



Winter 2023 Newsletter

[www.gibsonlaneppractice.co.uk](http://www.gibsonlaneppractice.co.uk)

Save the Date

## No Smoking Day

8 March 2023

No Smoking Day will be taking place on Wednesday 8th March 2023. No smoking day happens on the 2nd Wednesday in March every year. The purpose of No Smoking Day is to campaign for greater awareness about the health dangers associated with smoking. The 3 main benefits to stopping smoking are that it improves health status and enhances quality of life. Reduces the risk of premature death and can add as much as 10 years to life expectancy. And also, it reduces the risk of many adverse health effects including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease and cancer. If you would like help to stop smoking, please contact on you Leeds on 0800 169 4219 or via their website [Be Smoke Free | Quit Smoking Support | One You](http://BeSmokeFree.org.uk) ([oneyouleeds.co.uk](http://oneyouleeds.co.uk))

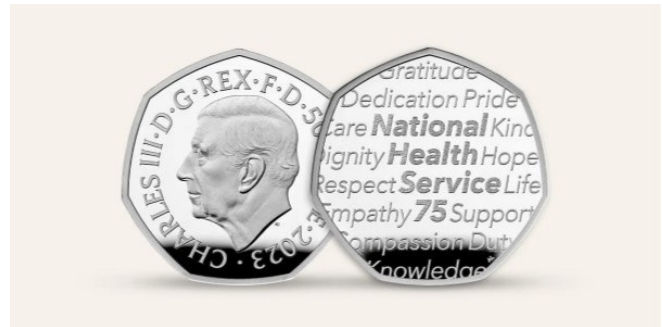


Via our website you can access our new service, econsult. Econsult is an online form which can be completed by patients to request advice from your GP/surgery. You can ask about common problems, general symptoms, get help for your child or administrative help. Our most popular way of using econsult is for requesting sick notes. If you require a sick note extension for a current sick note you have, you no longer need a GP appointment. If you complete an econsult with as much information as you can the reception team will request your sicknote from the GP and if appropriate it will be sent to you within 48–72 hours. If you are requesting a new sicknote, you will still need a telephone appointment with the GP.

## Happy 75th Birthday NHS

On 5th July 2023, the NHS will mark 75 years of service. We will be celebrating this milestone by showcasing the best of the NHS and encouraging as many of you as possible to join us with NHS 75 activities.

To help mark the anniversary, The Royal Mint has launched a specially designed 50p coin. The coin will raise money for the NHS charities together which helps the NHS go further for staff and patients.



The NHS have teamed up with parkrun UK to mark the anniversary this July. Staff and volunteers as well as local communities will be encouraged to 'parkrun for the NHS' at parkrun events on Saturday 8th July or junior parkrun events on Sunday 9th July. Find more information about local events near you at [home | parkrun UK](http://home.parkrun.uk).

Vitality parkrun NHS 75 1948 - 2023

**parkrun for the NHS**  
marking the NHS's 75th anniversary

- Saturday 8 July
- Sunday 9 July (junior parkrun)

#NHS75parkrun #NHS75

Walk, jog, run or volunteer!

The repair shop is looking for unique NHS items to restore. The Repair shop airs on BBC One, takes viewers into a workshop filled with expert craftspeople and brings loved pieces of family history and the memories they hold back to life. You can submit your ideas via the [The Repair Shop | Shows and tours \(bbc.co.uk\)](http://TheRepairShop.org.uk) or by emailing [applications@ricochet.co.uk](mailto:applications@ricochet.co.uk)

## **Hay Fever**

Hay fever is usually worse between late March and September, especially when its warm, humid and windy. This is when the pollen count is at its highest.

Symptoms of hay fever include: Sneezing and coughing, a runny or blocked nose, itchy red or watery eyes, itchy throat mouth nose and ears, loss of smell, pain around your temples and forehead, headache, earache, feeling tired. If you are asthmatic, you might also: have a tight feeling in your chest, be short of breath, wheeze and cough. Hay fever will last for weeks or months unlike a cold which usually goes away after 1-2 weeks.

A pharmacist CAN help with hay fever. They can give advise and suggest the best treatments to help with itchy and watery eyes and sneezing and a blocked nose.

You only need to see a GP if your symptoms are getting worse and have not improved

### **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



### **Target Training dates.**

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

Tuesday 7th March 2023, Tuesday 4th April 2023, Tuesday 23rd May 2023, Tuesday 20th June 2023, Tuesday 11th July 2023, Tuesday 19th September 2023, Tuesday 10th October 2023, Tuesday 14th November 2023, Tuesday 16th January 2024, Tuesday 20th February 2024, Tuesday 19th March 2024

### **Phlebotomy Service at Seacroft Hospital**

York Road, Leeds, LS14 6UH, Tel 0113 243 3144.

To have blood samples taken at Seacroft hospital please take your blood forms with you. The service is open Monday to Friday, 8.30am to 11.45am and 7pm and 3.45pm. No appointment is needed. Your results will come back to the doctor at the practice who requested them. Please note that it is your responsibility to contact the practice about your results. Please allow at least 5 working days for your results to come through.

### **Staff News**

Our GP registrar, Dr Sabie Rainton has now left the practice. From February 2023 we have welcomed our new GP registrar, Dr Mohammed Oomerjee.

Rebecca , a member of the admin and dispensing team has also left the practice. We wish her the best of luck in her new role.

Finally, Kelly one of our practice nurses will be leaving the practice in 3 months time to progress her nursing career.