



Autumn 2023 Newsletter

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



### **Carers Leeds September Events 2023**

Tea Dance, celebrating national dementia carers day. September 6th @ 1.30pm—3.30pm. Leeds civic hall, Calverley St, Leeds, UK. Book your free tickets by calling 01132468338 or via <https://www.eventbrite.com/e/tea-dance-celebrating-national-dementia-carers-day-tickets-685750757977?aff=oddtcreator>

Garforth Carers Support Group. September 11th @ 1pm—2.30pm. Garforth Miners welfare hall, 56 Main Street, Leeds. To book, Please get in touch with Angie Thompson on [ange-la.thompson@carersleeds.org.uk](mailto:ange-la.thompson@carersleeds.org.uk) or by calling 07854 481 011. You can also book via Carers Leeds Advice Line on 0113 380 4300.

You can find all other events happening in September on [Events for September 2023 - Carers](#)



### **Free NHS Health Check**

Aged 40 to 70? Even though you might be feeling great, if you're over 40 you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE** NHS Health Check can help reduce and make sure that you stay healthy.

Contact our reception team to book an appointment now!

### **LOCOMOTION Long COVID study**

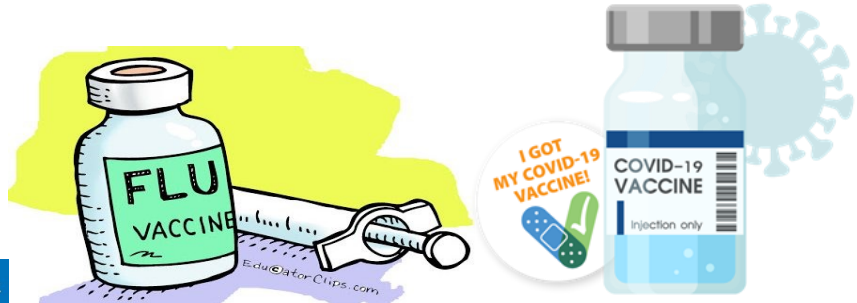
Researchers from the LOCOMOTION Long COVID study need healthy volunteers to participate in one of the study's workstreams.



It will only involve up to 60 minutes across one day, measuring your heart rate and blood pressure at specific points in the day, and making a note of food/drink you consume and details of activity you perform in the day.

This part of the study is evaluating the results of the adapted Autonomic Profile (aAP), a home-based test for the evaluation of autonomic dysfunction, in the asymptomatic healthy population. This will provide normal data from healthy volunteers for comparisons, and inform usefulness of the aAP as a predictive test for Long COVID patients. Autonomic dysfunction is common in Long COVID patients, the nerves of the autonomic nervous system are damaged, affecting heart function, blood pressure, bladder function, digestion, and sexual function.

To find out more information and to participate, please contact: [aapstudy@leeds.ac.uk](mailto:aapstudy@leeds.ac.uk)



### **Flu and Covid Vaccinations 2023**

In the upcoming weeks the practice will start to invite all eligible patients for their flu and covid vaccination.

We will be sending invites out via SMS, starting with eldest & high risk patients first. If you do not have a mobile, you will be called by the practice to book your appointment.

Our clinics will be held on the 30/09, 07/10,14/10,21/10.

Thank you for your patience.

## **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 on call session a week where they will be unavailable for routine appointments.

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

**Dr Clare Smith:** Tuesday, Wednesday (AM only), Thursday (AM only), Friday

**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



## **Stoptober: the 28-day stop smoking challenge.**

Are you thinking of quitting smoking? Research shows that if you quit for 28 days, you're 5 times more likely to quite for good.

Stoptober begins on the 1st of October 2023 and there are many different ways you can stop smoking. You'll start seeing the 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!

The NHS better-health website explains all the different ways you can stop smoking and can help you to find the support you need.

[Quit smoking - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)



## **Target Training dates.**

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

Tuesday 19th September 2023

Tuesday 10th October 2023

Tuesday 14th November 2023

Tuesday 16th January 2024

Tuesday 20th February 2024

Tuesday 19th March 2024



## **Staff News**

Our GP registrar, Dr Mohammed Oomerjee has now left the practice. We wish him all the best in his future career. We have now welcomed Dr Timothy Goodfield. He will be with us for 12 months.

Amina Osman, physicians associate, has also now left the practice.

Mr John Donohoe, first contact physiotherapist will now be in surgery every Monday.

## **We now have a new management structure in place at Gibson Lane Practice:**

Rachel Matthews is the Business Manger and will take care of all the business administration.

Gill Collins is the Strategic Planning Lead and will lead on innovation and business planning.

Lisa Tindall is the Nurse Management Lead looking after the nursing team and nurse services.

Cath fox is the Patient Services Manager and will look after all issues with Patient services including practice complaints.

Linda Gummerson is the Office Supervisor looking after the day to day running of the office and the staff.

Annemarie Shackleton operations manager working alongside Gill Collins.