

# Spring Practice Newsletter – April Edition 2025



**Oulton Medical  
Centre**  
Quarry Hill, Oulton,  
Leeds, LS26 8SZ

**Oulton Medical Centre, Marsh Street Surgery & Swillington Health Practice**

**WORKING TOGETHER TO PROMOTE WELLBEING FOR ALL**

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Hopefully with Spring underway, the lovely blossoms appearing and first new leaves, hibernation over, clocks have moved forward and namely the recent and decent weather - most of us are finding this gives us a big burst of energy and improved mood and enthusiasm. We hope you enjoy good health over the coming few weeks but if you do suffer with allergies and hay fever here are some tips to help –



**Seasonal Allergies/Hay Fever:** Caused by increased pollen levels from trees, grasses, and weeds as they bloom in spring. **Symptoms:** Sneezing, runny or stuffy nose, itchy eyes, watery eyes, sore throat, and in some cases, difficulty breathing.

**Tips:** Avoid outdoor activities during peak pollen times, keep windows and doors closed, use air purifiers, and consider consulting a doctor for allergy medication.

**Insect Allergies:** Caused by stinging insects like bees, wasps, and hornets tend to be active from spring to early autumn.

**Symptoms:** Swelling, itching, and hives at the site of a sting, and in severe cases, anaphylaxis.

**Tips:** Avoid areas where stinging insects are likely to be present, wear light-coloured clothing, and carry an epinephrine auto-injector (EpiPen) if you have a known insect allergy.



**Order your Prescriptions – Please make sure you have sufficient medication to last over the Easter Bank Holiday. Order in good time - by Thursday 10<sup>th</sup> April. The surgery is closed on Good Friday 18<sup>th</sup> April and Easter Monday 21<sup>st</sup> April**

**Re-opens Tuesday 22<sup>nd</sup> April 2025 at 8.00 am**

Please note the Surgery will be closed on the following dates:

For City Wide Training –

Our Surgery will close at MIDDAY on:

**Tuesday 20th May 2025**

**Tuesday 17th June 2025**



If your surgery and Hub are closed and you are ill or hurt and need help fast but it is not a 999 emergency - use NHS 111.

**Go online at [111.nhs.uk](https://111.nhs.uk)**

**or call 111**

**NHS 111 is fast, easy and free**

The people are trained to help you, they will ask you some questions about what is wrong and tell you what to do next. NHS 111 can:

- Book an appointment for you to see your GP
- Book an appointment for you to see an emergency dentist
- Help you to speak to someone who can provide mental health support
- Arrange for you to pick up medication at a pharmacy near you
- Give you advice on how to look after yourself, so you can do what is needed
- Send an ambulance if you need one
- Tell you if you need to go to A&E or an emergency department

Remember NHS 111 is open all day and night, every day of the year.




### **Walk & Talk -**

Come and join Selina our Health & Well Being Coach who has organised - on the last Thursday of the month - to have a gentle walk and talk around Springhead Park in Rothwell. Please meet outside Gray's Coffee

Shop at 10.00 am The next walks are planned for - 24<sup>th</sup> April, 29<sup>th</sup> May and 26<sup>th</sup> June. So please come along and enjoy this glorious Spring sunshine! For any further information please get in touch with Selina on 07480969457 or email [Selina.thompson3@nhs.net](mailto:Selina.thompson3@nhs.net)

**Staffing News** - We say **farewell** to Jackie Meakin our Secretary of 25 years who has decided to retire and also to Tia, our Receptionist who has decided to leave and pursue a career and studies abroad – we wish you both all the best in your new ventures - You will be dearly missed and thank you for your service here at Oulton Medical Centre.



We also have joyous news that  Dr Williams has had a beautiful baby girl safely born on the 29<sup>th</sup> March and so wish her and her family lots of Congratulations and joy. We are looking forward to cuddles soon!

