 Adelaide Street Family Practice  
incorporating The Harris Medical Centre

# In Good Health

## A New Future...

We are striving to improve services for all of our patients. There is currently a trend for areas to have bigger medical practices to improve resilience and therefore have decided to work much more closely with South King Street Medical Centre (incorporating Harris MC) to work towards merging as one practice in the future. This would give our patients more choice of GPs; Nurses; Healthcare Assistants; Pharmacists and Paramedics. If we increase our strengths by working together we can work towards a new bigger modern

building (on the site of Adelaide & South King Street) for the increased capacity. This would give us the opportunity to also introduce more services closer to home for all of our patients. We are working with Blackpool Council; NHS England and Blackpool CCG to try to make this happen for you. At the moment we are working towards these changes and value your opinions on them, so surveys will be available in all surgeries and online for our patients to complete.



### 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.

## Awareness Months

Each month each surgery has a full poster board dedicated to a different health related topic in order to help raise public awareness and education.

World Aids day falls on 1st December so both surgeries will provide information on HIV/Aids throughout December.

January is nationally recognised as being Dry January and both surgeries will display alcohol related information. Then in February, both surgeries will be highlighting the various eating disorders people can be faced with.

For further information you can visit the following websites:

[www.nat.org.uk](http://www.nat.org.uk)  
[www.avert.org](http://www.avert.org)

[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk)  
[www.horizonblackpool.uk](http://www.horizonblackpool.uk)

[www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)  
[www.beatingdisorders.org.uk](http://www.beatingdisorders.org.uk)

### Wear It Pink '17

On the 20th October all staff were invited to wear pink for a donation of £2 to raise funds for the charity Breast Cancer Now. In total we raised £68.77.

### Breast Cancer Facts

Breast cancer is the most common cancer in the UK.

Every year around 11,500 women and 80 men die from breast cancer – that's nearly 1,000 deaths each month.

One in eight UK women is diagnosed with breast cancer.

### FY2's & Students

We will have 2 new FY2 doctors joining us from 6th December. Dr Joel James and Dr Mary Ann Chow will be with us for around 4 months, and appointments will be able to be booked with them from December 11th.



### 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**



## Patient Participation Group (PPG)



Since the Summer of 2010, a small group of patients, GP's, Nurses and Managers of the practice have been meeting to discuss how patients can get more involved in making decisions on how the practice is run. The group calls itself ASK PPG (Adelaide Street & Kentmere Patient Participation Group).

The next PPG meeting is scheduled for Tuesday 23rd January, 6pm at Whitegate Drive Health Centre.

Practice Manager, Luan Stewart, would like to extend an invitation for anyone interested in joining the PPG to attend this meeting.

### 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.



### Christmas & New Year Opening Times

Mon 18th Dec - Fri 22nd  
Dec - Open as usual

Mon 25th Dec - Closed

Tues 26th Dec - Closed

Weds 27th Dec - Fri 29th  
Dec - Open as usual

Mon 1st January - Closed

Open as usual from Tues  
2nd January onwards.

*Merry Christmas*

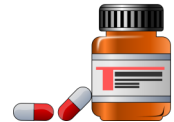


## Self Care & Over the Counter Medication

Self care is about keeping fit and healthy, understanding when you can look after yourself, when a pharmacist can help and when to get advice from your GP or another health professional. If you have a long-term condition, self care is about understanding that condition and how to live with it. Information regarding minor ailments can be sought from a number of places including the internet and your local

pharmacy. We all know that pharmacists dispense medicines. But they do a lot more than that. Did you know, for example, that pharmacies can help with stopping smoking, cutting down on alcohol, advice on safe sex and emergency contraception? Pharmacists are trained experts in using medicines safely. They can advise you on the safe use of prescription and over-the-counter medicines. They can also offer healthy lifestyle advice that

covers things like healthy eating, physical activity, losing weight and stopping smoking, especially if you have diabetes, high blood pressure, heart disease, are a smoker, or are overweight. The NHS choices website has a wealth of information regarding many illnesses and we also have a self care section on our website giving advice on common minor ailments.



## A Healthy Recipe To Try...

### Bean & Mushroom Enchiladas

Serves 4

#### Ingredients

2 tsp rapeseed oil  
2 onions, chopped  
2 cloves garlic, crushed  
1 yellow pepper, chopped  
250g mushrooms, sliced  
2-3 tsp chilli powder (mild or hot, to taste)  
1 heaped tsp oregano  
1 heaped tsp cumin  
1 x 400g tin chopped tomatoes  
2 tbsp tomato puree  
1 carrot, grated  
1 x 400g can mixed beans, drained and rinsed  
1 x 400g can green lentils  
4 large wholemeal tortillas (approx. 65g each)  
200g low-fat yogurt  
75g reduced-fat Cheddar

#### Method

**1** Preheat the oven to 180°C/gas mark 4. Heat the oil in a saucepan, then fry the onion for 2-3 minutes until soft. Add the garlic, yellow pepper, mushroom,

chilli powder, oregano and cumin. Stir the ingredients together.

**2** Add the tomatoes, tomato puree and carrot. Mix well. Bring to the boil, turn down the heat, cover with a lid, then simmer for 10 minutes, stirring occasionally.

**3** Add the mixed beans and green lentils, mix, then bring back to boiling point. Stir and remove from the heat.

**4** Spread 4 tablespoons of the chilli mixture over the base of a large ovenproof dish. Lay the tortillas onto a board and divide the rest of the chilli mixture between them. Fold over the ends and roll up to seal. Place them in a row in the ovenproof dish.

**5** Mix the yogurt and grated Cheddar together, and dot over the enchiladas. Bake for 12-15 minutes, until lightly browned. Serve with salad.

## Staff Changes

It is with a heavy heart that as of January we will be saying farewell to our practice pharmacist, Jurgita Mukadam. All staff at Adelaide Street & Harris Medical Centre would like to wish her all the best for the future and wish her to know that she will be dearly missed.

## Nutritional Info

Kcal - 469  
Carb - 57.6g  
Fibre - 13.8g  
Protein - 24.7g  
Fat - 12.4g  
Saturates - 4.90g  
Sugars - 18.3g  
Salt - 2.00g

Measurements are per  
589g serving.

