

TRAVEL UPDATE

Going abroad on holiday this year?
You may need vaccinations for your trip!
Our Practice Nurses can offer you travel advice
no matter how exotic your destination.

It is advisable to book an appointment with a nurse as soon as you have booked your trip to make sure you are protected and ideally at least 6 weeks before you go.

There are also some useful websites that you can search yourself – they will highlight whether you need vaccinations or anti-malarial tablets.

www.8weekstogo.co.uk

www.nathnac.org

www.malariahotspots.co.uk

www.fco.gov.uk

CHANGES TO OUR WEBSITE

St Luke's Surgery has a brand new website. The website has had a major update and is packed full of useful information on our clinics and services, practice policies and procedures, current medical news, useful links to sources of health information and websites and much more. Whilst looking more modern and attractive the site is still user friendly and easy to navigate around.

The site remains the portal to SystmOnline, our online appointments and prescriptions service (please contact reception for a username and password).

Visit www.stlukesdoctors.co.uk to take a look!

If you have any comments or suggestions for the new website please contact Emma Baker, Practice Administrator at stlukesadmin@gp-b82076.nhs.uk

Surgery Opening Times

Monday	8:00am-7:00pm*
Tuesday	8:00am-6:00pm
Wednesday	8:00am-6:00pm
Thursday	8:00am-6:00pm
Friday	7.30am-6:00pm*

*Extended hours for people who work

**PLEASE NOTE: WE HAVE JUST ALTERED THE TIMES
OF OUR EXTENDED HOURS.**

Flu Immunisations 2011

We have started thinking about the flu season already and are making plans for flu immunisation clinics on Saturday mornings (8.30-10.30am), starting on 24th September.

Saturday September 24th (surnames A-G)

Saturday October 1st (surnames H-N)

Saturday October 8th (surnames O-Z)

Saturday October 22nd – for any patients who missed the correct morning for their surname.

Staff News

Liz Wallace (reception co-ordinator) is returning to work in August after maternity leave. She had a daughter, Edie, last September. **Dr Anna Handley** will also be returning to work in September after having a son, Thomas, last year. We are pleased to hear that **Dr Amjid Khan**, who did locum sessions for us while Dr Greenwood was on sick leave, has been appointed to a partnership in a practice in north Leeds. Our latest "Employee of the Quarter" is **Maggie Coates** – receptionist and medicines manager – "conscientious, calm in a crisis, takes initiative – a real asset to St Luke's".

St Luke's Surgery



Newsletter



Summer 2011

Contacting the surgery

St Luke's Surgery

Mowbray Square Medical Centre

Harrogate

HG1 5AR

Tel: 01423 503035

Fax: 01423 562665

Email: stlukesadmin@gp-b82076.nhs.uk

Have you looked at our website?

www.stlukesdoctors.co.uk

Out of Hours Services

To speak to or see a doctor at night or at weekends please telephone **0845 0568060**

The service is open 6pm-8am on weekdays and 24 hour cover on weekends and Bank Holidays.

CANCER SCREENING

Early diagnosis of cancer saves lives and we are very keen to promote the screening tests that are available to our patients.

BREAST SCREENING by mammography is routinely offered to all women between 50 and 70 years old. The mobile screening van is usually sited at the Hydro. All eligible women should receive an invitation to attend in the post. Older women can opt to carry on being screened after age 70. There are currently pilot studies being undertaken to see whether widening this age range would be beneficial.

143 patients from St Luke's did not attend their breast screening appointment this cycle.

If you missed your last screening, want to carry on with screening after 70yrs or just want further information please ring **01904 725590**.

NOTE – if you miss your first appointment you may have to go to York to be screened.

BOWEL CANCER SCREENING is offered every 2 years to men and women between 60 and 75 years using a test on a sample of faeces. Older people can opt in to continue testing after age 70. A letter and a sampling kit with instructions is sent in the post.

157 patients from St Luke's have failed to return a sample for testing over the last 2 years.

If you have missed out on screening, want to be tested after age 75 or want more information please ring the Bowel Screening helpline on **0800 7076060**

CERVICAL SMEAR SCREENING Routine smear tests are available at St Luke's for women between the ages of 25 and 64 years. Women under 50 years are routinely screened every 3 years and women over 50 years every 5 years. Older women can continue to have smears past 64 years if requested. Women should receive an invitation in the post to attend for a smear when the next one is due. Please contact our Practice Nurses at St Luke's if you require any further information.

Don't forget your passport, suncream and MMR! – Measles Outbreaks & MMR

Did you know that there is currently a large outbreak of measles in France with over 4000 cases confirmed so far this year. Outbreaks have also been reported in other parts of Europe. There has been an increase in confirmed cases of measles in the UK, with over 40 cases in Yorkshire.

Your child is at considerable risk of catching measles if they are not protected against the disease. Measles can have serious complications and should not be regarded as a simple childhood illness.

Unless your child has already received two doses of vaccine, we would advise you to obtain MMR vaccination before travelling to mainland Europe.

Two doses of measles, mumps, rubella (MMR) vaccine offer full protection against the three illnesses, provided the first dose is given from 12 months of age. In the UK two doses of MMR are usually given, the first at around 12 months and the second around the time of school entry.

- If your child is older than 12 months of age and has never had MMR, please contact the surgery to give the first dose as soon as possible.
- If your child has only had a single dose of MMR a second dose will improve the level of protection, you do not need to wait until your child is ready to start school to give the second dose.
- It's never too late for a child, teenager or young adult to be vaccinated. Any teenager or young adult who missed out on MMR immunisation as a child can still get the vaccine, even if not travelling abroad.

For further information please go to:

<http://www.hpa.org.uk/Topics/InfectiousDiseases/InfectionsAZ/Measles/>

<http://www.nhs.uk/conditions/Measles/Pages/Introduction.aspx>

Your Practice Needs You!

Would you like to be more involved with the practice?

St Luke's is in the process of setting up a **Patient Participation Group** to increase communication between the practice and its patients and to help identify areas of improvement.

St Luke's has a diverse patient population with a wide variety of different needs and so we will strive to gain feedback from a representative cross section of the practice.

If you would like to be involved please ask at Reception for more details.