

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

Vaccination update

To date, 1,857 of our patients have received their Flu vaccine and 1,524 their Covid Booster.



We still have supplies of the flu vaccination left in the surgery (but will not be receiving any more Covid Booster vaccines this season) so if you are eligible and yet to have your flu vaccine, please make an appointment with one of our nursing team.

We are also inviting patients eligible for the shingles and or pneumococcal vaccine(s) to get vaccinated. The shingles vaccine is recommended for people at higher risk from shingles, including all adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune

system. The pneumococcal vaccine helps protect against serious illnesses like pneumonia and meningitis and is recommended for babies, older people (aged 65+), and those at higher risk of getting seriously ill from pneumococcal infections.

Vaccines are the most effective way to prevent infectious diseases and they help prevent millions of deaths worldwide each year.

If you have not been contacted, but think you are eligible for any of the vaccines mentioned, please get in touch with us so we can check for you.

Social Prescribers – more support on offer for young and older patients

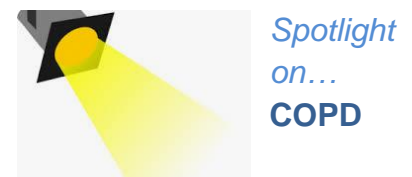
We are delighted to be working with **Barca Leeds**, who do amazing work with families and young people, to provide access to a dedicated young persons social prescriber, Jenny McGettigan.

Jenny's role is to provide support and offer advice to children/young people who are experiencing low mood or struggling with mental health issues (and might be on the waiting list for CAMHS).

We are equally delighted to be working in collaboration with **Armley Helping Hands** to provide support for our over 55s patients through Joanne Smith, a community engagement worker.

The support offered by Joanne will include help with access to food, shopping services, planning for upcoming hospital appointments (and chaperoning to hospital appointments when appropriate), as well as linking into the Health Hub at Armley Helping Hands (which aims to bring socially isolated people together in one place for a variety of support).

If you are interested in finding out more about how Jenny or Joanne can help, please speak to reception, and ask them to put you in touch with the social prescribing team.



Chronic obstructive pulmonary disease (COPD) is the name for a group of lung conditions that cause breathing difficulties. It includes: **emphysema** – damage to the air sacs in the lungs
chronic bronchitis – long-term inflammation of the airways.

COPD is a common condition that mainly affects middle-aged or older adults who smoke, and many people do not realise they have it.

The main symptoms of COPD are:
*shortness of breath, particularly when you are active
*a persistent chesty cough with phlegm
*frequent chest infections
*persistent wheezing



COPD happens when the lungs become inflamed, damaged, and narrowed. The main cause is smoking, although the condition can sometimes affect people who have never smoked. The damage to the lungs caused by COPD is permanent, but treatment can help slow down the progression of the condition. Treatments include:

- *stopping smoking – the most important thing you can do
- *inhalers and medicines – to help make breathing easier
- *pulmonary rehabilitation – a specialised programme of exercise
- *surgery or a lung transplant – this is only an option for a very small number of people.

If you have COPD you will be invited for an annual review with one of our nurses who will be able to monitor your condition and make sure you are receiving the appropriate treatment.

Emergency Care Packs

Armley Helping Hands have secured some funding to provide older people with emergency care packs at a time of crisis – for example, when they have been admitted to hospital due to ill health or have found themselves in a difficult financial position.

Emergency hospital admission packs could include items such as new pyjamas, slippers, and toiletries or a discharge pack could include ready meals and fruit packs to help make coming out of hospital a little bit easier.

If you know of anyone who could benefit from this emergency support, please speak to reception and ask them to put you in touch with the social prescribing team.

Help with Fuel Costs from Care & Repair Leeds

Care and Repair Leeds is a charity that aims to give the choice of living independently to everyone.



It's 'Home Plus' service is for anyone:

- *who could be at serious risk of falling
- *who is struggling to heat their home or pay heating bills
- *who needs help with repairs that may cause a hazard in their home
- *who needs information and advice to maintain independence.

If you know someone who may benefit from their support, please contact Care & repair on 0113 2406009 or email: carerepairleeds.homeplus@nhs.net

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.

Winter wordsearch

Can you find the following 12 wintery words hidden in our word search? Winter / Boots /Carols / Chilly / Resolutions / Santa / Mincepie / Holly / New Year / Hibernate / Snowflake / Festive



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 25th January & 29th February for staff training.

