



Hollyns

HEALTH & WELLBEING

Welcome to the latest issue of Hollyns Health & Wellbeing Newsletter! In this quarter we discuss: Hollyns - Brand Announcement, Ovarian Cancer Awareness, Anxiety Disorder and Just Giving—Stroke Association.

Hollyns Brand Announcement

Mayfield Medical Centre and The Grange Practice are pleased to announce, that from 1 April 2017 we will be merging to create one new GP practice named Hollyns Health and Wellbeing.

The Patient Participation Groups at both sites supported the process of renaming our surgeries and a competition was run asking for suggestions on what our new name should be. The name “Hollyns” was suggested by one of our patients with the background to her suggestion being that Hollyns were a prominent family who settled in Clayton in the 16th century and in the 17th century descendants of the family moved to Allerton.

Over the course of the next few months we will be changing our name and working on bringing together our administrative and clinical processes, you will still be able to see your GP at your usual surgery in either Allerton or Clayton. There are many benefits to being a part of a single large practice such as shared resources and a larger clinical workforce that can be more flexible and responsive to patients’ needs. In the future we will be looking to offer a range of different clinical services at both of our locations. Hollyns will be introducing a common IT system and software across our surgeries which will mean we are able to offer patients a choice of location for their appointment. Our correspondence to patients will soon be updated according to practice location:

Hollyns Health and Wellbeing - Allerton (formally The Grange Practice) & Hollyns Health and Wellbeing - Clayton (formally Mayfield Medical Centre). Telephone numbers for both locations will remain the same. Hollyns Health and Wellbeing will continue to adapt to the changing challenges of the NHS working together to improve patient experience.

If you have any queries or would like some further information please contact Shazia Rashid, our Patient Services Manager.

Ovarian Cancer Awareness

The symptoms of ovarian cancer can be difficult to recognise, particularly early on. They're often the same as symptoms of less serious conditions, such as irritable bowel syndrome or pre-menstrual syndrome. The most common symptoms of ovarian cancer are: feeling constantly bloated, a swollen tummy, discomfort in your tummy or pelvic area, feeling full quickly when eating, or loss of appetite needing to urinate more often or more urgently than

normal. Other symptoms of ovarian cancer can include: persistent indigestion or nausea, pain during sex, a change in your bowel habits, back pain, vaginal bleeding - particularly bleeding after the menopause, feeling tired all the time and unintentional weight loss. **See your GP** if: you've been feeling bloated most days for the last three weeks, you have other symptoms of ovarian cancer that won't go away - especially if you're over 50 or have a

family history of ovarian or breast cancer, as you may be at a higher risk. It's unlikely you have cancer, but it's best to check. Take the 60 seconds **BEAT** test to check for signs of ovarian cancer and to know when you should go to your GP, visit: www.nhs.uk Your GP can do some simple tests for ovarian cancer to see if you might have it. If you've already seen your GP and your symptoms continue or get worse, go back to them and explain this.

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Recognise the signs and BEAT ovarian cancer!

Women who regularly experience the BEAT signs of ovarian cancer should see their doctor.

Do you have the BEAT signs?

▶ Take the 60 second BEAT test!

ANXIETY DISORDER – SYMPTOMS OF ANXIETY

Anxiety is a feeling of unease, worry or fear. Everyone feels anxious at some point in their life, but for some people it can be an ongoing problem. A little bit of anxiety can be helpful; for example, feeling anxious before an exam might make you more alert and improve your performance. But too much anxiety could make you tired and unable to concentrate. Anxiety can have both psychological and physical symptoms. Psychological symptoms can include: feeling worried or uneasy a lot of the time,



having difficulty sleeping which makes you feel tired, not being able to concentrate, being irritable, being extra alert, feeling on edge or not being able to relax, needing frequent reassurance from other people, feeling tearful, When you're feeling anxious or stressed, your body releases stress hormones, such as adrenaline and cortisol. These cause the physical symptoms of anxiety, such as an increased heart rate and increased sweating. Physical symptoms can include: a pounding heartbeat, breathing faster, palpitations (an irregular heartbeat), feeling sick, chest pains, headaches, sweating, loss of appetite, feeling faint, needing the toilet more frequently or "butterflies" in your tummy. Anxiety can also be a symptom of another condition, such as panic disorder (when you have panic attacks) or post-traumatic stress disorder,

which is caused by frightening or distressing events. There are effective treatments available for anxiety and panic disorder, so do talk to your GP if you think you may benefit from them.

BOWEL CANCER AND BOWEL SCREENING

Bowel cancer is a general term for cancer that begins in the large bowel. Depending on where the cancer starts, bowel cancer is sometimes called colon or rectal cancer. Bowel cancer is one of the most common types of cancer diagnosed in the UK. Most people diagnosed with it are over the age of 60. The three main symptoms of bowel cancer are: persistent blood in the stools - that occurs for no obvious reason or is associated with a change in bowel habit, a persistent change in your bowel habit - which usually means going more often, with looser stools persistent lower abdominal (tummy) pain, bloating or discomfort - that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss. The symptoms of bowel cancer can be subtle and don't necessarily make you feel ill. However, it's worth waiting for a short time to see if they get better as the symptoms of bowel cancer are persistent. If you're unsure whether to see your GP, try the bowel cancer symptom checker:

www.nhs.uk If bowel cancer is detected at an early stage, before symptoms appear, it's easier to treat and there's a better chance of surviving it. To detect cases of bowel cancer sooner, the NHS offers two types of bowel cancer screening to adults registered with a GP in England: **All men and women aged 60-74 are invited to carry out a faecal occult blood (FOB) test.** Every two years, they're sent a home test kit, which is used to collect a stool sample. If you're 75 or over, you can ask for this test by calling the freephone helpline on 0800 707 60 60. **An additional one off test called bowel scope screening** is gradually being introduced in England, this is offered to men and women at the age of 55. It involves a doctor or nurse using a thin flexible instrument to look inside the lower part of the bowel. Taking part in bowel cancer screening reduces your chances of dying from bowel cancer, and removing polyps in bowel scope screening can prevent cancer. However, all screening involves a balance of potential harms, as well as benefits.



