



Practice Newsletter

Winter 2015

Autism Friendly Practice

We want to offer people who have autism spectrum disorders the highest quality of care and support.

Therefore, if and when you want us to, we will:

- ensure all surgery staff are more 'autism aware'
- work with people with autism to develop an autism-friendly environment, responding proactively to suggestions people with autism may have
- make reasonable adjustments should staff suspect a patient or carer has autism, creating an environment where people feel comfortable disclosing their condition should they wish to
- ensure staff are aware of the different ways people with autism may choose to communicate, and will try to communicate by the most appropriate means for the individual concerned
- make staff aware of the likely causes of challenging behaviour and how to communicate effectively with someone in distress



We also invite your ideas and suggestions as to how we can improve the care and support that we deliver to you, the people who are important to you and others in similar situations.

Diabetic Patients - Do you feel you're on your own managing your diabetes?

The Bristol Diabetes Support Network (BDSN) exists to help people with Type 1 and Type 2 diabetes manage their condition successfully and share experiences and coping strategies with others living with diabetes. Our services are free to members. There are six groups based around the city, you can see a full programme of meetings at diabetesbristol.org.uk. Most meetings have an element of education – but we do have fun and partners, family and friends are welcome too!

There are two main types of diabetes, Type 1, which cannot be prevented or cured and Type 2, which is sometimes genetic but can be to do with lifestyle. There are also other types that we are gradually learning about. The condition needs to be carefully managed as sadly, if it is not, people can develop heart and kidney problems, suffer strokes, amputations and can lose their sight.

One of the groups meets regularly on Saturday afternoons between 2 and 4 pm at The Beechwood Club, Beechwood Road, Fishponds BS16 3TR. The aim is to help people gain a greater understanding of how to manage their diabetes so they can live as normally as possible. We are not formal, usually there is a talk from a health professional, for example about taking care of your feet, understanding your diet and how to eat well. We then have an informal time for people to ask questions or chat to one another.

The next meetings are;

Date	Topic
Nov 21 2015	Kizzy Harris; Diabetes and Nutrition Services Manager
2016	16 Jan, 19 Mar, 21 May, 16 Jul, 19 Nov
17 Sept	Greg Whale; Living successfully with arthritis



If you are interested or want to know more, please email or ring Sandra on st@diabetesbristol.org.uk or 01179309986.

Blood in pee campaign and practice support for early diagnosis of any cancer

Public Health England is running a national reminder campaign for 'blood in pee' as a sign of bladder and kidney cancer. The campaign focuses on the message 'If you notice blood in your pee, even if it's 'just the once', tell your doctor.'

Our practice supports the national be clear on cancer campaigns. The practice also urges all patients to contact us early for a advice and diagnosis of any potentially cancerous condition. If you ever believe that you have a symptom that may be cancerous we guarantee that we will assess your symptoms the same day and provide you with advice or an appointment to follow up your concern. This service will not always be with your usual GP but it will be with a GP on the same day that you call.

Chlamydia Testing for Young People

In Bristol, 1 in 14 people under 25 that test have Chlamydia.

Chlamydia is the most commonly diagnosed Sexually Transmitted Disease (STI) in the UK affecting both men and women. Most people with Chlamydia have no symptoms, but it could have long-term consequences for your health. To keep yourself safe you should do a test every time you have a new sexual partner.

How does the test work?

The test is easy to use and you can do it yourself at home. Just pee into a pot if you are male or take a vaginal swab if you are female. Then either pop it in the post, using the pre-paid envelope, or, hand it back to the testing venue. The sample will be processed and you will receive your results in ten working days.

What if it comes back positive?

You will be called by a nurse who will arrange for you to get treatment. Treatment is a one-off dose of antibiotics and is normally free.

Where can I get a free Chlamydia test?

From the box on our reception desk. pink striped bag for females and blue striped bag for males.

Tests are also available at many other locations, please look on the 4YP website or ask one of our receptionists for more information:

<https://www.4ypbristol.co.uk/your-local-services/chlamydia/>

Christmas & New Year Holiday opening times

Monday	21.12.15	08.00 – 18.30
Tuesday	22.12.15	08.00 – 18.30
Wednesday	23.12.15	08.00 – 18.30
Thursday	24.12.15	08:00 – 18.30
Friday	25.12.15	Closed
Monday	28.12.15	Closed
Tuesday	29.12.15	08.00 – 18.30
Wednesday	30.12.15	08.00 – 18.30
Thursday	31.01.15	08.00 – 18.30
Friday	01.01.16	Closed



Tuesday 22.12.15 Last day for ordering medication before Christmas
Tuesday 29.12.15 Last day for ordering medication before New Year

Seasons Greetings from the Doctors, Nurses & all our Staff