



# In Good Health

## New Medical Centre

Blackpool Council has passed the planning application for the new medical centre that will be built on the current site of the Adelaide Street practice; the South King Street Practice and the old Comrades Club site. Initial plans are available to view on our website and Facebook page, or in reception at Adelaide Street, made by our architect – Day Architectural . We are expecting building to start towards the end of 2019, when we will be temporarily relocated for the twelve month build time. We will keep you updated on where to find us, nearer the time. The Patient Participation Group helped us to go through the plans and made a few suggestions - one being that we should name the interview room in the build-



Artists impression of proposed new Building.  
**Above:** Front view looking down Adelaide Street.  
**Left:** Looking up Adelaide Street (Alfred St to the right)

ing as the Comrades Room - in memory of the old building. We will also be planning a commemorative wall with memories of the Comrades Club - so if you have any photos or memorabilia that you would like to be displayed, let us know. We will keep you updated on the future plans as soon as we know.

### DNAs (Did not attend)

Each month we publish how many appointments have not been attended. These are displayed in surgery and on our website. As a practice we would strongly advise that if you book an appointment, you record it carefully and you call to cancel if you are unable to attend, we are then able to offer this appointment to another patient. It is practice policy that if you persistently DNA then you will unfortunately be asked to find an alternative surgery.

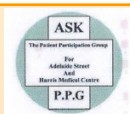
## Childhood Vaccinations

Each surgery runs clinics to vaccinate your children. These are held once a week, on a Wednesday morning at Harris and on a Thursday afternoon at Adelaide. Your child will be invited a total of 5 times. At 8weeks, 12 weeks, 16 weeks, 1yr old and for pre-school vaccinations when

3yrs 4 months old. If you have not received an invitation to these clinics and you feel your child is due to attend, or would like to check your child's immunisation status, then please contact either surgery. **Further information:** [www.nhs.uk/Conditions/vaccinations](http://www.nhs.uk/Conditions/vaccinations)

## Andrew is leaving

It is with sadness that we have to inform you that after 7 years, Andrew has decided to leave Pharmisense (pharmacy within the surgery). He will be greatly missed by colleagues both within the pharmacy and surgery, and by patients who have come to know him over the years. We wish him the best of luck for the future,



Our patient participation group meets every 2-3 months to discuss matters concerning the practice and surrounding areas. We value patient input as this can only help us improve the service we provide. We also run our virtual PPG through facebook alongside the actual meetings, making these meetings accessible to those who can't attend. If you want to take part, you can find the facebook group by searching for 'Adelaide Street Patient Participation Group' and requesting to join, or turn up at our next meeting at Whitegate Drive Health Centre. The next meeting is:

**Tues 2nd April, 6pm.**

## FY2's & Students

As a teaching practice, it may be quite common for a student to be present when you attend your appointment. If you would like to be seen without the student then please inform reception or the GP/nurse etc.



## REMEDIES - Sexual Health Service

Remedies (an anagram of mereside) is a sexual health service provided by Adelaide Street & Harris Medical Centre. The service is open to all Blackpool residents, including those not registered with the practice. The service aims to identify instances of sexually transmitted infections and

treat them accordingly. It is a completely anonymous and confidential service, where patients do not even need to give us their names if they do not wish.

Appointments can be made on our dedicated number:

**07585 509689**



## Cervical Screening Saves Lives

Cervical screening, or the smear test, is a regular check of the health of your cervix (entrance to the womb from your vagina) and can prevent potentially harmful cells from developing. The screening is not a test for cancer, in fact going for regular cervical screenings can prevent cancer before it starts.

Everyone with a cervix, which is most women and many trans people, aged between 25-64 are eligible for regular cervical

screenings;

- If you're aged 25-49, **every 3 years**
- If you're aged 50-64, **every 5 years**

You'll receive an invitation letter through the post asking you to make an appointment for a cervical screening test. If you're not sure you need to be screened please contact the surgery and we will be able to check.

