

Welcome to our second Patients' Newsletter of this year. If you have any comments, feedback or would like to contribute to the next edition of the newsletter please do not hesitate to contact me via email:

[surji.cair@bradford.nhs.uk](mailto:surji.cair@bradford.nhs.uk)

We continue to work hard to serve our communities. Last year over **139,000** appointments were held by our clinicians and specialist staff. Unfortunately there were over **6,000** DNA (did not attend). If you cannot attend your appointment please contact us so that the appointment can be offered to someone else.

Please also get in touch if you would like to get more involved to help your practice and improve services for everyone.

Surji Cair - Patient Engagement and Public Relations Officer



## Peer Support Chit Chat Group

Monday 19th September  
Monday 17th October  
Monday 21st November  
Monday 19th December

1pm - 2.30pm

At Girlington Morrisons Community Room  
Victoria Shopping Centre, Young Street, BD8  
9BN

Are you feeling lonely or isolated?  
Why not drop in for a cup of Tea/Coffee  
or just a chat.

For further information contact Surji:  
[surji.cair@bradford.nhs.uk](mailto:surji.cair@bradford.nhs.uk)



Led by Hazel and Salma -  
PPG (Patient Participation  
Group) members



## In This Issue:

- Our Clinicians
- Chit Chat Group
- Carers Group
- Community events and resources



**Are you pregnant or have a child under one? Do you regularly feel overwhelmed or worried?**

**Do you live in Bowling and Barkerend, Bradford Moor or Little Horton?**

Feeling down, anxious or lonely during pregnancy and after childbirth is very common. Help is at hand thanks to our Perinatal Support Service.

Our trained volunteers have parenting experience themselves and understand the challenges. They can support your emotional health and wellbeing by providing a listening ear, offering advice and helping you take part in local groups and activities.

We can also help if you're struggling to bond with your baby through our **My Baby and Me groups** – 5 free weekly sessions to show you fun ways to bond with your baby through play.



To find out more or request support, please contact us on:

**07966 926849**  
**perinatalsupport@family-action.org.uk**

Find us on Facebook : search for **'Bradford Perinatal Support'** and click on our page **'Family Action Bradford Perinatal Support Service'**

Everything you speak to us about is held in the strictest confidence.



Please click this link for more advice on how to cope with the heat: <https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>



## **The Friends and Family 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 and we learn from it. The friends and family test forms are available in our consulting rooms and in the reception areas.

## Do you care for a friend or relative?

Come along to our new carer group for information, social support and refreshments.

Join us on the last Monday of each month in the community room at

Morrisons Girlington, BD8 9BN

**13:00pm-14:00pm**

**Monday 25 July 2022**

**Monday 26 September 2022**

**Monday 31 October 2022**

**Monday 28 November 2022**



Bradford District Care NHS Foundation Trust and Kensington Partnership have come together to provide this offer to unpaid carers across Bradford.

For more information, please contact

**01274 251112**

**carerhub@bdct.nhs.uk** or

**Surji.Cair@bradford.nhs.uk**



W: [www.bdct.nhs.uk](http://www.bdct.nhs.uk)

T: [@BDCFT](https://twitter.com/BDCFT)

### Contact Us

Kensington Street  
Health Centre  
Whitefield Place  
Bradford  
BD8 9LB  
Tel: 01274 499209

Lower Grange Medical  
Centre  
The Square  
Lower Grange  
BD8 0QN  
Tel: 01274 881646

Mughal Medical Cen-  
tre  
55 Ivanhoe Road  
Post: BD7 3HY  
Car Park: BD7 3JQ  
Tel: 01274 504425

Woodroyd Medical  
Practice  
Woodroyd Road  
West Bowling  
BD5 8EL  
Tel: 01274 377712

Email:  
[B83052.kensingtonstr@nhs.net](mailto:B83052.kensingtonstr@nhs.net)

Visit us on the web at  
[www.kensingtonpartnership.org](http://www.kensingtonpartnership.org)

All patients attending any of our sites are requested to wear face coverings to keep everyone safe.

Our Clinicians  
As well as GP's we have a numerous other clinicians and staff who are here to help our patients:

- Advanced Practitioners
- Dietitians
- Nurses
- First Contact Physiotherapists
- Social Prescribers
- Pharmacists

Our trained receptionists /care navigators will offer appointments with appropriate clinicians and staff to meet the needs of our patients.

Follow Us On Social Media!

[Facebook](#)

[Twitter](#)

[Instagram](#)

Have you had a diagnosis of cancer?  
Are you feeling isolated?

## South Asian Women's Support Group

A chance to meet other women to share experiences and for:

- friendship
- support
- discussions
- signposting to relevant services
- activities
- chats
- fun!

The group meets on the **second Wednesday of each month**  
11:30 am–1 pm

At **Cancer Support Yorkshire**,  
Daisy House Farm, 44 Smith Lane, BD9 6DA

Places are limited. To book yours please contact :  
Ahmida on 07957 693957 or Amreen on 07845 431106



Balance your  
*Body, Mind & Soul!*



Every Thursday starting on the 26th of May  
11:30:12:30

with Urfana Ayub (Counsellor, Trainer, & Therapist)

For more information please call Girlington  
Community Centre on

01274 542544 or email [a.nadeem@girlington.org.uk](mailto:a.nadeem@girlington.org.uk)