

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

Autumn Covid and Flu Vaccines

This Autumn we will be inviting eligible patients to receive their COVID booster and annual Flu vaccinations together, during one appointment.



The majority of invites will be sent via a text message, enabling eligible patients to book themselves into one of the available time slots.

Most appointments offered will be at one of our weekend clinics, with a smaller number running during the week (as well as home visit appointments for our housebound patients).

People who received an autumn booster vaccine last year were

around 53% less likely to go to hospital with Covid in the two to four weeks after getting vaccinated, compared to those who didn't get a booster.

New – West Leeds Carers Group

Are you caring for someone? If so, there is a new Carers support group running every second Thursday of the month from 10.30am-12pm at New Wortley Community Centre.

You'll be able to meet other carers who may be in a similar situation to you, have some time for yourself and find out what support is available to you as an unpaid carer.



To book your place, please call the Carers Leeds Advice Line on 0113 380 4300.

Cancer screening

In order to prevent or detect cancer early and treat it, the government has put in place three National Screening programmes (Cervical Screening, Bowel Screening and Breast Screening).

Because the uptake of these three screening programmes in Armley is below the national average the Primary Care Network has recruited a Cancer Care Coordinator, Claire Nanyonga, who will be working to support patients

across Priory View, Thornton and Armley medical surgeries.

Claire is based at Priory View every Wednesday and is happy to talk to anyone about any concerns/fears around screening – please ask at Reception if you would like to speak with Claire.

Self-booking update

Following a successful trial allowing patients to book themselves in for a blood appointment, we have extended this service to smear and child nasal flu appointments. If it continues to prove a popular and convenient way for patients to book an appointment, we will look to extend it to a greater range of appointments...watch this space!

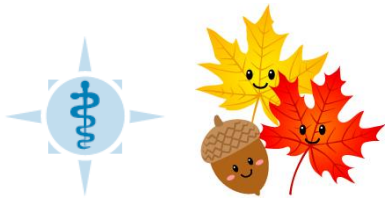
Stoptober

The national Public Health Campaign 'Stoptober' aims to raise awareness of the benefits of quitting smoking – and challenges people to go smoke free for 28 days (as research shows that you are five times more likely to succeed for good if you can complete the challenge).



If you would like some support to stop or cut down, Leeds Stop Smoking Services can help and can be contacted on-line at www.leedsstopsmoking.co.uk or by calling 0800 169 4219.





Spotlight on... High blood pressure

Blood pressure is recorded with 2 numbers. The *systolic* pressure (higher number) is the force at which your heart pumps blood around your body. The *diastolic* pressure (lower number) is the pressure exerted when your heart is at rest, between heartbeats.

As a general guide, high blood pressure is considered to be from 140/90mmHG or more if your reading was taken at a GP surgery.

If your blood pressure is too high, it puts extra strain on your blood vessels, heart, and other organs, such as the brain, kidneys and eyes. Persistent high blood pressure can increase your risk of developing serious health conditions, such as heart disease, strokes, kidney disease and vascular dementia.

If your blood pressure is high, reducing it even a small amount can help lower your risk of these conditions and making healthy lifestyle changes can help too.

If you would like some support with making any healthy lifestyle changes then please ask to see one of our Health & Wellbeing coaches, Anna or Karla, who will be happy to help.

Priory View Team News

We are delighted to welcome four new GP Registrars to Priory View: Dr Izani and Dr Morris are with us full-time and Dr Holender and Dr Tony are part-time (as they are in-post in hospital settings for the other half of their working week).

GP Registrars are qualified doctors who will all have worked for at least two years in a hospital before they can train to become a GP and they typically stay with us for 6 – 12 months.

Last month we said goodbye to Dr Alim Rahemtulla, who finished his GP training and will be taking up a permanent position within another GP surgery. We wish Dr Rahemtulla all the very best for the future, we'll really miss him and his unique sense of humour!

And finally, this October sees Lisa, one of our lovely Health Care Assistants, mark her 20th Anniversary working at Priory View.



Lisa is an extremely caring person who always takes the time to listen to patients and does her best to make them feel comfortable and at ease. Whether it's taking blood or an ECG reading or assisting during

a vasectomy clinic, we can always count on Lisa to be a very safe and caring pair of hands and would like to take this opportunity to thank her for all her hard work and dedication over the past 20 years – and here's to many more!

Patient Participation Group

If you would like to be involved in helping to improve the experience of our patients, we would love to hear from you. You don't need any special skills or experience; you just need to be passionate about great quality healthcare.

Please contact our Reception team if you would like to register your interest.

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
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Training Days

Priory View will be closed from 12pm on 28th September, 19th October & 23rd November for staff training.

