate or are in one of the following excluded groups:

- Those under the age of 18
- People who lack the mental capacity to understand the new arrangements and take the necessary action
- Visitors to England and those not living here voluntarily
- People who have lived in England less than 12 months before their death

The law is being changed to help save and improve more lives. Every day across the UK, someone dies waiting for a transplant. We are asking everyone to:

- Record your organ donation decision on the NHS Organ Donor Register
- Tell your family and friends what you have decided

