



KENSINGTON PARTNERSHIP

January 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



PATIENT NEWSLETTER

January 2021

Hello, my name is Surji Cair and I am the Patient Engagement and Public Relations Officer. My role is to work with patients to improve Engagement between Kensington Partnership and the patients.

A big thank you from Kensington Partnership to all our patients for being understanding whilst we are trying to adjust to the new phone system.

We are pleased to announce that since April 2020, use of the E-Consult has dramatically increased. Please carry on using E-consult if you can as this will free up the phone lines for others to use. Its very easy to use and can be accessed through our website.

www.kensingtonpartnership.org

Appointments with the Clinicians

Please note due to COVID-19 appointments and consultation are by phone only. Our highly trained and hardworking staff will offer the best clinician for your specific needs. Please remember that you don't always need to see a doctor as there are a number of other qualified and trained clinicians to help you and these include :

- Advanced Practitioners**
- Nurses**
- Dietitians**
- Physiotherapists**
- Pharmacists**
- Health Care Assistants**
- Social Prescribers**



Patient Participation Group (PPG)

Come and join the Patient Participation group to help improve and develop services for everyone . For more information please contact Surji: Surji.cair@bradford.gov.uk.



The Family and Friends Test

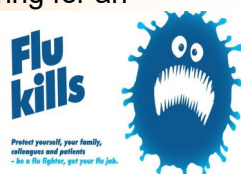
What do you think of your GP Practice? Would you recommend it to your friends and family? We are always grateful for your feedback. The forms are available in the waiting rooms and consulting rooms, or you can give your feedback via our web-site.

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



Seasonal Flu Vaccinations

You can still book your annual flu vaccinations. We recommend all patients over 65 and anyone with a chronic disease e.g. Diabetes, COPD, Heart Disease, or Asthma be vaccinated. Please ring for an appointment.



COVID -19 Vaccine

As you are probably aware the Kensington Partnership are starting the vaccine programme from 9th January 2021. The vaccines will be administered as per guidance by the government and you will be informed when its your turn.



[Free Training -
Being Well in Adversity Course](#)

6 session @ 2 hours per week

Do you want to learn how to improve your mental health? Want to learn to cope and manage better?

To book your place and for further help:

Sharing Voices - 01274 731166 www.sharingvoices.org.uk

The Cellar Trust - 01274 586474 www.thecellartrust.org

[Online Creative Wellbeing Group for Women](#)

Mondays 18.1.21 - 18.3.21. For more information contact Uzma Kazi

07925 728881

 SHARING VOICES



 Millan Centre

[Mental Health Support Services](#)

If you are feeling down, depressed or in low mood you can contact:

Mind In Bradford Guideline Helpline (Everyday 12pm - 12am)

Free phone 08001 884 884



[Online Wellbeing Sessions for carers](#)

Soup Session:

Thursday 28th January at 10am - 11am

Crafts:

Thursday 25th February at 10am - 11am

Parent Carers:

Thursday 25th March at 10am - 11am

Practical tools will be made available to attendees

Carers and Cared for welcome

Spaces are limited, to book a place and get the link, call - 01274 449660

(we can help you get online!)



If you need urgent mental health support, call First Response:

01274 221 181

[ADVICE SERVICE](#)



The West Bowling Advice Service continues to provide a Telephone Advice Service from Monday - Friday 9am to 4pm for welfare benefits and guidance towards completing EU Settlement Scheme applications and Debt Advice.

For further information please contact West Bowling Community Advice and Training Centre, Clipstone Street, Bradford, BD5 8EA, Tel 01274 733770 or 01274 392896

Cancer Support Yorkshire are running monthly Community virtual meetings. The aim of the meetings are to meet new people and to learn all about the services that they offer. The planned dates are as follows:

Mondays, 18th January, 15th February, 15th March, 19th April 2021. All meeting will start at 1pm

For more information and to join the meetings please contact

f.bi@csyorkshire.org.uk



[Next Newsletter](#)

Will be produced in March please email any articles by Friday 9th February to:

surji.cair@bradford.nhs.uk

[The current lockdown rules states that you are only allowed to leave your home for specific reasons:](#)

- ◆ To shop for basic necessities, for you or a vulnerable person
- ◆ To go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- ◆ To exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- ◆ To meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one
- ◆ To seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- ◆ To attend education or childcare - for those eligible.
- ◆ To attend community religious worship.
- ◆ To undertake activities related to moving house.

These rules are expected to be reviewed on 15th February