



## Thank You

Thanks to all of you who kindly donated to our recent *Race for Life* campaign. Doctors, nurses, family members and staff all braved damp conditions at Lister Park on 1<sup>st</sup> June to complete the 5km course. £700.00 was raised for cancer research, and despite the harsh conditions, fast times were recorded and all who took part completed the course to collect their medal.

## Hot Tip

Don't forget your flu jab this autumn! Look out for info on our flu clinic dates soon. Don't leave yourself at risk by not getting yours!

## Are you going to the 'clinic'?

Do you suffer or know someone who suffers with asthma or COPD, diabetes

or heart disease? If so you will know that we run specialist clinics at the practice to monitor and optimise these conditions. It is really important to attend these clinics so that our experienced nurses can keep you informed of any new medications available and to make sure that those you are taking are still proving effective.

## Technology

Our newly installed 'touchscreen' booking in system is proving a real hit to both young and old. Instead of queuing at reception to book in, patients have been going straight to the screen, tapping in their initials and date of birth, and *voila!* Why not give it a go? "*It looks complicated,*

*but isn't*" said one patient. "*I can't use a computer but I can use this*", she continued.

## Bye Bye Brenda



Brenda – our longest serving receptionist retired on the 30<sup>th</sup> May. She started work as a receptionist in 1987 when Doctors Blagg, Gilchrist and Crossland were manning the fort. Since then she has helped thousands of patients with their health needs. Brenda wishes to personally thank all the patients for their kind words and numerous gifts received. Have a happy retirement Brenda!

## *What's up Doc?*

### **Sunburn**

It can take only a few minutes of summer sun on exposed skin to burn. The top layers of skin become red and sore with some blistering and peeling possible in more severe cases. Protect yourself and your family with suncream. The factor of the suncream indicates the ratio of radiation required to burn the skin, so factor 10 provides protection 10 times as long under the sun as unprotected skin. Children's skin is more susceptible to burning than adults.

### **More**

#### **Qualifications for staff at BHMP**

Our congratulations go out to Lisa – our Health Care Assistant who recently completed her *Primary Health Care Assistant* course accredited by Huddersfield

University. Lisa can help you with lifestyle advice, blood tests and blood pressure taking amongst other health related issues. Well done Lisa!

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### **Staff Training**

We are committed to providing all of our patients an excellent service. To this end we conduct regular training usually monthly. The practice will close during this time. We will put a notice in reception early in the week informing of the closure and a number to call in the case of emergencies.

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### **New Starters**

Welcome to Alison Lachhar, Lisa Davey and Leanne Rayner – our new receptionists.

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### **Did You Attend?**

**129** patients did not turn up for their appointments in May. This is equivalent to 4 days of appointments

with a doctor being unused. Please help us to help you by attending your appointments or giving us at least 24 hours notice if you cannot turn up for yours.

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### **Threats to Your Surgery**

Recently in the press GPs have not been thought of favourably. The government wishes to disband smaller practices, do away with continuity of care, and offer 'superclinics'. These superclinics will lose the personal feel and are likely to mean many patients will have to travel longer distances to get seen by doctors and nurses who do not know them. We at BHMP feel that this will destroy the close relationships we have with many of you, and would urge you to support your local practice in any way you can.

