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New Year 2025 Quit Smoking

Make 2025 the year you quit smoking for good!



It's never too late to quit and it's easier to stop smoking with the right support. Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation?

The sooner you quit, the sooner you'll notice changes to your

body and health! After 20 minutes, check your pulse rate, it will already be starting to return to normal. After 2 to 12 weeks, blood will be pumping through your heart and muscles much better because your circulation will have improved. After 1 year, your risk of heart attack will have halved compared to a smoker's!

Visit the better health website to access more information and get support at every stage of your journey! [Quit smoking - Better Health - NHS](https://www.betterhealth.nhs.uk/quit-smoking)



In the 3 months between September and November 2024, we had:

- **4080** Attended GP/GP registrar/Nurse Practitioner Appointments
- **113** Did not attend GP/GP registrar/Nurse Practitioner appointments
- **2981** Attended Nurse appointments
- **278** Did not attend nurse appointments
- **86** New registrations
- **6263** Prescriptions issued
- **11141** Total Patients registered

Breast Screening Programme.

Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71. You'll get a letter in the post inviting you, and you will receive your first appointment by the time you reach 53 years old.

If you're a trans man, trans woman or are non-binary you may need to call the Leeds Wakefield Breast Screening Unit to ask for an appointment.

You will not automatically be invited for breast screening if you are 71 or over but you can still have breast screening every 3 years if you want to. You will need to call your local breast screening service to ask for an appointment.

If you have breast symptoms, please see the GP if you have a breast symptom you would like investigating.

Screening Locations

The Leeds Wakefield Breast Screening Unit can offer you an appointment at the following sites:

- St James's University Hospital
- Wharfedale Hospital
- Trinity Walk Shopping Centre, Wakefield
- Junction 32 Shopping Outlet, Castleford

You can also attend at appointment at the mobile units which move to the following locations to cover the surrounding areas:

- Rothwell
- Morley
- Pudsey
- Middleton
- South Kirkby
- Wetherby
- Otley



Contacting the Breast Screening Team

For more information or to change or alter your appointment, please contact:



0113 733 4974

leedsth-tr.adminBSUseacroft@nhs.net

2025 Target Training dates.

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

- Tuesday 11th March
- Tuesday 1st April
- Tuesday 20th May
- Tuesday 17th June
- Tuesday 8th July
- Tuesday 16th September
- Tuesday 14th October
- Tuesday 18th November



Staff news

Dr Bronia Zbrzezniak and Dr Yasmin Elfouly have now finished their training period with us and have left the practice.

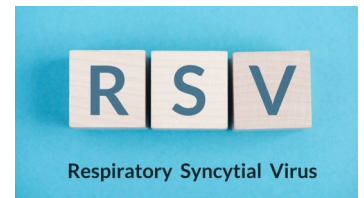
WHATS NEW?

Practice Manager News:

Our Practice Manager, Gill Collins, will be retiring from the practice on 31 March 2025. Gill has been part of Gibson Lane Practice for 33 years, initially as a dispenser at our Monk Fryston site before becoming our Practice Manager. We will miss her and her dedication to the practice - we wish her a happy and healthy retirement.

We have a new Practice Manager, Claire Addy, who joined the practice on 13 January 2025. We wish to welcome her to the practice. We have a few weeks where Gill and Claire will overlap before Gill retires at the end of March.

RSV Vaccination.



The RSV vaccine helps protect against respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill. The RSV vaccine is recommended if: you're pregnant – the vaccine is recommended during every pregnancy (from 28 weeks onwards) to help protect your baby after they're born. you're aged 75 to 79. If you're aged 80 or over: If you turned 80 after 1 September 2024, you're eligible for the RSV vaccine until 31 August 2025. You're not eligible for the RSV vaccine if you turned 80 on or before 1 September 2024. All eligible patients will be invited by the practice in due course.

Covid spring booster vaccinations 2025.

The practice will be running clinics for eligible patients to receive the spring covid booster this year. As of yet, it has not been confirmed when these will be. When our vaccination supply has been confirmed we will begin to contact all eligible patients to offer them an appointment.



GP x-ray walk-in service

The GP x-ray walk-in service at the Community Diagnostic Centre at Seacroft Hospital is now open seven days a week:

Monday to Friday: 8:15am—5:45pm

Saturday and Sunday: 8:15am—4:45pm (excludes bank holidays)

This is for adult patients (aged 16 and over) who have been referred for an x-ray by their GP. More information is available on the LTHT website [X-ray - Leeds Teaching Hospitals NHS Trust](#)

We are here for longer so you can get the help you need more easily

Radiology offer a walk in service for adult patients who have been referred for an X-ray by a GP. (excluding children)

From 2nd January 2025 the 'walk in service' in the **Community Diagnostic Centre (CDC)** (Radiology Seacroft) is open seven days a week:

Monday to Friday: 08:15-17:45
Saturday and Sunday: 08:15-16:45
Excluding bank holidays