



## Summer 2024 Newsletter

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

### **Whooping Cough**

Whooping cough (pertussis) is a bacterial infection of the lungs and breathing tubes. It spreads very easily and can sometimes cause serious problems.

The first signs of whooping cough are similar to a cold. After about a week, you or your child:

- will get coughing bouts that last for a few minutes and are worse at night
- may make a "whoop" sound – a gasp for breath between coughs (young babies and some adults may not "whoop")
- may have difficulty breathing after a coughing bout and may turn blue or grey (young infants)
- may bring up a thick mucus, which can make you vomit
- may become very red in the face (more common in adults)

The cough may last for several weeks or months.

The whooping cough vaccine protects babies and children from getting whooping cough. That's why it's important to have all the routine NHS vaccinations.

The whooping cough vaccine is routinely given as part of the:

6-in-1 vaccine - for babies at 8, 12 and 16 weeks

4-in-1 pre-school booster - for children aged 3 years 4 months

If you're pregnant you should also have the whooping cough vaccine and your midwife should tell you when its time to book this.

### **Stroke Support Group**

A new local group for people of all ages and their families aimed at those who are living with the after effects of a stroke.

A safe space to chat openly and meet new people.

### **Guest Speaker; PCN Health & Wellbeing Coach**

**Wednesday 26th June at 11am**

**Oulton Manor Care Home, 3 Wakefield Rd, Oulton, Leeds, LS26 8EL.**

RSVP: Contact the LS25/26 PCN Facebook page

Send an email to [wyicb-leeds.socialprescribers@nhs.net](mailto:wyicb-leeds.socialprescribers@nhs.net)



### **Mental Health Awareness**

There are little things we can all do to lift our mood or ease our anxiety. This could be something as simple as going for a walk, getting a good night's sleep, or speaking to a friend about something that's on our mind and is maybe worrying us. There are lots of useful tips – including videos – on the NHS 'Every Mind Matters' website and a Mind Plan quiz, which offers personalised suggestions to help boost mental wellbeing.

In addition to our team of GPs we have a selection of different health care professionals who can offer support with mental health such as our Health & Wellbeing coaches, Mental Health Practitioners, and Social Prescribers

## **Bank Holiday Closure; 2024**

Monday 26th August, Wednesday 25th  
December, Thursday 26th December

## **Staff News**

We have recently welcomed 2 new care co-ordinators, Millie and Victoria.

In April, newly qualified nurse Megan joined our nursing team.

Sadly, at the end of July Dr Henry Luff and Samantha (practice nurse) will be leaving the practice. We wish them both the best in their future career .

In August, we will be welcoming salaried GP Dr Will Evans.

## **Patient Participation Group**

### **What is a PPG?**

A Patient Participation Group (PPG) is a group made up of GP practice patients aged 16 years and over, carers of registered patients and members of the GP practice team. The NHS requires every practice to have a PPG.

### **What is the aim of the PPG?**

The aim of this group is to influence the way services are delivered by the practice.

### **What does participating involve?**

To discuss your experience of using the services our practice offers. The group meets in person, and the meetings are held quarterly. Information regarding the date and time of our next meeting will be made available soon.



## **Target Training dates 2024.**

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

- Tuesday 9th July
- Tuesday 17th September
- Tuesday 8th October
- Tuesday 19th November



## **Carers Leeds Events Calendar**

- Walk and Talk: Leeds Canal. June 27th @ 11am—12:30pm. To book your place ,call 0113 380 4300, or Nikki 07538 427 453 or email Trish on [patria.fisher@carersleeds.org.uk](mailto:patria.fisher@carersleeds.org.uk) **by the 25<sup>th</sup> June 2024.**
- Crossgates Carers Support Group: Crossgates & whinmore community hub, 56 crossgates centre, Leeds. July 3rd @ 2pm—3:30pm. To book, get in touch with Angie Thompson at [angela.thompson@carersleeds.org.uk](mailto:angela.thompson@carersleeds.org.uk) or call her on 07854 481011. You can also book via our Advice Line on 0113 380 4300.
- Dementia Carer support group—Garforth. July 5th @ 2pm—3pm. Garforth Miners Welfare Hall. **To sign up** or for more information, contact our advice line on 0113 380 4300 or e-mail [janice.newsome@carersleeds.org.uk](mailto:janice.newsome@carersleeds.org.uk)