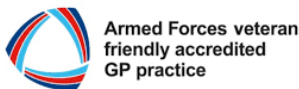


Armley Medical Practice

NEWSLETTER ISSUE 34 | SPRING EDITION | APRIL 2025

We are a Veteran Friendly Practice!



The veteran friendly GP practice accreditation is a programme run by the Royal College of General Practitioners (RCGP) and NHS England to recognise and support practices in delivering the best possible care for patients who have served in the armed forces. Armley Medical Practice is proud to be a veteran friendly practice as we deliver the best care to our veterans. If you are registered with us but unsure if your veteran status is on your record call in to practice and speak to our reception staff, who can help you get this added.



Practice Opening Times

Monday – Friday 08:00 – 18:00

Hub Opening Times at Priory View Surgery

Saturdays 08:00-17:00

Missed appointments

March 2025

106 missed GP and ANP appointments
87 missed Nurse appointments



Armley Medical Practice, 95 Town Street, Leeds, LS12 3HD. Tel: 0113 4677499 Email: armleymedical.practice@nhs.net



Armley Medical Practice is a Safe Surgery. This means that we take steps to tackle the barriers that migrants face when accessing health care such as user friendly resources, using interpreters for appointments and at the front desk, preventing ID and proof of address being barriers to registration etc.

STAFFING UPDATE



Dr Grant-Salmon will be joining us as a salaried GP from mid April. Dr Dominic Lees will continue to do a week each month in 2025. Dr Sinclair will be leaving us to go on maternity leave mid May. We will be recruiting another salaried GP for maternity cover. Our receptionist Lucie will also be leaving for maternity leave.

TARGET – PRACTICE CLOSURE DATES

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

Thursday 1st May 2025

Thursday 5th June 2025

Thursday 26th June 2025

Thursday 17th July 2025

Thursday 25th September 2025

Thursday 23rd October 2025


Thursday 27th November 2025


Appointments

We continue to work hard to ensure we have more on the day and routine appointments to book. You are now able to book a follow up appointment with the doctor of your choice for results. We appreciate a same day appointment can still be challenging to obtain however we will continue to monitor and adapt to go some way to meeting demand.

You can book same day and routine appointments online via the NHS app or Patient Access app. You can download the NHS app to your smart phone and register for online services.



**Choose Well**
For more information visit: www.nhs.uk/livewell

 Self care Keep a well-stocked medicine and first aid cupboard for minor ailments	 Pharmacy Pharmacists are highly trained professionals who can treat or advise on minor illnesses	 NHS 111 Urgent medical help fast, available 24/7	 GP Practice Urgent and routine appointments on weekdays, evenings and weekends	 Urgent Care Call 111	 A&E or 999 For life threatening emergencies and serious injuries only
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SPRING COVID BOOSTERS

It is that time again! We are offering spring covid boosters to those patients who are aged 75 or over, 6 months to 74 years who have a weakened immune system because of a health condition or treatment, and those patients who live in a care home. You will receive a text message if you are eligible for a covid vaccination. Once you receive this text please call the surgery on 0113 4677499 on option 1 to book your appointment.

Getting the Covid vaccine can help reduce your risk of getting severe symptoms, help you recover more quickly if you catch Covid-19, help reduce your risk of having to go to hospital and protect against different types of Covid-19 virus.

ADHD/Autism Referrals

The NHS are no longer accepting referrals for ADHD/Autism. If you wish to go privately you can contact the surgery and we will send a text link with the different providers that you can be referred to. You would then have to email or ring the surgery to let us know which provider you want to be referred to and the secretary will give you the relevant referral forms.

ARMLEY PRIMARY CARE NETWORK UPDATE

Social Prescribing & Health and Well-being

We continue to have our men's health and well-being coach Russ Giles supporting men who need one to one support to help them overcome loneliness and isolation, low mood or negative thoughts.

We also have our health and wellbeing coaches Anna Buckley and Karla Ryan to help people on their own personal journeys whether that being losing weight, stopping smoking or a set personal goal.

