

Jorvik Medical Practice

Newsletter Summer 2008

Practice Manager
Mrs Dana Homer

Partners

Dr Wendy Evans
Dr David Fair
Dr David Hartley
Dr Julia Alexander
Dr John Lockett
Dr Nicola Gill
Dr Tony Pegrum
Dr Ben Shorten

Salaried

Dr Rachel Grainger
Dr Shireen Fatheazam

Registrar

Dr Neil Metcalfe

Nurses

Bev Crapper
Alison Marshall
Jan Jones

Telephone

8am – 6 pm

Surgeries from

8.30am - 6pm

Visit requests

call before 10.30

Results

call after 10.30

Urgent Out of Hours
0845 056 8060

York Hospital
631313

Social Services York
613161

Citizens Advice
636066

NHS Direct
0845 4647

Registrar Births &
Deaths
654477

Extended Hours

Jorvik Medical Practice has decided not to offer extended hours for the present. Key reasons for not offering to extend our surgery hours are:

- Practice survey done in January 2008 has shown that 84% of our patients were satisfied with current opening hours.
- Patient Forum Group unanimously supported the retention of existing opening hours.
- The government proposal lacks flexibility and common sense: the hours have to be additional to those offered at present. This means a doctor would be unable to simply change to starting later and finishing late but would have to add 3 hours on an already long day. Seeing a fatigued physician is in nobody's best interest.
- We value our staff greatly and aim to provide a family friendly working conditions and to be a good employer.
- In the NHS, all new services should have to show value for money in improving patient health. The government has not proven the case that extending GP surgery opening hours will achieve this.
- We would support the convenience of extended hours but they need to be resourced properly and not to be done to the detriment of core services.

Are you under 25?

Free screening for Chlamydia is available to anyone under 25. You will find screening kits available in the surgery toilets or you can ask any of the practice staff, doctors or nurses.

Chlamydia is a common infection in young men and women. It often gives no symptoms but it can lead to complications, such as fertility problems.

Welcome to the latest member of our reception team, Barbara.

I moved to York with my husband in 1978 from Keighley, west Yorkshire. I now have a grown up family, 1 granddaughter and two more on the way. My hobbies are gardening and walking.

Website LOGON issues

If you use the internet for prescription requests or appointments but haven't used it for a while you may find you have trouble loggin on. As long as you have the letter from us with your pin you can reactivate your account through CREATE AN ACCOUNT.

Please remember we need 2 working days to process repeat prescription requests. Don't leave it until the last minute especially at Bank Holidays.

01904 724343

www.jorvikmedicalpractice.co.uk

Understanding continuity of care at Jorvik Medical Practice.

One of the questions in the recent Patient Survey carried out by the Practice, in accordance with government requirements, asked about satisfaction with 'continuity of care' provided by the Practice. When the results of the Survey were discussed in the Patients Forum, we realised that the meaning of 'continuity of care' could mean different things to different people. We decided therefore to ask you, the patients, what you think 'continuity of care' means to you. You can let us know by completing this short questionnaire at the surgeries:

Please indicate which statement best reflects what continuity of care means to you:

- Being able to see the same doctor every time you come to the surgery for whatever reason.
- Being able to see the same doctor every time you come to the surgery with a particular illness, or problem.
- Being able to see a doctor or nurse at the Practice as and when needed, safe in the knowledge that they will have access to your medical history and will be able to check this as needed so as to provide continuity with what has happened before.
- Please add your comments here on your understanding of 'Continuity of Care'.

Grow Your Own....

Only deep cave dwellers could have missed hearing the healthy eating message in recent years - that to improve our health we need to eat more fresh fruit and vegetables. But for many people, already struggling on tight budgets, this has proved difficult. Fortunately there's a simple solution and that is to grow your own. You don't even need a garden as a window box, a grow bag or a few pots on the patio can produce an impressive harvest. If you do have a garden then just a small space will provide all you need to eat well. For the more adventurous an allotment may be the answer.

Research has revealed that allotment gardeners sleep better, have better eating habits, are less likely to suffer from stress-related illness and can maintain good joint mobility well into old age. Fresh air, watching wildlife and getting your hands in the soil are all good for the soul. Vegetable gardening can be adapted to suit all ages, levels of experience, disabilities, time constraints, budgets and tastes, as well as unbridled ambition. Your own organically grown fruit and vegetables cost less and taste far better than the supermarket alternative. Grown without chemicals or pesticides and picked and eaten at the peak of freshness they retain all their vitamins and minerals. You can eat the very best produce when it is in season; a much better idea than eating out of

season produce that has been flown in from thousands or miles away. Then there is the sheer pleasure of the sight of a bed or pot of crisp green salad leaves, glossy red tomatoes or luscious strawberries, knowing that you are responsible for producing them.

Eating plenty of fresh fruit and vegetables is the best way to help protect ourselves against certain illnesses as the antioxidants contained in them 'mop up' free radicals. These are unwanted chemicals produced by the body's metabolism. If left to travel around our bodies unchecked they can cause damage and may create conditions that lead to some cancers, heart disease and premature ageing. Include a variety of produce in your diet and be guided by the 'rainbow' principle, eating different coloured fruits and vegetables to ensure a good balance of vitamins and minerals. Broccoli, spinach, tomatoes, carrots, black currants and blueberries are particularly good for you and very easy to grow.

Getting started couldn't be simpler. If you are a complete novice begin with large pots, a window box or even a hanging basket. Grow bags contain a balanced growing mixture to sustain plants through a summer season. Try cherry tomatoes with basil, dwarf French beans, mixed salad leaves, peas, radishes, strawberries, courgettes, spinach and colourful chard. Large pots are perfect for miniature fruit trees and bushes and the choice is enormous. Water your crops regularly and give an organic liquid seaweed feed weekly during the growing season. Once you get started you will become hooked and it will be an addiction that your doctor may just approve of!