

Patient Group news

This issue we hear from Primrose who volunteers at our coffee morning:

“More Than Just A Coffee Morning

Our group is open to everyone: Thursdays 10 - 12 noon at the Polish Centre just up the road from St Martins. Please join us for board games, handicrafts, magazines, a cuppa and the chance to meet other people & have a chat. Zoe our qualified instructor runs a Zumba class for half an hour! And sometimes we have speakers about health or social issues.

A voluntary contribution is appreciated to enable the group to continue.

The group is run by volunteers like me. It's an enjoyable way to meet people and give something back. Coming to *More Than Just A Coffee Morning* makes all the volunteers and everyone who attends feel happier! If you are interested in either volunteering or simply joining us for a cuppa then please come along one Thursday and say hello.

Primrose

Dr Jonathan Adams

Dr Jonathan Adams will be retiring from St Martins Practice in November. He has been at St Martins for 28 years and will be very greatly missed by his patients and our staff team.

Dr Adams is respected by the medical community across Leeds for his work leading local NHS organisations, for his championing for our part of Leeds to get the services it needs, and not least for being a dedicated GP especially for working with people living with substance abuse.

There will be a good-bye event for you to wish Dr Adams well on Sat 11th Jan 2020. More to follow in the Winter issue of *The Listener*.

I am sure you will all join us in thanking Dr Adams for his devoted work over the years and for his wise counsel, and wishing him all the very best for the future.

Our Patient Participation Group

We want to involve you - our patients - in planning and improving our services. Please join us in person at a meeting or join our email updates.

- Speak to Michaela Noble in Patient Support
- Complete the *Contact Us* form on the Patient Group page of the website
- Come along to our next meeting October 17th 2019, 1-2.30pm!

Keep well this winter:

Flu can be unpleasant, but if you're otherwise healthy, it'll usually clear up on its own. Flu can be more severe in older people, those with a health condition such as diabetes or respiratory disease, & pregnant women, who are more likely to develop complications like pneumonia. It's recommended these people have their flu vaccine every year.

Drop-in flu clinics:

- 24 Oct
- 8 Nov
- 27 Nov
- All 2 – 5 pm
- Late night!
- 29 Oct
- 5.30-7.30 pm

Medichem Pharmacy have a drop-in flu service for adults. Weekdays, 9 am – 6 pm.

Welcome to new Patient Support colleagues!

Aisha, Jade, Pamela and Traceyann have joined our Patient Support Team this summer. They are all doing so well: its a big job to learn.

The Patient Support role has changed so much recently. The team is now vital in sign-posting you to a range of services where you can be seen more quickly and by the most appropriate person. For example, the MSK service (below), and see our website for lots more.

They always appreciate (& deserve!) your encouragement and support, thank-you.

Direct access physiotherapist

If you experience joint pain, or pain in your arms, legs, feet or hands, then you can now book direct into the Muscular-Skeletal Service (MSK). The MSK service is telephone appointment where a physiotherapist will assess your issue, give a provisional diagnosis, and agree a management plan with you. The telephone appointments are available quickly and are in the evenings. The service is proving very popular: by opting to book direct into the MSK service you get access to a physiotherapist directly. Our Patient Support Team will offer you the choice of booking into this service when you call us to arrange an appointment.

The management plan may include a personalised exercise plan (you will receive an emailed link to an exercise video), strategies to best manage your injury / pain, advice on pain relief and any further tests (prescriptions & referrals are made via us if required).

You can also book into the MSK service if you have swollen joints, mobility problems, have been in a traffic accident, or are experiencing numbness, tingling, or pins and needles.