

The Junction Surgery

Volume 2, Issue 14

April 2017

Welcome to the Third edition of 2017
The Junction Surgery's Newsletter

In this monthly newsletter we will endeavour to provide you with up to date new initiatives and services we are delivering together with information from your community.

Appointment clarification:

Appointments for completion / signing of letters are NOT APPROPRIATE and risk another patient not being able to access a doctor when needed. Please consider the following when booking your appointment

Routine

- Depression & anxiety (unless with self-harm, harm to others or suicidal thoughts)
- Blood pressure checks
- Hay fever
- Stitches (sutures)
- Dressing care
- Minor cuts and bruises
- Minor burns and strains
- Medication reviews
- Long term condition reviews (Asthma, COPD, Diabetes etc)
- Sick-notes

Urgent

- Breathing problems
- Insect and animal bites
- Stomach aches
- Infections and rashes
- Depression (with self-harm, harm to others or suicidal thoughts)
- Chest pain over last 24hrs
- Severe Onset headaches
- High temp in children (under 16)
- Ear pain
- Emergency contraception and advice

MISSION STATEMENT

The Junction Surgery aims to provide unprecedented care and services to the population of Moldgreen and its surrounding area. Our focus is on high quality, holistic care and treatment encouraging patient participation, engagement and feedback. Constantly embracing new technology and resources to give the ultimate patient experience.

WELCOME!

We are pleased to welcome

Dr Angela Kapoor

to our practice.

Dr Angela Kapoor becomes permanent on the 1st of April 2017 and will be working full days on Mondays and Thursdays.

We hope you will join us in welcoming
Dr Kapoor to the practice.



A&E

- Fractures and lacerations
- Immediate severe chest pain
-

Stay at home and get advice!!

- Vomiting and diarrhoea
- Suspected chickenpox
- Flu like symptoms

These lists are not exhaustive and always ask for advice if unsure as to what to do or where to go.

Bowel Cancer Awareness Month!

What is Bowel cancer?

The cells in your body normally divide and grow in a controlled way. When cancer develops, the cells change and can grow in an uncontrolled way

Bowel cancer is the fourth most common cancer in the UK, after breast, prostate and lung cancers. Over 41,200 people are diagnosed with bowel cancer every year in the UK.

Bowel cancer is treatable and curable, especially if it's diagnosed early

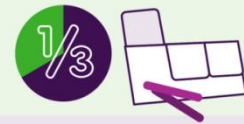
What are the symptoms to look out for?

- Bleeding from your bottom and/or blood in your poo
- A change in bowel habit lasting three weeks or more
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Bowel cancer screening can save lives.



At the moment in some areas of the UK only **a third** of those who receive a test complete it.



Bowel cancer is treatable and curable especially if diagnosed early. **Nearly everyone diagnosed at the earliest stage will survive bowel cancer.**

Taking part in screening is the best way to get **diagnosed early.**



If you are **over 60** (or over 50 in Scotland), **take the test** when you receive it in the post.



Take the test!

If you are **younger**, tell the people over 60 (or over 50 in Scotland) in your life, to **take the test.**



Visit bowelcanceruk.org.uk/screening

[@Bowel_Cancer_UK](https://twitter.com/Bowel_Cancer_UK)

[/charitybcuk](https://www.facebook.com/charitybcuk)

Registered charity number 1071038 (England & Wales) and SC040914 (Scotland) and a company limited by guarantee number 3409832

On Your Feet Britain!!

Get Britain Standing in association with Active Working are asking the nation to unite against prolonged office sitting by taking on the challenge to get on their feet. We want workplaces and individuals across Britain to sit less and move more during their working day.

Sign up Today

**WIGGLE IT, WAGGLE IT
JUST DON'T SIT ON IT**

Organiser



In Association With



**on your feet™
Britain**
28th April 2017

#SITLESS #MOVEMORE

On the 28th of April Take part in our international day when workers across Britain unite together to participate in fun activity's to get Britain to #SitLess and #MoveMore at work.

On your feet challenge dares you change your sitting to standing time by following simple changes: Stand during phone calls, stand and take a break from your computer every 30 minutes, use the stairs, have standing or walking meetings, eat your lunch away from your desk, walk to your colleague's desk instead of phoning or emailing them, stand at the back of the room during presentations. For more details on how to get involved go to :

<http://onyourfeetday.com/britain>.

**We are closed for Staff Training between
12.30 – 6.30pm on the following
Tuesdays**

20th December 2016

17th January 2017

14th February 2017

21st March 2017

25th April 2017

16th May 2017

20th June 2017

18th July 2017

22nd August 2017

19th September 2017

17th October 2017

21st November 2017

19th December 2017

16 January 2018

We believe that staff training is very important to ensure we provide unprecedented care and services to our patients but also understand that closing for staff training puts additional pressure on our appointments system and therefore we ensure that we put extra appointments on for all our sessions during the week of the staff training closure.

Please also note we currently close our reception on Wednesday afternoons weekly. During this closure a doctor will be 'on-call' via the telephone for any urgent matters. Our **emergency** telephone number is:

07708312443

Join us with Parkinson's UK to raise awareness during Parkinson's awareness week!

Parkinson's is a progressive neurological condition. This means that it causes problems in the brain and gets worse over time.



Easter Egg'citement at Huddersfield Open Market

When: Saturday April 19, 11am-4pm

Where: Huddersfield Open Market, Brook Street, Huddersfield

Cost: **Free**

Humpty Dumpty has managed to put himself back together again to make an appearance at Huddersfield Open Market this Easter, and will be strolling around Brook Street at 11am, 12.30pm, 2pm and 3.30pm

Easter fun at Beaumont Park

When: Sunday April 20, 1pm-4pm

Where: Beaumont Park, Beaumont Park Road, Crosland Moor, Huddersfield

Cost: **Free**

Show off your Easter basket, wang a welly and join the hunt for sweet treats at Beaumont Park at this family fun day. With entertainment from guitarist Kevin Kitchen, welly wanging on the playing field, face painting, a raffle and Dave's BBQ (weather permitting). Decorate your Easter basket at home and bring it on the day before 2.30pm for judging. The tea room will also be open 1pm-4pm for refreshments.