

Tadcaster Medical Centre Update

Focus On..



Dr Rebecca Mawson has joined us as a GP Registrar, we welcome her to Tadcaster Surgery!
Here's a small introduction from Becky herself...

"I am very excited to be working in Tadcaster Practice with such a lovely group of people and patients. I was born and grew up in Sheffield before moving slightly further north for university in Leeds. I qualified as a doctor in 2007 from Leeds Medical School and spent my first two years as a junior doctor working in and around the Leeds area getting a taste of different specialities in St. James and LGI Hospitals.

After my junior doctor jobs I decided to set out on an adventure and travel the world, this led me to spending two very fun years in New Zealand working at Christchurch Women's Hospital in the South Island. It was here that I not only developed an interest in women's health but also developed my back country skiing skills and bike wine touring around the Marlborough region. My travels also took me to Vietnam and Australia. On returning to the UK I got a place on the GP training scheme in Harrogate and have rotated through various specialities including dermatology, accident and emergency and paediatrics. Whilst doing dermatology I became involved in research and guideline development to improve management of acne in primary care.

Outside work I have an active social life as well as spending time with my large family in Sheffield. I play hockey for Harrogate Ladies and try my hand at tennis during the summer months. My next challenge is to take part in the Tadcaster Triathlon which I am a little concerned about my fitness levels and biking skills.

My current interest is trying to improve access for younger people to health care as often they face many barriers in coming to see health professionals. As a practice we are encouraging better awareness of sexual health problems and our current drive is to target the 3 'C's – Chlamydia infection, Contraception and Condoms.

I hope to develop a link between our practice and the local schools so that young adults know how to access us and that we are happy to talk about any embarrassing things!!!"

Getting Ready For Winter 2013

The Medical Centre is an important part of the local community, especially in winter.....

In order to support our fellow patients the Patient Participation Group (PPG) thought it would be helpful through the Newsletter to remind us all about how we can help look after ourselves over the winter months.

This can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression. Please see weblink below:

<http://www.nhs.uk/Livewell/winterhealth/Pages/KeepWarmKeepWell.aspx>

The pages include advice for older people as well advice about financial benefits as well as ways to keep healthy over the winter period.

Local Weather Information

Did you know that The Met Office now have dedicated pages about how the weather impacts on our health especially for those with respiratory problems?

<http://www.metoffice.gov.uk/health/professionals?>

They can also provide weather updates to your phone

<http://www.metoffice.gov.uk/about-us/guide-to-emails>

Keeping you safe - keeping us on the move

The AA provide a helpful check list for motorists with suggestions about how to prepare for winter driving:

<http://www.theaa.com/motoringadvice/seasonal/winter-checklist.html>

and finally... a reminder for home with the dark nights almost upon us...

Have you checked your outside lights work?

Have you had your central heating serviced?

Wishing you a warm and healthy winter!

Sally Bell on behalf of the PPG

Data Sharing Electronic Records

Today electronic records are kept in all the places where you receive healthcare.

These places can usually only share information from your records by letter, email, phone or fax.

At times this can slow down your treatment and mean information is hard to access.

From November 19th our computer system will have the ability to share data with some of the other teams providing your care.

You can choose to share your record or you can choose not to, your doctor will ask you to let them know what you want to do when you next see them.

More information is available on our website or from the surgery.



Do you want to quit smoking?

Smoking Counsellor - Jill Ross

- from the North Yorkshire Smoking Cessation Team runs a clinic at the Medical Centre every Tuesday morning.

Appointments can be booked at reception or phone: 0845 877 0025 for more details. You don't need to see a GP for a referral.

Both Calcaria and Kirkgate pharmacies offer smoking cessation support.

Please contact them to arrange an appointment.

Useful Contact Numbers:

Calcaria Pharmacy:
01937 832287

Kirkgate Pharmacy:
01937 832276

York District Hospital:
01904 631 313

Non Urgent Ambulance
Transport Bookings
0300 330 2000