

### **Free NHS health checks**

The NHS Health Check programme aims to prevent heart disease, stroke, type 2 diabetes and kidney disease, and raise awareness of dementia both across the population and within high risk and vulnerable groups. In April 2013 the NHS Health Check became a statutory public health service in England. Local authorities are responsible for making provision to offer an NHS Health Check to eligible individuals aged 40-74 years once every five years.



If you are between the age of 40-74 and do not have any of the following pre-existing conditions (heart disease, chronic kidney disease, diabetes, hypertension, atrial fibrillation, transient ischaemic attack, inherited high cholesterol, heart failure, peripheral arterial disease, stroke, currently taking statins to lower cholesterol, you have previously been found to have 20% or higher risk of getting cardiovascular disease over the next 10 years) and have not had a health check within the last 5 years, you will be invited by the surgery, however you can enquire with us to either book an appointment or we may have to add you to our waiting list and offer you an appointment at a later date.

**GP X-Ray walk in service** The radiology department has a walk in service for adult patients (age 16 and over) who have been referred by their GP.

If you wish to attend a walk in appointment, you will initially need to speak to your GP so that they can request the X-ray. You can then choose to go to any of the departments shown below at the selected times. This needs to be done within 28 days of the GP's request .

**Leeds General Infirmary**, Great George Street, LS1 3EX - Chest X-ray Service Martin Wing (via chest clinic entrance) - chest X-rays only Monday to Friday 9am to 12pm and 1.30pm to 4pm.

**St James's**, Becket Street, LS9 7TF - Bexley Wing Radiology - Monday to Friday 9am to 12pm and 1.30pm to 4pm

**Seacroft Hospital**, York Road, LS14 6UH - Radiology - Monday to Friday 9am to 12pm and 1.30pm to 4pm

**Wharfedale Hospital**, Newall Carr Road, LS21 2LY - Radiology - Monday to Friday 9am to 12pm and 1.30pm to 4pm

**Chapel Allerton Hospital**, Chapeltown Road, LS7 4SA - Radiology - Monday to Friday 9am to 12pm and 1.30pm to 4pm.

Please Note: The walk in service is not available on Bank Holidays.

If you would prefer to make an appointment, please call 0113 733 4974.

**Better Health Quit Smoking** will help people make quit attempts by reminding people of the harms of smoking and signposting to support.

Research shows that if you quit for 28 days, you're 5 times more likely to quit for good. When you stop smoking, you'll start seeing benefits almost immediately, after 20 minutes your pulse rate will already be returning to normal. And after just 8 hours your oxygen levels will be recovering too and the harmful carbon monoxide in your body will have halved!

For help and support to stop smoking you can speak to your GP, local pharmacist and your local stop smoking service (one you Leeds).

Services in general practice and the community are being transformed to make it easier for patients to access a wider range of help from general practice. General practice teams have expanded to include a wide range of healthcare professionals who work alongside GPs and nurses to ensure patients receive the care they need as quickly as possible. This includes Clinical Pharmacists, Physiotherapists, Paramedics, Physician Associates, Mental Health Therapists, Social Prescribing Link Workers and more.

Here at Gibson Lane, we have already expanded our team with most if not all of the above healthcare professionals. For example we have a paramedic, Andrea, Physicians associate, Amina and a GP registrar, Dr Sabie Rainton plus many more.

Our reception team will offer you appointments with other healthcare professionals instead of a GP where they see fit.



**Target Training dates.**

We will be closed from 12pm for training on the following dates:

Tuesday 17th January 2023

Tuesday 7th February 2023

Tuesday 7th March 2023

**Staff News:**

As of the 1st October 2022, Dr Ffion Wells became a partner in the practice.

On the 1st November 2022, Dr Samantha Robinson also became a partner.

We also recently welcomed a new member of staff to our administration team, Ella, our new apprentice.



**Flu and Covid Vaccinations:**

We are now coming to the end of our flu and autumn booster vaccination roll out. We will be having a few clinics over the next month. After this, if you would still like a covid and/or flu vaccination you can contact your local pharmacy to see if they can offer you your flu vaccination and also any local vaccination centre who can offer you your covid vaccine. You can find out where the vaccination centres are via the following link: - [Find a walk-in coronavirus \(COVID-19\) vaccination site - NHS \(www.nhs.uk\)](#) or by ringing 119.

**GP's working hours**

Please see below a list of all our current GP's and which days they are available in surgery. Please note that each GP has at least one oncall session a week where they will be unavailable for routine appointments.

**Dr Clare Hirst:** Monday (AM only), Wednesday (PM only), Friday.

**Dr Clare Smith, Dr Henry Luff & Dr Rachel Grainger:** Tuesday, Thursday, Friday

**Dr Fiona Thake-Smith, Dr Fion Wells & Dr Samantha Robinson:** Monday, Tuesday (AM only), Wednesday

**Dr Laura Kapolyo:** Monday, Tuesday (AM only), Thursday

**Dr Jennifer Calvert:** Wednesday, Friday

**Dr Rebecca Skipp:** Monday, Tuesday, Thursday