The symptoms of cervical cancer are not always obvious, and it may not cause any symptoms at all until it's

reached an advanced stage. That's why it's important that you attend all your cervical screening appointments. The actual test only takes about 10-20 mins. Your sample will be sent for analysis and you should receive results in about 2 weeks.



### Are you on facebook? Yes? So are we.

We recommend that all our patients join our facebook page to keep up to date with surgery news. Our page is updated regularly with information regarding not only the two surgeries, but also local health matters and other health related information.

The link for our page can be found at the bottom of this page.



### Dates for your diary

**March** - Cervical Screening Campaign  
**March** - Prostate Cancer Awareness  
**9th March** - No Smoking Day  
**April** - Bowel Cancer Awareness  
**April** - Stroke (Act F.A.S.T) campaign  
**7th April** - World Health Day  
**19th April** - Good Friday (**Surgery closed**)  
**22nd April** - Easter Monday (**Surgery closed**)  
**May** - National Walking Month  
**8-14th May** - Sun Awareness Week  
**6th May** - May Day (**Surgery closed**)  
**27th May** - Bank Holiday (**Surgery closed**)

### New App - My GP

You may have already received a txt invitation to download our new app called My GP. You can register for this app with your mobile number and date of birth, provided that the mobile number matches the one we hold for you. For those of you already using the app you are now able to order your repeat medication through the app.

A leaflet is available from reception explaining the different functions of the app, and further information on the app's various uses can be found at:

[www.ilovemygp.com/faq](http://www.ilovemygp.com/faq)



### Need a plumber, local pharmacy, or a local support group?

This information and a whole host of other information can be found in the FYI directory. The FYI directory is a new, unique directory for people across Blackpool, Fylde and Wyre. It brings together information about a wide range of local health and council services, community & social groups, wellbeing activities and events into one comprehensive source.



## A Healthy Recipe To Try...

### Gluten Free Beef Cobbler

**Ingredients**  
 2 tbsp olive oil  
 1 large onion, chopped  
 1 medium carrot, chopped,  
 2 celery sticks, chopped  
 1 garlic clove, crushed  
 500g lean beef mince  
 400g can of tomato with juice  
 150ml or ¼ pint beef stock  
 1 tbsp Worcestershire sauce  
 Handful of chopped parsley  
**For the topping**  
 225g gluten-free flour  
 ½ tsp gluten-free baking powder  
 50g butter  
 50g Red Leicester, grated  
 1 tsp fresh thyme leaf  
 1 tbsp chopped fresh parsley

### Method

**1.** Put the oil in a frying pan and cook the onion until soft. Add the carrot, celery and garlic and cook until lightly browned. Mix in the mince, breaking it up with a spoon. Cook, stirring often, until the meat is browned. Add the thyme, tomatoes, stock, Worces-

-tershire sauce and parsley, and season to taste. Cover tightly and simmer for 15 minutes. Preheat the oven to 200C/gas 6/fan 180C.  
**2.** Sift the flour and baking powder and rub in the butter. Add the cheese and herbs, then the yogurt, and mix to a soft dough. Turn out on to a lightly floured board and knead lightly. Roll to about 1cm/½in thick and cut out 9 rounds.  
**3.** Tip the mince mixture into an ovenproof dish. Casually arrange the dough circles on top of the mince and brush with egg or milk. Bake for about 20-25 minutes until the topping is risen and golden brown and the filling is bubbling.

Kcal - 997	Fibre - 6g
Fat - 57g	Protein - 47g
Carbs - 81g	Salt - 1.98g
Sugars - 0.2g	Per Serving

### New staff

On Monday 11th March we welcome a new member to the team. Miss Agitha Selva-thiraviyam is a physician associate. Much like the paramedic practitioners already in position at the surgery, Agitha will be able to diagnose and treat patients for a variety of conditions. Also joining the team is Mr Rizwan Patel, a pharmacist, who will work alongside Steve. He comes to us after working with Bolton CCG, and will arrive towards the end of April. We look forward to welcoming both.

