



**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](mailto:priory.view@nhs.net)

## Act F.A.S.T

A stroke is known as a 'brain attack'. It is a medical emergency that requires immediate attention as every minute is vital and the quicker the treatment, the greater the chances of a recovery.



Around 100,000 people have strokes each year in the UK (around one stroke every 5 minutes) and a stroke is the single largest cause of complex disability.

The F.A.S.T. (Face, Arms, Speech, Time) campaign has run for more than ten years and the message is simple –if you notice any single one of the signs of a stroke, call 999.

**Face** – has their face fallen on one side? Can they smile?

**Arms** - can they raise both arms and keep them there?

**Speech** – is their speech slurred?

**Time** – even if you're not sure, call 999.

## Menopause Matters

From 1 April, women in England will be able to get cheaper hormone replacement therapy (HRT) through a new prescription pre-payment certificate (PPC).

The new PPC will allow women to access a year's worth of treatment for less than £20 and can be used for a variety of different items and an unlimited number of times.

Women will be able to apply for the pre-payment certificate through the NHS Business Services Authority or in person at a pharmacy registered to sell the certificates.

## Primary Care Network News

This Spring we welcome another pharmacist, Marija Vanina, who will be working from Priory View on a Wednesday to help with patient medication reviews as well as providing support to our clinical team with medication queries.

We are also lucky to have another Physiotherapist working with us every Wednesday (in addition to our Friday Physio). Appointments to see the physio need to be made through one of our GPs, who will assess you to see if you're suitable for the service.

## Praise for Armley men's gym group

Russ Giles, our men's Health and Wellbeing coach has been working with Active Leeds since June last year to run affordable, supported

gym sessions for men in the local area. The sessions – aimed at helping men to become more active and improve their mental wellbeing - have proved very popular, with 80 men in total taking part over the past seven months.

Rachel Reeves MP and local councillors popped into Armley Leisure Centre earlier in the year (see photo below) to meet with everyone involved in setting up the programme and spent time listening to men who have benefited from the sessions. Following the groups success, the hope is for similar programmes to be rolled-out across other leisure centres in Leeds.



To find out more about Russ' group just scan the QR code below to go straight to his Facebook page!





### Priory View Team News

We would like to extend a very warm welcome to two new members of staff. Rosie Williams joined our Reception Team in October and will be helping our patients along with the rest of the team. Lisa Credland joins us as our new Senior Administrator and comes with a wealth of experience working within Primary Care. Lisa will be responsible for supervising our Reception Team, managing the recall of patients requiring regular reviews, and managing our compliance with Information Governance regulations.

We would also like to welcome three new Registrars - Dr Trigg, Dr Carinci and Dr Dawood - who are with us for six months as part of their GP medical training.

And finally, we would like to wish Dr Laura Cheung our warmest congratulations on the safe arrival of her baby girl. Dr Chown will be covering Dr Cheung's surgeries whilst she is on maternity leave.

### Students at Priory View

As part of their medical degree and training, all students must complete clinical placements. These placements provide students the opportunity to learn how GPs manage their time, make diagnoses, and decide when to refer patients to different specialities. Students also gain valuable insight into all the different services available within Primary Care and how we all work together.

We also have trainee Physician Associates with us every Friday. Physician Associates support doctors in the diagnosis and management of patients and once fully qualified carry out a range of tasks such as performing examinations, seeing patients with long-term chronic conditions, providing health advice, and analysing test results.

Patients are always asked before the start of a consultation (or minor operation) whether they are comfortable to have a student sit-in during a consultation and we would like to thank our patients and staff for their continued support with all students who spend time in the surgery.

### Patient Access

Patient Access is an easy-to-use online service that allows you to book or cancel appointments, order repeat prescriptions, view test results as well as manage an account on behalf of another patient (for example, someone you care for) or relative.

To register for patient access all you need to do is bring two forms of ID (one photo) to reception so we can give you login details and a password. Once you have these then you simply create your account (either online at [www.patientaccess.com](http://www.patientaccess.com)) or by downloading the Patient Access App). If you need any help getting started then please ask to speak to

Emily, our online champion, who will be happy to help!

If you don't want to sign-up for Patient Access but would still like to contact our surgery online then please visit our website [@prioryviewmedicalcentre.co.uk](http://@prioryviewmedicalcentre.co.uk) and click on the 'online requests' button. Please note: this service is only available during normal surgery opening hours.

### Patient Participation Group

Would you like to be involved in helping to improve the experience of our patients? If so, 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

**Week-night evening telephone enquiries answered between 18:00 – 18:30.**

#### Armley Hub @ Priory

Saturday	08:00 – 17:00
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### Training Days

Priory View will be closed from 12pm on 16<sup>th</sup> March and 18<sup>th</sup> May.

