



Welcome to our newsletter, which we publish every quarter, 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

Self-booking

We are currently trialling a 'self-book' option for our patients who need to have a blood sample(s) taken by sending a text message with a link to all the appointments available to book into. Hopefully this will prove popular and save patients from having to wait to get through on the phone or visit the surgery to make their appointment.

Carers Week

The theme for this year's campaign is **'Recognising and supporting carers in the community'** and we would like to encourage any of our patients who look after a family member or friend to please let us know so we can make a note of it on your records.



We can help by referring you for a Carers Assessment (you can also self-refer) to Carers Leeds, which will give you the opportunity to go through a range of different issues

you may face in your life and advice will be offered on dealing with problems. We can also make sure that you are invited for regular Health checks and Flu/Covid vaccinations, as well as trying to offer you appointment times that fit with your caring role.

Carers Leeds Advice Line:
T: 0113 380 4300
(Mon-Fri, 9am-5pm)
advice@carersleeds.org.uk
www.carersleeds.org.uk

Carer's Allowance – this is a benefit that you could be eligible for if the person you care for and the type of care you provide meets certain criteria. Citizens Advice has lots of helpful information and advice on its website (including a 'benefits checker') or you can call Citizens Advice Leeds on 08082 787878 to speak to an advisor.

Primary Care Network News

We would like to extend a very warm welcome to Karla Ryan and Anna Buckley, who have both joined the PCN as Health & Wellbeing Coaches.



Karla (pictured on the right) previously worked for One You Leeds, helping people to lose

weight, stop smoking, and make positive behaviour changes to their lifestyle; something she is very keen to carry on doing in her new role.

Anna recently graduated with a Degree in Psychology and is looking forward to helping people to engage in peer support, wellbeing groups, and make positive changes to their lifestyles.

Karla and Anna will be working closely with Russ Giles, our Men's Health & Wellbeing coach and we'll keep patients updated as they settle into their roles.

Russ-date....Russ has managed to secure another season of Crown Green Bowling up at New Wortley Rec. The group will run every Tuesday from 1.30pm – 4pm. No equipment needed!



We are also pleased to announce that we have another Mental Health practitioner, Bethany Frost-Lunn, working from Room 12 at Priory View every Wednesday. Along with Dylan Bhandal (who is now based with us every Tuesday), Bethany is available to support patients with their emotional or mental health needs.





Spotlight on... Diabetes

Diabetes is a condition that causes a person's blood sugar level to become too high. There are two main types of diabetes: -

Type 1 – a lifelong condition where the body's immune system attacks and destroys the cells that produce insulin.

Type 2 – where the body does not produce enough insulin, or the body's cells do not react to insulin properly.

Type 2 is far more common than type 1 and in the UK, over 90% of all adults with diabetes have type 2. There are no lifestyle changes you can make to lower your risk of type 1 diabetes. You can reduce the risk of type 2 through healthy eating, regular exercise and achieving a healthy body weight.

If you have Type 2 diabetes, going for regular check-ups helps to make sure your condition does not lead to other health problems. It's therefore important to attend appointments to check your blood sugar levels every 3 months when newly diagnosed, then every 6 -12 months once you're stable. Once a year we will invite you for a diabetic review with a practice nurse where your feet, cholesterol, blood pressure and weight will all be checked. You should also be invited to attend annual retinol screening (in a community or hospital setting) to check your eyes

for damaged blood vessels, which can cause sight problems. If you notice any changes to your sight (such as blurred vision, shapes floating in your vision or sensitivity to light) in between these appointments, please let your GP or nurse know immediately.

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.

We try to invite guest speakers along to our meetings whenever possible; at our last meeting we were joined by Dawn Newsome, CEO of Armley Helping Hands, who gave our members a real insight into the services offered by AHH and how they work closely with ourselves, Thornton and Armley to try and improve the lives of people living in Armley.

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

Leeds 12 Access to Transport Community Services

If you are over 60 and struggle to get to your GP or hospital appointment (or need a chaperone to support you), Armley Helping Hands might be able to help by

either providing transport or assisting towards costs.

Please look out for leaflets/posters in the surgery with details of how to get in touch plus information about all the transport services available within the local community.

20 years of Vasectomy Services at Priory View

This May marked the 20th Anniversary for vasectomy services being offered at Priory View.

We take referrals from all over West Yorkshire and have three trained Clinicians, who carry out around eight procedures between them a week.

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 8th & 29th June and 20th July for staff training.

