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**Armley Medical Practice**

**Newsletter**

**Autumn Edition 2024 Issue 33**

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| **PRACTICE OPENING TIMES**  open_sign_and_clock   |  |  | | --- | --- | | **Monday - Friday** | 08:00 - 18:00 |   **HUB OPENING TIMES AT PRIORY VIEW**  Saturday 8am-5pm  **ADHD/Autism Referrals**  If you wish to be referred for Autism / ADHD assessment you do not need to speak to a GP first.  Please contact reception and ask for a referral, the receptionist will then send a message to our Secretarial Team who will be in touch to provide information regarding the referral process.  Please leave your up to date contact details i.e. mobile number and email address so you are easily contactable.  **New Starters**  GP’s – Dr N Malek  Locum GP – Dr D Lees  Receptionists – Amorette and Deborah  Social Prescriber – Trudy Elletson  Dietician – Elli Ganiti | **PRACTICE UPDATE**  **We have a new email address** [**armleymedical.practice@nhs.net**](mailto:armleymedical.practice@nhs.net) **Please send all future correspondence to this email. Thank you!**  **Appointments**  We have made some changes to our appointment system and we have been working hard to ensure we have more on the day and routine appointments to book and also that we are able to book follow up appointments with the doctor of your choice for your results.  We do hope you have noticed a difference in appointment availability and seeing the doctor of your choice.  We find that some routine appointments booked in advance are not attended, so please remember to call us to cancel your appointment or cancel online if you no longer require the appointment. Thank you.  **Flu/Covid/RSV Vaccinations**  **Child flu**  Flu can be unpleasant for children and can sometimes cause serious problems, such as pneumonia.  Each winter thousands of children who do not have a health condition need hospital care because of flu.  Vaccinating them also helps protect others who are at higher risk of getting seriously ill from flu, such as babies and older people.  **Nasal flu clinics will be held in September.**  You will receive an invite via SMS with a booking link to book directly or you can call 0113 4677499  Option 1 to book over the telephone.  **Adult flu**  FLU is a common viral infection. Flu can cause more severe symptoms than the common cold. You can become seriously ill with flu, need hospital treatment which can sometimes be life-threatening.  **We are holding flu clinics on Saturday 5th and 12th October.** If you are eligible, you will be offered the covid vaccine at the same time depending on delivery of the vaccine.  We are offering a vaccine to patients between 75-79 and catchup for 80 year olds to protect you from the RSV (Respiratory Syncytial Virus) It is an infectious disease of the airways and lungs causing similar symptoms to colds and flu. This vaccine is in additional to your annual flu and covid vaccines. We are holding clinics in September. Please contact the surgery to book an appointment.  Further information can be seen at [National RSV vaccination programme announced - GOV.UK (www.gov.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fnews%2Fnational-rsv-vaccination-programme-announced&data=05%7C02%7Ccharlotte.chadwick1%40nhs.net%7C3d4081bc6b614458a5b408dcbde8d4ea%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638594054891847374%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=xRnr1NxQ7HyEfI6b3z6L%2BArg1chxdgDeBDt0wwSRY2I%3D&reserved=0)  **The Practice welcomes constructive feedback from patients to help us improve our service.  Please email armleymedical.practice@nhs.net and any feedback will be passed to the Practice Manager. Thank you.**  **Page 1** |

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| **Healthy Minds**  The Healthy Minds Practitioner Service offers a psychoeducation, brief mental health intervention (coping skills and healthy living), and signposting function. It is for patients experiencing low level mental health issues such as depression, low mood, anxiety, sleep difficulties, panic attacks and stress.  Telephone appointments are for a single session on Thursday evenings. Some patients having one or two follow up sessions where appropriate. Please contact reception if you wish to book in.  **Cancer Screening**  Claire our Cancer Care Coordinator has carried out some patient surveys to establish barriers to screening some of which include limited access to appointments, inconvenient appointments, fear of positive results, lack of knowledge about the programmes, painful experiences among others. She has come up with strategies to overcome these barriers such as;   * Supporting patients to book convenient appointments by popularising the use of self-booking links and the hub smear clinic on Saturdays. * Counsel those that have reservations about screening so that they can make informed decisions. * Re-order bowel screening kits for those who have misplaced/soiled/not received * Worked with the Armley Community Hub and New Wortley Community Centre to raise cancer screening awareness.   Claire is at our practice every Tuesday 9am-4pm if you wish to talk about any concerns or you can message her on 07355674425.  **Physiotherapy**  Due to increased strain on primary and secondary care as well as community services there is now anew physiotherapy service that clinicians and receptionists can book into here at the surgery. This involves physiotherapists assessing patients with new conditions such as back pain, joint pain, arthritis and pins and needles/numbness.  We have a Physiotherapist who comes in three times a week into the surgery to see our patients. We also have Virtual Physiotherapy appointments on a Wednesday evening and we have evening face to face appointments based in Pudsey on a Tuesday evening. | **Armley Primary Care Network Update**  Description: image005  **Connect to Grow**  This is a new service that Barca are providing which is for parents and adults to connect together who have experienced childhood trauma of any kind. It is facilitated by 2 counsellors and groups are small and offer   * Increase social contact * Provide a sense of belonging and being together with others who have similar experiences * Empower individuals to be able to understand and respond to their experiences. * Provide individuals with tools and techniques to make changes and develop healthier ways of managing mental wellbeing and relationships.   What we offer: Weekly cuppa and chat group which will include a variety of creative activities to support growth and build a community. Monthly twilight workshops for people to are unable to attend a daytime group. These will be focused around healthy relationships, boundary setting, self-care, mindfulness, impact of trauma, triggers and coping strategies.  Where will sessions take place:  Barca-Leeds, Manor House, 259 Upper Town Street, Bramley, Leeds, LS13 3JT  People can self refer by filling out the referral form at the bottom of the website page link.  [Connect To Grow | Barca-Leeds](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.barca-leeds.org%2Fservice%2Fconnecttogrow&data=05%7C02%7Ccharlotte.chadwick1%40nhs.net%7C42b63e4b29944dbc894208dcb2294fd3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638581137699337747%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=62bRIBrHS%2Bwpn6iqBPl1mHIqFmL%2FafiARL4FuJU8y5I%3D&reserved=0) and return it to [counselling@barca-leeds.org](mailto:Counselling@barca-leeds.org) or ask any questions they may have via that same email address.  **Social Prescribing & Health and Well-being**  We continue to have our Men’s health and well-being coach Russ Giles supporting men who need one to one support to help them overcome loneliness and isolation, low mood or negative thoughts.  We also have our health and wellbeing coaches Anna Buckley and Karla Ryan to help people on their own personal journeys whether that being losing weight, stopping smoking etc.  Our social prescribers Charlotte Cuthbertson, Elaine O’Hara and Trudy Elletson can discuss social factors that are contributing to your health and wellbeing such as money management, low risk mental health issues etc. We have a social prescriber Jenny dedicated to working with young people between the age of 4 and 16 years old (children aged 4-11 support will be directed at their parents/carers). Jenny can offer various support around emotional well-being, improving lifestyle (diet, exercise), barriers to attending school etc.  If you are interested in speaking to any of the above please contact reception and we can ask a member of the team to contact you. |

**Armley Medical Practice, Armley Moor Health Centre, 95 Town Street, Leeds, LS12 3HD**

**Tel: 0113 4677499** [**www.armleymedicalpractice.co.uk**](http://www.armleymedicalpractice.co.uk) **Page 2**