



# BURNLEY GENERAL PRACTICE PATIENT NEWSLETTER

ISSUE 10 MAY 2015

## Opening Times

8am—6.30pm

**CLOSED 12 NOON—1PM**

## Could you help your local NHS to save around £3.5 million a year? It's not as difficult as you might think!

With waste medicine costing the NHS in East Lancashire £3.5 million, this money could employ more than 100 more community nurses, pay for nearly 5,000 cataract operations, 700 more hip replacements or 490 more heart by-pass operations.

Next time you order your medication, please consider:

- Do I need to order ALL the items?
- If you decide to stop taking any of your medication, inform your surgery so your GP is aware.
- If you are receiving medication that you don't take, it appears to your GP that you are still taking them. This gives a false impression of your treatment which could affect what medications you receive in the future.
- If you order via a pharmacy, inform them as well as your surgery of the items that you no longer need.
- Some medications require regular monitoring, therefore it is important that you attend any invitations from your GP.



## Burnley Patient Participation Network Group

The Burnley Patient Participation Group meets four times a year and is specifically set up for Burnley patients to discuss relevant health issues that are happening in Burnley. Recent topics have included primary care access, future plans for Specialist Nurse Practitioners to support patients. At the next meeting a Cancer Nurse will be talking about cancer awareness.

The next meeting will be held on:

**Date: Wednesday 22 July 2015**

**Time: 6:30-8:00**

**Venue: The Community Fire Station, Burnley**

## Your Practice Patient Group update:

OUR NEXT PATIENT GROUP MEETING IS ON WEDNESDAY 2ND SEPTEMBER 2015 AT 10AM.

YOU CAN STILL BE A PART OF OUR PATIENT GROUP BY RECEIVING EMAILS AND NEWSLETTERS, PLEASE LET US HAVE YOUR EMAIL ADDRESS BY SENDING A REQUEST TO [SNGP@NHS.NET](mailto:SNGP@NHS.NET) and we will add you to our mailing address book.



## TRAVEL ADVICE AND VACCINATION:

PLEASE DON'T FORGET TO BOOK AN APPOINTMENT UP TO 6 WEEKS IN ADVANCE IF YOU ARE TRAVELLING. YOU CAN RECEIVE TRAVEL ADVICE AND VACCINATIONS THAT IN MOST CASES ARE FREE FROM OUR PRACTICE NURSES.

IF YOU ARE TRAVELLING TO A COUNTRY WHERE THE VACCINE IS NOT PROVIDED ON THE NHS YOU WILL BE INFORMED IN ADVANCE.

## You can contact the surgery at:

Telephone 01282 644222

Fax

Email: [sngp@nhs.net](mailto:sngp@nhs.net)

Website [www.stnicgroup.co.uk](http://www.stnicgroup.co.uk)



## Patient Contact Details

Please remember to inform your GP practice if you change your phone number or address.

***Please turn off or put your mobile phone on silent mode during your GP appointment.***



## Mindfulness

It is easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

### Five steps to improve our mental wellbeing.

**connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

**be active** – take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your life.

**keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not try something new like taking a cooking course, learn to play a musical instrument, or figure out how to fix your bike?

**give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

**be mindful** – be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness "mindfulness", and it can positively change the way you feel about life and how you approach challenges.

All this information and more can be found on NHS Choices at [www.nhs.uk](http://www.nhs.uk).



## Hay fever

It's that time of year again and for those of you who suffer the symptoms of hay fever here are a few suggestions on how to reduce your exposure to the substances that trigger your hay fever.

- \* Don't keep fresh flowers in the house.
- \* Keep windows and doors shut in the house. If it gets too warm, draw the curtains to keep out the sun and keep the temperature down.
- \* Vacuum regularly, ideally using a machine with a HEPA (high-efficiency particle arresting) filter.
- \* Damp dust regularly. Dusting with a wet cloth, rather than a dry one, will collect the dust and stop any pollen from being spread around.
- \* If possible, avoid drying clothes outside. This will help prevent bringing pollen into your house.
- \* Avoid cutting grass, playing or walking in grassy areas and camping – particularly in the early morning, evening and at night when pollen counts are highest.
- \* Wear wraparound sunglasses to stop pollen getting in your eyes.
- \* Change your clothes and take a shower after being outdoors to remove the pollen on your body.
- \* Keep car windows closed. You can buy a pollen filter for the air vents in your car. This will need to be changed every time the car is serviced.

For further advice and information check out NHS Choices at [www.nhs.uk](http://www.nhs.uk)



Please do not forget to cancel your appointment in advance . You can cancel by text if you have an appointment reminder. Please ensure we have your up to date contact details and email address.