Our social prescribers Charlotte Cuthbertson, Elaine O'Hara, and Trudy Elletson can discuss social factors that are contributing to your health and wellbeing such as money management, low risk mental health issues etc.

If you are interested in speaking to any of the above please contact reception and we can ask a member of the team to contact you.

Armley Library Digital Skills

Armley Library have a weekly session where people can drop in with their own devices (mobile/tablets/iPad) or they can use the library devices and get support to improve their digital skills. This is every Tuesday 2pm until 3pm and there is no charge.

Your Back Yard

This is a fantastic free offer for adults aged 45-70 who are looking to boost their fitness. It involves a 6 month health and fitness programme specifically designed for participants. This initiative is in partnership with Leeds Beckett University, Active Leeds, Bramley Elderly Action and Leeds Older People's Forum. You will receive:

- Health MOT assessment from sports scientists at Leeds Beckett University which includes a blood test for cholesterol, strength tests, muscle mass readings and a weight and height check.
- Personalised fitness plan.
- Six months of support from a fitness instructor.
- Signposting to face to face and online activities across Leeds.
- 09/04/2025 Hamara Healthy Living Centre, Tempest Road, Leeds, LS11 6RD.

New Wortley Community Centre

- Exercise sessions at New Wortley Community Centre, Wednesdays 11:30am-12:30pm.
- Absolutely fabulous at New Wortley Community Centre Thursdays 11:30am-12:30pm. This is a fun and relaxed group of folks that want to learn and help each other and live a healthier life through cooking, advice and support.
- Ladies golf sessions at Gotts Park Golf Club Mondays 12:45pm – 2pm.
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If you are interested in any of these sessions contact Fiona.wilkinson@newwortleycc.org or 07831857212



Cancer Screening

Claire our Cancer Care Coordinator has carried out some patient surveys to establish barriers to screening some of which include limited access to appointments, inconvenient appointments, fear of positive results, lack of knowledge about the programmes, painful experiences among others. She has come up with strategies to overcome these barriers such as;

- Supporting patients to book convenient appointments by popularising the use of self-booking links and the hub smear clinic on Saturdays.
- Counsel those that have reservations about screening so that they can make informed decisions.
- Re-order bowel screening kits for those who have misplaced/soiled/not received
- Worked with the Armley Community Hub and New Wortley Community Centre to raise cancer screening awareness.

If you wish to contact Claire about any concerns you may have or any questions you can message her on 07355674425.

OTHER SERVICES

Physiotherapy

Due to increased strain on Primary and Secondary care as well as community services there is a physiotherapy service that clinicians and receptionists can book into here at the surgery. This involves physiotherapists assessing patients with new conditions such as back pain, joint pain, arthritis and pins and needles/numbness.

We have a physiotherapist who comes in four times a week into the surgery to see our patients. We also have evening face to face appointments based in Pudsey on a Tuesday evening.

Pharmacy First

There are occasions where you do not always have to see the GP. There are lots of conditions in which you can visit your local pharmacy such as cough, cold, earache (aged 1 to 17 years), sore throat (aged 5 years and over), threadworms, teething, athlete's foot, thrush, hay fever, sinusitis (aged 12yrs and over), headlice, indigestion, insect bites (aged 1 year and over), uncomplicated UTI's (women aged 16-64 years), Shingles (aged 18 years and over), impetigo (aged 1 year and over).

As of the 1st April 2025 the GP will no longer be able to send direct referrals to the Pharmacy however you will still be able to visit your local pharmacy for the above conditions and many more. If you do not pay for prescriptions you will be able to get your treatment for free.

Healthy Minds

We have telephone appointments which are 30 minutes long that are available on a Wednesday evening for patients who are dealing with issues such as depression/low mood, anxiety, sleeping difficulties, panic attacks, stress including work, academic or family issues, bereavement and isolation. If you would like to get booked in please contact our reception team.

