

Priory View Medical Centre Summer Newsletter '24



Carers Week 10-16 June

An unpaid carer is someone who looks after a family member or friend who could not cope without their support. This could be due to age, physical or mental health issues, substance misuse or disability.

If you care for someone – *or maybe someone cares for you* - please let us know so that we can make a note on your medical records. We can make sure you get the help or support you need (such as flexible appointments) and we can refer you to Carers Leeds, the home of support for all unpaid Carers in Leeds.

Carers Leeds supports unpaid carers:

Carers Advice Line: 0113 380 4300

Carers Advice Email: advice@carersleeds.org.uk

If you are under the age of 18, **Leeds Young Carers** has a support service, and they can be contacted on 0113 733 9126.

Spotlight on Shingles



Shingles is a common condition that causes a painful rash and can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

The shingles vaccine helps protect against shingles. It's recommended for all adults turning 65, those

aged 70 to 79 and those aged 50 and over with a severely weakened immune system.

We routinely send out invitations to eligible patients but please get in touch if you think you're eligible and you haven't heard from us.

Primary Care Network News

We'd like to extend a very warm welcome to Trudy Elletson, who joins our Social Prescribing team.



Before coming to Priory View, Trudy spent 20 years working in Outpatients at St James' and the LGI and has a wealth of experience when it comes to supporting people with their mental health.

Trudy is really looking forward to working across all three surgeries and will be based with us at Priory View every Friday.

Social Prescribers work with patients to help them access a wide range of non-clinical health and wellbeing activities and can provide support and advice with financial, employment, housing, and mobility issues.

Screening matters

Claire Nanyonga, our Cancer Care Coordinator, recently hosted a Bowel Cancer Awareness coffee morning where patients had the chance to learn about the signs and symptoms of bowel cancer and how to complete the bowel screening kit.

The morning was well attended and by the end, several patients had requested a kit (and everyone

Priory View Opening Hours: Mon, Wed, Fri 8am – 6pm, Tue, Thu 7.30am – 6pm
Armley Hub: Sat 8am – 5pm

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else said that they would complete the test they had been sent).

Bowel screening aims to find cancer early or to find changes in your bowel that could lead to cancer. Everyone aged 54+ and registered with a GP should be sent a testing kit every two years.

If you have any questions or concerns regarding any of the cancer screening programmes (Bowel, Breast and Cervical), Claire can be contacted on 07355 674425.

Mental Health Awareness



There are little things we can all do to lift our mood or ease our anxiety. This could be something as simple as going for a walk, getting a good night's sleep, or speaking to a friend about something that's on our mind and is maybe worrying us.

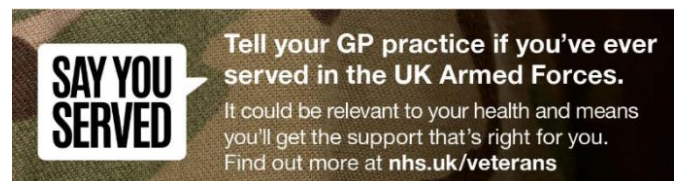
There are lots of useful tips – including videos – on the NHS 'Every Mind Matters' website and a Mind Plan quiz, which offers personalised suggestions to help boost mental wellbeing.

At Priory View, in addition to our team of GPs we have a few different health care professionals who can offer support with mental health such as our Health & Wellbeing coaches, Mental Health Practitioners, and Social Prescribers.

Online ordering

If you have regular medication you need to order, you can use the NHS app or the Patient Access app to save you calling-up or into the surgery. You can also complete an on-line request via the Priory View website www.prioryviewmedicalcentre.co.uk and click on the 'online requests' tab at the top of the page and choose 'admin query'.

If you do want to request a repeat prescription over the telephone, please call after 10am when our phone lines are not as busy.



'Say you served'

NHS England, together with the Office for Veterans' Affairs, is running a campaign to encourage veterans to let their GP practice know they have served in the UK Armed Forces. If you are registered with us and have served in the armed forces (it doesn't matter how long you served for or when you left) please let a member of our team know.

Patient Participation Group

We recently created a new on-line Patient Participation Group. If you would like to join, please head to our Facebook page a click on the link to join.

Training days – the surgery will be closed for training from 12pm on 23rd May, 27th June & 18th July.