



Priory View Medical Centre

Voted joint 1st GP Practice in Leeds!



Newsletter Winter '22

Welcome to our newsletter, providing updates within the surgery and information on services that we hope you will find useful.

Have your say in what we publish by sending your suggestions to us at: priory.view@nhs.net

Leeds Community Cancer Support Service

A new service is being offered to any patients, over 25 years, with a cancer diagnosis - be that a new diagnosis, someone living with cancer, or living beyond cancer.

Allison Allen, Macmillan Senior Nurse, will be in Priory View on the first Monday of the month where she will be available to offer time to talk to patients about what has happened, forward planning and lots of signposting to different resources, services and information.



Please speak to one of our GPs if you would like to be referred to the service or, if you would like to make a self-referral, you can contact the team on 0113 8433735.

Stay well this winter

As we get older, our immune systems become weaker and less able to fight off viruses. We also gradually lose the muscle mass that helps keep us warm and moving about. The cold weather makes conditions harder to manage and can affect our hearts and circulation.



The good news is that there's lots we can do to help keep ourselves well in winter:-

Keep Moving – try not to sit still for more than an hour at a time. Even a little bit of activity now and then can help you maintain strength and mobility.

Eat well – it can sometimes be difficult keeping the motivation to prepare meals. But it's good to try to keep a routine where you can.

This winter many of us may be worried about the rising cost of living, making shopping for food and using energy to cook and heat food more expensive.

Help is available from local organisations (like New Wortley Community Centre – details under 'Community News' article) and national charities such as Age UK have lots of information and advice on-line.

Get your winter vaccinations – even if you're fighting fit. Respiratory viruses are more widespread in winter, so it's really important to get vaccinated.

Try to keep your house warm – and heated to at least 18C (and keep bedroom windows closed). Draw curtains at dusk and keep doors closed to block out draughts.

Stop the spread of germs – with regular hand-washing and by catching coughs and sneezes in a tissue and avoiding close contact with people who are unwell.

Wrap up well – by wearing plenty of layers. If you're heading out, make sure you take some extra layers – even if you don't need them straight away, it's always good to be prepared because the temperature can drop significantly when the sun goes in.

Community News

New Wortley Community Centre has a host of support available this winter to help save money during difficult times.



Warm Spaces – on Tuesdays from 5pm – 7pm the main hall will be open to anyone aged 18+ to access. There will be TV, films and activities in the hall and a hot meal will be on offer for £1





per person, along with tea and coffee. The same space and offer will be available for families and children on Thursdays from 5pm – 7pm.

Emergency Food Parcels – are available for collection between 9am – 3pm Monday – Friday.

The Food Store – a selection of healthy meal packs, complete with a recipe card to make a meal for up to six people are available to order (£1.50 for a vegetarian pack, £2.00 including meat).

For more information on any of the above, please contact Rhea Bentley at the Community Centre.

Priory View Team News

We would like to extend a very warm welcome to Rhiannan Illingworth, a newly qualified registered nurse. Rhiannan will be with us for six months, gaining the relevant qualifications and expertise needed to be a Practice Nurse – the area of nursing she had a real passion for during her training! Rhiannan will be seeing patients during her own clinics and will be working from Room 4 on the ground floor.

We would also like to welcome Dr Coulson to Priory View; Dr Coulson will be with us for the next 12 months as she completes her GP training

Winter Word-search

Can you find the following wintery words hidden in our word-search?

Snowman	Frost	Santa
Earmuff	Winter	Gloves
Wellies	Scarf	Icicle
Sledging	Robin	Cold

L N O W M A N S L E D G
P S K I I N G O R A S S
E A R M U F F S O B S N
F L F U N C L E B K L T
Z U J R R E T N I W E S
P W S N O W M A N R D F
X E Y I C S C A R F G S
D L H O T E T E U Q I E
F L N U T S J I S T N V
C I O H F A P E E S G O
T E I C I C L E M A Y L
P S A N T A R U D E W G

Appointments on the rise

The number of patients who have had a face-to-face appointment has increased by 20% this year (45,942 for Nov 21 – Nov 22 compared to 36,584 for the same period the year before).

In total, 76% of patient appointments have been face-to-face and 23% have been over the telephone.

Whilst telephone consultations can be convenient (particularly if it is to discuss results or follow-up of a long-term condition) it can be better to wait for a face-to-face appointment, especially if it about a new problem or

something that needs to be looked at.

DNA appointments

Last year we had 2,202 patients who did not attend their appointment and politely remind patients to please let us know if you are unable to make your appointment so we can offer it to someone else.

At a time when the NHS is under more pressure than ever, we need to do all we can to protect our services – not attending your appointment and not letting us know means that someone else who could have taken your place potentially has to seek help elsewhere – like the Walk-In centre or A&E.

Opening times



Priory View

Monday	08:00 – 18:00
Tuesday	07:30 – 18:00
Wednesday	08:00 – 18:00
Thursday	07:30 – 18:00
Friday	08:00 – 18:00

Armley Hub @ Priory

Saturday 08:00 – 17:00
Week-night evening telephone enquiries answered between 18:00 – 18:30.

Training Days

Priory View will be closed from 12pm on 26th January and 23rd February

