



## Spring 2024 Newsletter

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

### **NHS Right to choose referrals**

Did you know that in many cases you have the legal right to choose where you have your NHS treatment? The NHS is offering more and more options to enable you to make choices that best suit your circumstances, giving you greater control of your care, and hopefully better results.

How to request a right to choose referral:

- You will first need to research and choose a service that you would like to be referred to. Their website's will also explain how to ask for a referral from you GP and if there are any documents you will need to complete in order to be referred.
- Then arrange an appointment with your GP and ask them to refer you.
- The GP will then complete the referral for you to your chosen service.

**What is pharmacy first?** Pharmacy First enables community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP.

**What are the seven common conditions** Sinusitis, Sore throat, Earache, Infected insect bite, Impetigo, Shingles, Uncomplicated urinary tract infections.

**How can I access treatment from my pharmacy?** You can access treatment by walking into the pharmacy or contacting them virtually. Your GP receptionists can also send same day referrals to your chosen pharmacy.

### **Carers Leeds Events**

#### **Calendar**



- March 28th @ 11:00am—12:30pm, Walk N Talk Meanwood Park, 92—96 Green Rd, Meanwood, Leeds.
- April 3rd @ 2:00pm—3:30pm Crossgates Carers Support Group, Crossgates & Whinmore Community Hub, 56 Crossgates Centre, Leeds.
- April 5th @ 2:00pm—3:00pm, Dementia carer support group—Garforth. Garforth Miners Welfare Hall, 56 Main street, Leeds
- April 13th @ 11:00am—12:00pm, Young dementia carers group, Cottingley Drive, Leeds, LS11 0JP



### **Measles Vaccination Catch Up Campaign**

You may be aware that there have been reports of widespread measles outbreaks in areas across the country. While there is not currently a specific outbreak in Leeds, you may wish to catch up on missing vaccines. All children and adults are eligible for the vaccine on a catch-up basis. However, vaccine might be contraindicated for some people who may be immuno-suppressed. Please contact reception to confirm your current MMR vaccination status if you are unsure.

Symptoms of measles are: Fever AND rash AND one of runny nose OR cough OR conjunctivitis that last for 2-4 days or up to a week. It's very unlikely to be measles if you've had both doses of the MMR vaccine or you've had measles before. Anyone with suspected measles should stay away from school or work for at least 4 days, rest and take pain relief as needed. They should avoid contact with young babies and anyone who is immuno-suppressed or pregnant.

## **Bank Holiday Closure; 2024**

Friday 29th March, Monday 1st April, Monday 6th May, Monday 27th May, Monday 26th August, Wednesday 25th December, Thursday 26th December

## **Staff News**

We have recently welcomed 2 new GP registrars, Dr Ushna Durrani and Dr Natasha Bird. They will be with the practice for 6 months.

At the end of March, both Dr Jennifer Calvert and long standing receptionist Colleen will be leaving the practice.

## **Walk in centres in Leeds**

This walk-in centre can be used if patients have a minor illness or if they are worried about their health, but it is not an emergency. They can go there for things like coughs, chest infections, fevers, sore throats and headaches.

Before attending, you should call NHS 111 or the centre directly. You will initially be given a remote consultation and then informed when to attend in order to maintain social distancing.

Shakespeare Medical Centre, 1 Cromwell Mount, Burmantofts, Leeds, LS9 7ST, Telephone: 0113



## **Mental Health Awareness Week**

Mental health awareness week is on the 13th to 19th of May. Mental Health Awareness Week happens every year, and it's the biggest opportunity for the whole of the UK to come together to focus on getting good mental health. The week aims to tackle stigma and help people understand and prioritise their and others' mental health.

The theme for this year's week is "Movement: Moving more for our mental health".



## **Target Training dates 2024.**

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

Tuesday 19th March, Tuesday 23rd April, Tuesday 21st May, Tuesday 2nd June, Tuesday 8th July, Tuesday 17th September, Tuesday 8th October, Tuesday 19th November

## **Accident & Emergency**

### **Accident and Emergency in Leeds**

Leeds General Infirmary - Postcode: LS2 9DA. The Emergency Department is on the Ground Floor, Jubilee Wing

St James's Hospital - Postcode: LS9 7TF. The Emergency Department is on the Ground Floor, Chancellors Wing

The Leeds Children's Emergency Department is in the Jubilee Wing at Leeds General Infirmary. There is no Emergency Department for children under 16 years old at St James's University Hospital

### **Urgent treatment centres in Leeds**

Open everyday from 8am -11pm (including bank holidays including Christmas Day). Do not treat people aged under two years old or those aged over 65 who have a head injury. They also do not treat people with pregnancy related health conditions. Before attending an urgent treatment centre, you must call NHS 111 or the centre directly. You will initially be given a remote consultation and then informed when to attend in order to maintain social distancing.

There are currently two urgent treatment centres in Leeds:

St George's Urgent Treatment Centre, St George's Centre, St George's Road, Middleton, LS10 4UZ

Wharfedale Urgent Treatment Centre, Wharfedale Hospital, Newall Carr Road, Otley, LS21 2LY