

# South Milford Surgery News



South Milford Surgery

January 2012  
(Next newsletter will be available from April 2012)

## Be a part of Red for Heart 2012

Join thousands of others next February and organise your own red themed event or join in on National Wear Red Day – February 24. Go to [www.bhf.org.uk](http://www.bhf.org.uk) for more details



## South Milford Surgery— Clinical Commissioning Groups

As you will be aware the NHS reforms are well under way now with clinical commissioning groups forming around the country to shadow the work of the Primary Care Trusts in readiness to take over from them in April 2013. There is no statutory format laid out for these groups with regards to size or formation other than that all surgeries have to be a member of one and they must have an Accountable Officer. The surgery at South Milford has opted to join the Vale of York shadow commissioning group and

Dr King regularly attends meetings to discuss improvements to service and pathways for our patients. The group will soon be looking for patient members and it is important that outlying areas such as ourselves are represented on these groups so that our interests are highlighted. If anyone is interested in this please see details below;

**Vale of York  
Clinical Commissioning  
Group's  
1<sup>st</sup> Public & Patient  
Congress  
7<sup>th</sup> February 2012 , 10am –**

**3pm,  
Priory Street, York**

**By attending you will be able to:**

**Have a say concerning how the public and patients can influence the development of health services.**

**Meet the Vale of York Clinical Commissioning Group Board and hear about their progress and their intentions for the future.**

**To book a place on the congress contact Susan Lattaway by 1<sup>st</sup> February 2012**

**Susan.lattaway@nyypct.nhs.uk or Fax to 01904 694704**

**Or by post to: Susan Lattaway, NHS North Yorkshire and York, Sovereign House, Kettlestring Lane, Clifton,**

## Do You Want to Stop Smoking?

The new year is always a time for making resolutions—many of which are broken by the 2nd January! If you have made a resolution to stop smoking in 2012 there is plenty of help around. The NHS Stop Smoking Service provides lots of information and handy tips to help you cut down and stop and stay off cigarettes. For more information go to [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk) or

phone 08000224332. If you want a more personal service try your local pharmacy, many of whom also provide a tailored 'stop smoking' service for you. The nearest pharmacy to South Milford providing this service is Milford Pharmacy next to the surgery building. If you have any concerns or want advice about stopping smoking do see your nurse or GP. Make 2012 the year you stop!



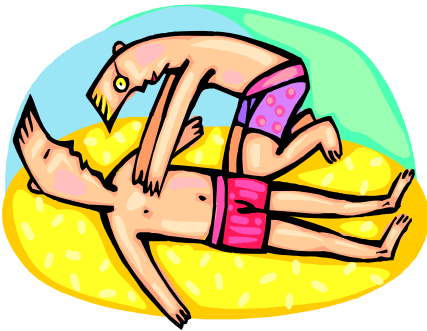
## Health Awareness Calendar for January, February & March

STIQ Day	14th Jan
Cervical Cancer Prevention	22nd—28th Jan
Food Allergy week	23rd to 29th Jan
Beating Bowel Cancer	23rd to 29th Jan
Bug Busting Day	31st Jan
National Heart Month	February
World Cancer Day	4th Feb
Tinnitus Awareness Week	6th to 12th Feb
Eating Disorders Week	20th to 26th Feb
Prostate Cancer Awareness	March
Ovarian Cancer Awareness	March
Endometriosis Awareness Week	5th to 11th Mar
World Kidney Day	8th Mar
World Glaucoma Week	11th to 17th March
No Smoking Day	14th Mar

## South Milford Surgery

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LS25 5AA  
Telephone 01977 682202

Committed to providing  
excellence in primary care  
locally



## DO YOU HAVE ONLINE ACCESS?

*Did you know you can book  
appointments and order  
your repeat medication  
safely on line?*



*Online access is available 24 hours a day to suit you and will  
save you time.*

*Just ask the reception team for an online log in and you will  
have access to all the services.*

## ARE YOU INTERESTED IN LEARNING BASIC LIFE SUPPORT SKILLS

The surgery is looking to sponsor some more training sessions on CPR/Basic life support skills from April 2012. We ran a successful pilot in September last year. The course will be open to anyone but patients at the surgery will be given precedence. There may a small charge to contribute to costs but this will be no more than £5. If you are involved in a community group or would like to add this to your skills please contact Kathy Darley at the surgery to add your name to the list.

## South Milford Surgery—

## Patient Participation Group

### Patient Group Update

The patient group has met a number of times in the last year and completed a full patient survey in June 2011 and the results were published in the surgeries and on the website through July and August 2011. From the results of this survey we formulated three actions to try and improve the service offering to patients.

- 1) To improve the availability of appointments on the same day
- 2) To improve the number of appointments available to book ahead for routine issues
- 3) To improve communication between the surgery and patients and to keep them informed of changes

We have been working hard on these areas and will review our progress at the next patient meeting. A full report of the work of the group and the achievements in the year will be published on our website in March 2012.

**Don't forget we want this newsletter to address the questions you have so please do drop us a line with any questions or areas of interest you would like to see addressed and we will endeavor to answer them to the best of our abilities.**

**Thank you for reading**

**Stephanie Drury**



## SPECIAL OFFER FOR THE NEW YEAR

**COSMETICCONSULTING** All IPL hair removal and thread vein  
treatments booked before the end of March

2012 in our Saturday morning clinics will have a FREE test patch and consultation and 30% off any treatment. Please see our website for more details or call us to book an appointment. Tel 01977 689543