JUST GIVING – STROKE ASSOCIATION



Our Assistant Business Manager Rebecca Hanson, will be running 5k-a-day during the month of May in memory of her mum Cindy for the Stroke Association's Make May Purple Campaign. Cindy sadly passed away almost 6 years ago at the age of 44, she suffered a subarachnoid haemorrhage (Stroke). Rebecca will run 5km (which is 3.2 miles) every single day in May to raise much needed funds for the Stroke Association and is hoping that on the last day of May she can create a group run to finish the month off in style, Rebecca commented "Had my mum survived her stroke then I'm certain that I would have taken advantage of the good work that the Stroke Association do in order to help me to support and rehabilitate her. Mum was also an organ donor and helped 6 people waiting on transplant lists by giving the gift of life."

Stroke
association

If you would like to sponsor Rebecca and help the Stroke Association continue their good work in research and patient care please visit

www.justgiving.com/fundraising/5k-a-dayMay.



Did you know that you can book appointments online and order repeat prescriptions?

Register for SystemOnline with the Reception Team and then log on via

www.mayfieldmedicalcentre.com or www.grangepractice.co.uk depending on which site you are registered with.



**Farewell
and
Good Luck**

Hollyns Health and Wellbeing—Clayton will be sad to see Charlotte Todd (one of our Receptionists) leave the Practice at the end of April but wish her all the best in her new career.

Attending your appointment!

As a practice we are continually looking to improve our service and make more appointments available to patients. However the number of patients who fail to attend appointments without ringing to cancel is still very high.

Between 1st January 2017 and 31st March 2017 Hollyns Health & Wellbeing—Clayton had **438** Did Not Attend appointments. That's **118** hours worth of wasted appointments.

Hollyns Health & Wellbeing—Allerton had **528** Did Not Attend appointments. That's **135.5** hours worth of wasted appointments.

Please remember to cancel your appointment if you are unable to attend!



We want your views! We are keen to hear feedback about the services we provide. Please log on to www.mayfieldmedicalcentre.com or www.grangepractice.co.uk and visit the Virtual Surgery and use the Contact Us button in the waiting area to email us your comments.

SMS Text Messaging: if we have your mobile number we will send you text messages to confirm your appointment, remind you of your appointment or notify you of test results. You can "opt out" of these texts at any time. Please inform reception if you do not wish to receive them.

Please remember to inform us if you change your mobile number!

Patient Participation Groups:

Both the Allerton and Clayton sites at Hollyns Health and Wellbeing have a Patient Participation Group (PPG), the groups consist of patients, Doctors and members of the practice management team and we meet frequently through the year.

Our aim is to contribute to the continuous improvement of services and to provide feedback about our patient's concerns. With the merger of the two Practices the two groups will be having some Joint Meetings, the next one will be taking place on the 23rd May at 6.15pm at our Allerton site. The practice management team will be presenting to the group about how we will be working together moving forward.

If you are interested in becoming a member of the Group or would like to attend the meetings, then please leave your name and contact details with a member of the reception team.

Hollyns Health & Wellbeing—Clayton

GP Availability



4 Glenholme Park
Clayton
Bradford
BD14 6NF

Phone: 01274 880650
Fax: 01274 883256
E-mail:
B83045.mayfieldmc@nhs.net

Dr. A. Raw (female) works: Monday all day, Wednesday afternoon and Thursday all day

Dr. A Suleman (male) works: Monday afternoon (pain clinic only), Tuesday all day, Thursday afternoon and Friday all day

Dr. J. Doore (female) works: All day Thursday and Friday

Dr. M. Ponnusamy (Female) works: Monday morning

Louise Lewis (Advanced Nurse Practitioner) (female) works: all day Tuesday to Friday

Nicola Smith (Advanced Nurse Practitioner) (female) works: Monday morning, Tuesday, Wednesday and Friday all day.

Jayne Hunneybell (Paramedic who is Training to be an Advanced Clinical Practitioner) works: Tuesday and Thursday.

We have a Practice Nurse team who are available Monday to Friday.

Hollyns Health & Wellbeing—Allerton

GP Availability



Allerton Health Centre
Bell Dean Road
Allerton
Bradford
BD15 7WA

Phone: 01274 885222
Fax: 01274 491776
E-mail:
B83050.thegrangepactice@nhs.net

Dr. A. Withers (male) works: Monday all day

Dr. A Maddy (female) works: Monday afternoon and all day Tuesday and Wednesday

Dr. C. Temperley (female) works: All day Monday, Tuesday, Thursday and Friday

Dr. S. Marris (female) works: All day Monday, Wednesday, Thursday and Friday

Dr. M. Ponnusamy (female) works: Monday afternoon, Wednesday and Thursday all day

Dr. S. Shaper (female) works: All day Monday and Tuesday and Thursday morning

Margaret Robinson (Advanced Nurse Practitioner) (female) works: All day Monday to Thursday and Friday morning

We have a Practice Nurse team who are available Monday to Friday.