### **Mental health Information for everyone in Leeds**

MindWell is the mental health website for adults in Leeds. It's funded by the Leeds Office of West Yorkshire Integrated Care Board (ICB) to bring together information from the NHS, Leeds City Council and the third sector into one 'go to' place. [www.mindwell-leeds.org.uk/help](http://www.mindwell-leeds.org.uk/help)

**MindWell**





**Menopause Drop In Session** - There will be a drop in session at Rothwell Health Centre on Monday 28<sup>th</sup> April 4.30 pm – 5.30 pm to chat about anything and everything menopausal and anything else! Further sessions will be held on Monday 2<sup>nd</sup> June and Monday 30<sup>th</sup> June, same time, same place. If you would like to drop in and chat – it is surprising how many people have similar experiences and it is good to build support and know you are not alone in the challenges we face during this period of our lives – everyone will be most welcome.



Registered Charity No. 1208222

**Can You Help?**

Do you have any items that you no longer need or didn't use when going through treatment for cancer? Items that can be passed onto others.....

Wigs, Mastectomy Bras, PICC Line Covers, Chemo Caps/Turbans, Headscarves, Drain Bags, Mastectomy Pillows or anything you would like to donate that you think others could use.

Please get in touch via my instagram page @prelovedreloved or email me at prelovedreloved23@gmail.com

*You Are Not Alone  
with Love Jo x*

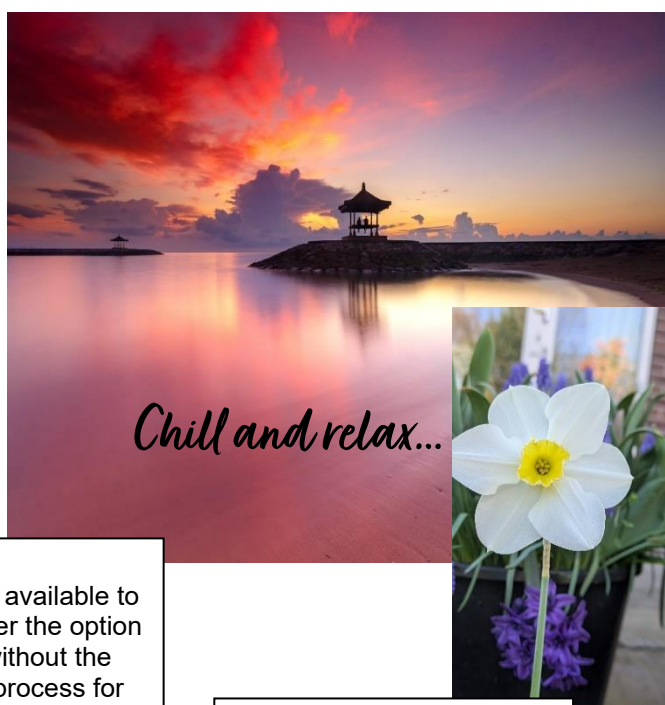
**Useful Tips on self-health...**



Find out more about the 5 ways to mental wellbeing when at work on the MIND website using this link - **Mental Health** [www.mind.org.uk/workplace/mental-health-at-work/five-ways-to-wellbeing](http://www.mind.org.uk/workplace/mental-health-at-work/five-ways-to-wellbeing)

**Breathing Exercise** - This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere. You will get the most benefit if you do it regularly, as part of your daily routine. You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor. Make yourself as comfortable as you can and loosen clothing that restricts your breathing -

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for at least 5 minutes.



*Chill and relax...*

**Remember you can** - take a look at our website [www.oultonmedicalcentre.co.uk](http://www.oultonmedicalcentre.co.uk), where we have listed services available to you locally and nationally in one place. Many of the services offer the option for self-referral to allow you to gain access to their services without the need for you to see your Doctor first, helping to speed up the process for you to get the help you need.

Dr B. Gatenby, Dr K. Gough,  
Dr R. Halligan, Dr J. Gascon  
Mora, Dr H. Sarveswaran, Dr  
W. Cowie, Dr M. Abbas, Dr G.  
Jong, Dr Y. Williams

**Good Health and Best Wishes from The Practice Team**



Oulton Medical Centre : Dr Gough, Dr Halligan, Dr Gatenby, Dr Gascon Mora, Dr Sarveswaran,  
Dr Cowie, Dr Miah and Practice Manager: Mrs Hilary Farrar