



## KENSINGTON PARTNERSHIP

Summer 2021

Kensington Street Health Centre, Whitefield Place, Bradford, BD8 9LB.  
Lower Grange Medical Centre, The Square, Lower Grange, BD8 0QN.  
Mughal Medical Centre, 55 Ivanhoe Road, BD7 3HY.  
Woodroyd Medical Practice, Woodroyd Road, West Bowling, BD5 8EL.

Tel: 01274 499209  
Tel: 01274 881646  
Tel: 01274 504425  
Tel: 01274 377712

### Appointments

Same day appointments are available to book on the telephone ONLY from 8am Monday – Friday in addition to this we have appointments available to book online from 7am.

**Patients are advised to telephone the surgery at 8am to obtain an appointment.**

All appointments are booked as telephone appointments, if the clinician decides they need to see you Face to Face then this will be arranged by the clinician NOT the reception.

Once all on the day appointments are gone the receptionist follows a triage system established by the doctors to establish whether there is a risk of dangerous deterioration in a patients condition. Only in such cases can the receptionist request a call back on the day from the on call GP

You can also use the e-Consult on our website to order repeat medication and to book appointments.

[Kensington Partnership](#)

Please note the surgery will be closed for staff training every 3rd Wednesday of each month from 12pm - 6.30pm.



### PATIENT NEWSLETTER Summer 2021



Do you want to contribute to development of the Kensington Partnership and its services?

If so why not join the our Patient Participation Group?

Message from Hazel Sutcliffe, the co-chair of the PPG Group:

***'Come and join our group. We are nice group of people. By joining the PPG you can have your say, bring your concerns to the practice's attention and help to make changes which everyone can benefit from.'***

### Dietetic Service

If you would like help changing your diet to improve your health, please contact the surgery and make an appointment with Charlotte Savory. Primary Care Network (PCN) 4 Dietitian. There is also a link to a video from British Dietetic Association about the role of dietitians

<https://youtu.be/4RmLhe72Htc>

As well as Dietitian at Kensington Partnership we offer a variety of services with experienced and qualified professionals and they are:

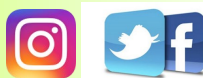
- Social prescribers
- First contact physiotherapists
- Advanced Practitioners



### Next Newsletter

Please email any articles to [surji.cair@bradford.nhs.uk](mailto:surji.cair@bradford.nhs.uk) by Friday 17th September 2021 if you would like them to be included in our next newsletter. Follow us on:

[Facebook](#)  
[Twitter](#)  
[Instagram](#)



### The Family and Friends Test

What do you think of your GP Practice? Would you recommend it to your friends and family? We are always grateful for your feedback. The forms are available in the consulting rooms at the moment or you can give your feedback via our web-site.

[www.kensingtonpartnership.org](http://www.kensingtonpartnership.org) or [www.nhs.uk/Services/GP/Overview/DefaultView.aspx?i\\_d=42495](http://www.nhs.uk/Services/GP/Overview/DefaultView.aspx?i_d=42495)



PLEASE TURN OVER



## Cancer Support Yorkshire's Virtual Community Coffee Morning

JOIN US

on Monday 19th July at 11.00am 2021

### Current Services We Offer

To join - please contact [f.bibi@csyorkshire.org.uk](mailto:f.bibi@csyorkshire.org.uk)  
 Cancer Support Yorkshire's Community welcomes you to join us on our monthly Zoom Group. Meet new people over a virtual coffee and to have a catch up.



If you need help accessing zoom, please contact [f.bibi@csyorkshire.org.uk](mailto:f.bibi@csyorkshire.org.uk)



Welfare Rights

Counselling

Groups & Classes

Helpful Information



Health & Wellbeing

Pilates

Mindfulness

Diet & Nutrition



For further information or help accessing the meeting contact: Fatima Bibi

01274 77 66 88

[f.bibi@csyorkshire.org.uk](mailto:f.bibi@csyorkshire.org.uk)



## Recycling for Yorkshire Air Ambulance

Donate your unwanted clothing and shoes to help to Save Lives Across Yorkshire



We are collecting here: Kensington Health Centre  
 Whitefield Place, Bradford, BD8 9LB

We will be holding a drop off day on Thursday 8<sup>th</sup> July between 10am and midday within the carpark area.

### Cervical cancer - Symptoms of cervical cancer

Cancer of the cervix often has no symptoms in its early stages.

If you do have symptoms, the most common is abnormal vaginal bleeding, which can occur during or after sex, in between periods, or new bleeding after you have been through the menopause.

Abnormal bleeding does not mean you have cervical cancer, but you can contact us to see a clinician as soon as possible to get it checked out.

If a GP thinks you might have cervical cancer, you should be referred to see a specialist within 2 weeks.

The best way to protect yourself from cervical cancer is by attending cervical screening (previously known as a "smear test") when invited.



- \* FREE Daily Walks (meet at Gillington Centre weekdays 9.15am)
- \* FREE Weekly Weigh-In and Weight Management advice available
- \* FREE cuppa with time for a chit-chat / ghab-shap

Sessions starting on Monday 14th June 2021.  
 Please ring Mumtaz on 07877466818 to book your place.

OWNA WALK

Mind in Bradford offers advice and support for mind in Bradford everyone of every age to help you get well and stay well.

They offer one-to-one support, wellbeing groups, support for those who hear voices and a safe space in times of crisis.

If you'd rather not speak on the phone, you can talk to the Guide-Line team online via live chat, available 3pm-8pm - <https://www.mindinbradford.org.uk/support-for-you/guide-line/>



**0800 952 1181**

If you need urgent mental health support you can now call First Response on **0800 952 1181** so all calls are free - 24 hours a day, seven days a week.

To speak with someone about your mental health when not in crisis, call Guide-Line on **08001 884 884** - midday to midnight, every day.

Both services are for people of all ages across Bradford and Craven.