

# Market Hill 8-8 Centre Newsletter

May 2018-Issue 5

### **GDPR - General Data Protection Regulation**

You may of heard the term GDPR thrown around the place recently. Here is a run down of what it actually is and how it is implemented within the surgery. The GDPR is the EU General Data Protection Regulation which will replace the Data Protection Act 1998 in the UK. The GDPR will apply in all EU member states from 25 May 2018. This affects any company or organisation that holds data on you. This includes all areas and departments of the NHS. Once the legislation comes into effect, we must ensure all your information is processed lawfully, openly, and for a specific purpose. Once that purpose is fulfilled and the data is no longer required, it should be deleted.

#### Requests for medical information

Under the aim of giving people more control over their information, GDPR ensures people can ask to access their data at "reasonable intervals", with the surgery having a month to comply with these requests.

If you would like to access your information online then please speak to a member of the reception team who can sign you up to online services.

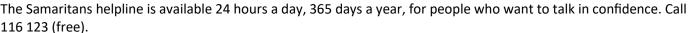


# Mental Health Awareness Week (14th May - 20th May)

https://www.nhs.uk/Livewell/mentalhealth

If you're feeling sad, anxious, angry or stressed, remember you're not alone. See your GP if:

- you've been feeling depressed for more than a few weeks
- your anxiety is affecting your daily life



If you've had thoughts of self-harming or are feeling suicidal, contact someone you can trust immediately, such as your GP, or a friend or relative.

Did you know you can self-refer to Talking Therapies in Scunthorpe. To refer you can call 01724 867297 or call in to The Talking Shop, 19 Market Hill, Scunthorpe to book an appointment. If you would like further information regarding this then please ask the reception team for a leaflet.





#### Issue 4's Cheap & Easy Recipe - found at bbcgoodfood.com

**Super smokey bacon & tomato spaghetti** - Serve your pasta with a budget-busting tomato and paprika sauce. It's a healthy choice to boot.

Ingredients: 400g spaghetti, 1 tbsp olive oil, 120g smoked streaky bacon, sliced into matchsticks, 1 onion finely chopped, 1 garlic clove finely chopped, 2 tsp sweet smoked paprika, 2 x 400g cans chopped tomatoes and grated parmesan.

#### Method

1. Bring a large pan of water to the boil and cook the spaghetti following pack instructions. Meanwhile, heat the oil in a large non-stick frying pan and cook the bacon for 3-4 mins until just starting to crisp. Stir in the onion and cook for another 3-4 mins, then add the garlic and smoked paprika, and cook for 1 min more.



2. Pour in the chopped tomatoes, bring to the boil and bubble for about 5 mins until thickened, stirring every so often to stop it catching on the bottom. Drain the pasta and toss with the sauce. Serve with Parmesan, if you like.

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500	12g	3g	80g	11g	7g	20g	1.2g

# **Surgery information**

Telephone: 01724 292000

Monday 8am - 8pm

Tuesday 8am - 8pm

Wednesday 8am - 8pm

Thursday 8am - 8pm

Friday 8am - 8pm

Saturday 8am - 8pm

Sunday 10am - 2pm

Every 2nd Wednesday of the month we are closed 1pm - 6:30pm for staff training.

Practice Manager: Nicola Glen

Lead General Practitioner - Dr A Nayyar

# Don't just miss your appointment

f you are unable to attend your appointment then please contact the surgery and let us know.

Last month 151 appointments were left unattended and this was value time that could have been given to another patient who needed to see a Health Professional.

Wasted appointments in March 2018

151

Appointment time wasted in March 2018

**34.2** hours