

In Good Health

Merger & New Building Update

The plans are going ahead with regular meetings for the two surgeries- Adelaide Street Family Practice and South King Street Medical centre to come together and merge into one surgery. This goes alongside our plans for a new build medical centre that will sit on the site of the current two surgeries and the land that originally housed the old comrades club. We are working towards this being a beautiful building that will complement the new planned conference centre attached to the winter gardens. We have engaged DAY architectural ltd to design the

building and will be updating you all with plans and pictures when they are ready and agreed.

We would also like to reassure our Harris Medical Centre patients that our branch surgery is an integral part of moving forward. As you may have noticed, there are several new housing developments around Kentmere Drive, so we can only imagine that the Harris Medical Centre will actually increase and grow in future months. We have not got an exact date for either the merge or the building plans as we are working through all areas of clinical and administ-

-rative ways of working, to ensure a smooth transition for doctors, staff and patients alike when the merger comes together.

DNAs (Did not attend)

Each month we publish how many appointments have not been attended. These are displayed in surgery and on our website.

As a practice we would strongly advise that if you book an appointment, you record it carefully and you call to cancel if you are unable to attend, we are then able to offer this appointment to another patient. It is practice policy that if you persistently DNA then you will unfortunately be asked to find an alternative surgery.

Childhood Vaccinations

Each surgery runs clinics to vaccinate your children. These are held once a week, on a Wednesday morning at Harris and on a Thursday afternoon at Adelaide. Your child will be invited a total of 5 times. At 8 weeks, 12 weeks, 16 weeks, 1yr old and for pre-school vaccinations when

3yrs 4 months old. If you have not received an invitation to these clinics and you feel your child is due to attend, or would like to check your child's immunisation status, then please contact either surgery.

Further information:
www.nhs.uk/Conditions/vaccinations

Housing problems?

On the first Wednesday of every month a representative from the council will be running a clinic at Harris Medical Centre to help with any housing problems in the mereside area. Problems can include nuisance neighbours or specific problems relating to your accommodation. The clinic runs 9:30 - 11:00am.



Over the last couple of months we have had daffodil pin badges for sale in each surgery. Total raised in each surgery are as follows:

Adelaide: £27.33
Harris: £43.42



FY2's & Students

2 new FY2's joined us in April, Dr Aryan Kamali-Hal and Dr James Finnerty. In the coming months we will also play host to medical students from UCLAN who are in their 1st year of training.



REMEDIES - Sexual Health Service

Remedies (an anagram of mereside) is a sexual health service provided by Adelaide Street & Harris Medical Centre. The service is open to all Blackpool residents, including those not registered with the practice.

The service aims to identify instances of sexually transmitted infections and

treat them accordingly. It is a completely anonymous and confidential service, where patients do not even need to give us their names if they do not wish.

Appointments can be made on our dedicated number:

07585 509689

Patient Participation Group (PPG)



The next PPG meeting is scheduled for Tuesday 15th May, 6pm in Room 4 at Whitegate Drive Health Centre. Practice Manager, Luan Stewart, would like to extend an invitation for anyone interested in joining the PPG to attend this meeting.

We are also introducing a new 'virtual PPG' for people who are unable to attend

these meetings but still want to be involved. You can already join up to this by searching for "Adelaide Street Surgery Patient Participation Group" on Facebook@.

The first meeting took place on 20th March alongside our live PPG meeting. This will be repeated on the 15th May and all our patients are encouraged and welcome to join in.

Are you on facebook? Yes? So are we.

We recommend that all our patients join our facebook page to keep up to date with surgery news. Our page is updated regularly with information regarding not only the two surgeries, but also local health matters and other health related information.

The link for our page can be found at the bottom of this page.



Need a plumber, local pharmacy, or a local support group?

This information and a whole host of other information can be found in the FYI directory. The FYI directory is a new, unique directory for people across Blackpool, Fylde and Wyre. It brings together information about a wide range of local health and council services, community & social groups, wellbeing activities and events into one comprehensive source.



How important is cervical screening?

Cervical screening is the process of taking a sample of cells from your cervix and, currently, these cells are then examined under a microscope in order to detect changes in the cells that might develop into cancer in the future. Screening can detect changes to the cells of the cervix, and the detection and successful treatment of these cells usually prevents cervical cancer from developing.

Every year in the UK, over 3,000 women will be diagnosed with cervical cancer. Cervical cancer is the most common cancer in women aged 35 and under. 99.7% of cervical cancers are caused by persistent high-risk HPV infections, which cause changes to the cervical cells. HPV is an extremely common virus; around four out of five people (80%) will contract one type of the virus at some point during their lifetime.

Further information regarding cervical cancer, HPV and screening can be found on the following websites:

www.jotrust.org.uk

www.nhs.uk/conditions/cervical-screening

www.cancerresearchuk.org/about-cancer/cervical-cancer



A Healthy Recipe To Try...

Easy Italian Chicken
Serves 2

Ingredients

2 skinless chicken breasts
½ tbsp of olive oil
1 onion, chopped
10 mushrooms, sliced
2 x 400g cans of chopped tomatoes
2 tsp dried Italian herbs
2 tsp worcester sauce
Freshly ground black pepper
220g dry wholewheat pasta
fresh basil, to garnish

Method

1. Preheat the oven to 180°C or gas mark 4.
2. Gently fry the onions in a little olive oil for about 5 minutes.
3. Put the onions, mushrooms and all other ingredients (apart from the pasta) into an oven proof dish and mix thoroughly. Bake in the oven for 40 minutes, or until the chicken is cooked through.

4. Meanwhile, cook the pasta according to the packet instructions.

5. Serve the chicken with the pasta, and garnish with fresh basil.

Nutritional Info (per 823g serving)

Energy - 2,720kJ/646kcal
Protein - 51.7g
Carbohydrate - 69.7g
(of which sugars) - 18.8g
Fat - 19.8g
(of which saturates) - 3.6g
Fibre - 7.7g
Sodium - 0.3g
Salt - 0.9g
These figures apply to a portion served with 220g of cooked pasta.



Staff Changes

A number of staff changes have taken place over the past few months.

Leaving

Leighann - Reception
Emma O'Neill - Secretary
Maxine - Admin
Mel - Pharmacy
Vicky - Reception

Joining

Sharon - Reception
Alexandra (Ali) - Reception
Alison - Reception
Geraldine - Reception
Emma - Secretary
Laura - Pharmacy

Alison Morden who has been with the surgery for 4 years has also been promoted to reception supervisor following Leighann leaving.