

Priory View Medical Centre Winter Newsletter '24



Autumn Covid & Flu Vaccines

Thank you to all our patients who came for their Flu and Covid vaccines this October. We managed to vaccinate around 1,600 for Flu and 1,1300 for Covid.

Special thanks to our wonderful patient volunteer, Carol Hayley, who gave up a lot of her own time to help ensure the clinics ran smoothly!



If you are an unpaid carer, you are entitled to a free flu jab to protect yourself and the person you're caring for. If you are yet to receive yours, please get in touch and book in with one of our nursing team.

Spotlight on Norovirus



Norovirus, also called the "winter vomiting bug", is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about two days.

The main symptoms of norovirus are feeling nauseous, diarrhoea, vomiting, a high temperature, a headache, and aching arms and legs.

Norovirus can spread very easily, so it is important to wash your hands frequently with soap and water if you have come into close contact with someone who has the virus.

If you catch the virus, the most important thing is to rest and have lots of fluids to avoid dehydration. You should also stay off work or school until you

have not been sick or had diarrhoea for at least two days (as this is when you are most infectious) and do not visit anyone in hospital or a care home.

Health & Wellbeing coaches making a difference

Over the past year, our Health and Wellbeing Coaches - Anna, Karla, and Russ - have supported over 100 patients within the Primary Care Network to help shape healthier lifestyles by working with them to take positive steps towards improving their overall health.

The coaches provide support to patients with weight management, healthy eating, and those living with long term health conditions by setting goals towards achieving healthier habits.

If you are interested in getting support from one of our coaches, please speak to a GP or Nurse at your next appointment.

Extended Access Service

Did you know we are open on a Saturday from 8am – 5pm?

If you need to see a GP, Nurse or Healthcare Assistant but struggle to get into surgery during the week, you can book an appointment by speaking to our reception team.

Routine smear appointments, NHS Health checks and Childhood immunisations are just a couple of examples of the types of appointments people book in for.

The service is available to patients from Thornton and Armley Medical practices too and is staffed by clinicians from all three surgeries.

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NHS call on public to use 111 this winter

People are being encouraged to use 111 services this winter and to only use 999 or A&E services for life threatening emergencies and serious injuries.

NHS 111 is an easy and convenient way for people to get urgent help for a wide range of health problems from the comfort of their own home.

The service can assess and direct people to the best local service, including urgent treatment centres, GP practices, and consultations with a pharmacist. It can also arrange a call back from a nurse, doctor or paramedic or provide self-treatment advice over the phone.

Priory View Team News

We are delighted to welcome Dr James Morris back to Priory View for an extended period.

Dr Morris completed his final year of GP training with us earlier in the year and will be with us every Wednesday seeing patients in clinic.



ANNIVERSARY

This December, one of our lovely Receptionists, Sue, celebrates her 10th Year Anniversary of working at Priory View. Sue is an extremely hard-working and caring member of our team who goes out of her way to help patients and colleagues alike and we are very lucky to have her.

Christmas word search

HOLLY * STOCKING * SLEIGH * SNOW * ICE
PRESENT * FROSTY * ROBIN * ELF * SANTA

P I C K L E D L O S
I C A P R E S E N T
H E T H E A S T E O
G Y H O L L Y R F C
I K Y M I N F E I K
E C T H I N K S N I
L O S B U T N A E N
S C O A L O T N D G
E R R O W E X T A D
A B F R I E D A Y G

New Wortley Community Pantry



Monday 6th January sees the launch of the New Wortley Community Pantry, an affordable food outlet for people living in New Wortley and Armley.

The Pantry will be open Mondays from 4pm-6pm and Fridays from 12pm-2pm.

Membership forms are available from the community centre reception or by contacting Sarah Malone (sarah.malone@newwortleycc.org) or Tel: 07707 777 989)

Training days – the surgery will be closed for training from 12pm on 30th January, 27th February and 20th March.

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