

The **Local Medical Council** have asked us to communicate to our patients this statement about the governments plans for the future

Your general practice and the family doctor service are under threat.

GPs provide personal, holistic care to patients who are unwell or who think they are unwell, and also provide extensive screening and disease prevention services for most major chronic illnesses. GPs often get to know and care for their patients, not just through an illness but also through generations.

The government is taking steps which doctors believe will harm patient services. It is encouraging commercial companies to set up healthcare services in place of traditional GPs, called APMS (Alternative Providers of Medical Services).

Many family doctors are concerned that if this happens, company profits will come before your needs, and strike at the heart of the holistic continuity of care that has been the hallmark of General Practice since the start of the NHS

The services you get from your local general practice are some of the best in the world. Many other countries are looking to copy our local health services because they

set high standards and are good value for money.

Your family doctor is always trying to improve patient care. Every year a nationwide survey, tells doctors how you feel about their work. The great majority of people value their local doctor's practice and the role it plays in their local community, and are very happy with the services that they receive.

If you are concerned about the future of your family practice write to your MP. Their details can be found here www.writetothem.com

Dr Davidson and Dr Howse attend meetings to discuss this with our PCT and other local colleagues and would appreciate your support to maintain our individual family practice. More information can be found at

www.ournhs.nhs.uk/have-your-say/



❖ Top Tips for Healthy Eating

Include starchy foods such as rice, pasta, bread and potatoes with most meals, especially ones that include wholegrain

Aim for 5 or more servings of fruit and vegetables each day

Aim to eat two portions of fish each week one of which should be oily to benefit from heart healthy omega-3 fatty acids



Cut down on saturated fat founding foods such as fatty meat and meat products, butter, lard, and full fat dairy products and replace them with unsaturated fats, such as those found in sunflower oil and spreads, oily fish and green leafy vegetables.

Keep sugar intake to a minimum

To help reduce high blood pressure keep salt intake to less than 6g per day

Aim to drink six to eight glasses of water per day

If you want to lose weight reduce your portion size or use a smaller plate.

❖ Have we got it right?

The referral system we use relies on us having the correct contact **details for every patient**. **Next time** you are talking to Reception please help us and check we have the correct address and phone number for you.

❖ Emailing Prescription Requests

We are now able to accept requests for repeat prescriptions via email. Just send details of your name, address and the items you would like to order to

Reception@gp-L81637.nhs.uk

Please remember to let us know if you would like to collect the prescription when it is ready or have us send it to Larkhall Pharmacy, Batheaston Pharmacy or Boots.

❖ Left, Right, Left, Right

We've talked about the value of healthy eating, so now its time to talk about the value to your health of regular exercise.

Exercise improves your cardiovascular fitness, reduces risk of cancer and diabetes, aids weight loss, enhances mobility, improves depression and overall wellbeing.

There are a number of organizations in Bath where we can recommend our patients attend for reduced fees, who have specific medical problems.

These include:-

Passport to Health, Bath Sports and Leisure Centre

YMCA Activate, Bath

Genesis Lifestyle Centre GP Referral Scheme

The Studio for Ladies Fitness

Fitness Friends www.fitnessfriends.org.



Please ask at Reception for information relating to these options. They do require some health information about you and we can help you complete the required forms.