



KENSINGTON PARTNERSHIP

Autumn 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

Flu Clinics

We are pleased to announce the launch of our Flu and COVID-19 Booster Vaccination programme. All eligible patients will be notified.

There will be a mixture of drop-in and appointment only clinics at all our sites. The clinics will be publicized on our Website, Facebook and Twitter account

We are also working with our Voluntary and Community Sector partners such as the National Literacy Project, Cares Resouces and Better Start Bradford to showcase their services. If you would like a stall at one of our clinics please email us surji.cair@bradford.nhs.uk

FLU FACTS VS FLU FICTION

FICTION The flu job gives you flu.
FACT The flu job cannot give you flu as it doesn't contain any live viruses.

FICTION A healthy diet and vitamin C will prevent flu.
FACT Flu is a virus and can affect anyone, no matter how good your immune system is.

FICTION The vaccine does not work, I still got flu!
FACT Over the last ten years, the vaccine has provided good coverage against flu and it is still the best way to fight flu this winter.

FICTION I've never had flu so I'm not likely to get it.
FACT The flu virus mutates so you need to be vaccinated yearly for protection.

FICTION The vaccine is not safe.
FACT The vaccine is well tested and has an excellent safety record.

FICTION I'm not in an at-risk group.
FACT Anyone can get flu and pass it on to vulnerable groups – even with no symptoms.

Protect yourself, your family, colleagues and patients – be a flu fighter, get your flu jab.

Public Health England
NHS Employers

PATIENT NEWSLETTER Autumn 2021

The Patient Participation Group meeting was held on 11th October. The next meeting is planned for Monday 28th February 2022. If you would like to join the group please contact: surji.cair@bradford.nhs.uk

The role of Patient Participation Groups is to:

- Contribute to continuous improvement of services
- Encourage improved communication between the practice and its patients
- Help Patients to take more responsibility for their own health
- Provide practical support and help to implement change.

Appointments

Kensington Partnership has been open to our patients throughout the Pandemic. We have been providing face to face, telephone and video consultations throughout this period. Currently our patients are able to book appointments via three different routes and these are: phone calls from 8am e-Consults (Over 18's only) and online booking from 7am.

Our telephone system allows 30 patients to wait in the call queue at any time. Our receptionists are fully trained to give you the next available appointment which is most suitable to your needs and with the appropriate clinician. We are aware that there may be a long wait to get through to us on the phone as we can receive approximately 1000 calls per day. Our receptionists work hard, continuously answering and processing phone calls as quickly as they can to assist our patients.

All patients attending at any of our Practices MUST wear a mask.

CORONAVIRUS

You must wear a face covering (over mouth and nose) when you visit a GP practice in Bradford district and Craven.

STAY ALERT · CONTROL THE VIRUS · SAVE LIVES

Next Newsletter

Please email any articles to surji.cair@bradford.nhs.uk by Friday 17th December 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 or are available online.

www.kensingtonpartnership.org or www.nhs.uk/Services/GP/Overview/DefaultView.aspx?i_d=42495

[NHS England » Friends and Family Test](#)

Information for patients on the Friends and Family Test

PLEASE TURN OVER

Employment Advice, Support & Training



The SkillsHouse team provides free, impartial information, advice and guidance to help you overcome your challenges to help you secure work.

Searching for work, training opportunities or volunteer work can be difficult.

You may have experienced challenges not having relevant job experience, struggling to attend or be interviewed, you may be worried about your job history or struggle completing applications, you may feel your confidence may be low.

Talk with our friendly advisers who can support you, search for jobs, apprenticeships, volunteer work in your area and help boost your skills and get you ready for work.

Get support with CVs and applications!
Get advice on impressing employers at interview!

How to get support

Starting from the 2nd September, every Thursday Abu & David will be at the Lower Grange Medical Centre, The Square, Charteris Road, BD8 0QN between 10am & 12 noon

For a confidential chat and to find out how we can help, book your appointment by calling us on the numbers below:

Abu 07584 053480 or David 07570 671904 - Email: SkillsHouse@thebridgeproject.org.uk



CREATIVE SKILLS Workshop



Venue:

Manningham Library,

Carlisle Rd, Manningham, Bradford BD8 8BB

Day: Thursday

Starting: 11th November 2021

Duration: 5 weeks

Time: 12.30pm – 2.30pm

Cost: **FREE!**

All Welcome!

Limited places available.

For further details and to secure your place contact: Text 07471038522 or

Email Surji.Cair@bradford.nhs.uk

Helping to Save Lives across Yorkshire

www.yaa.org.uk



BENEFITS:

Learn New Activities

Reduce Stress and Anxiety

Make Friends

Increase Your Skills

Have Fun

Help Raise Valuable Funds



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 **third Tuesday of each month**
11am–12:30 pm

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

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



1% of male victims (7% women) have considered taking their life due to their partners abuse

DID YOU KNOW?

80% of the men who call the MEN REACHING OUT helpline have never spoken to anyone before about the abuse they are suffering.

DID YOU KNOW?

MEN REACHING OUT

SUPPORTING MALE VICTIMS OF DOMESTIC ABUSE

'The Office for National Statistics figures show every year that one in the 3 victims of domestic abuse are male equating to 75,000 men (156m women)

DID YOU KNOW?

CONTACT US

① MENREACHING@GMAIL.COM
② CONFIDENTIAL HELPLINE 01274 731 020