



Autumn Newsletter

We hope to keep all our patients up to date with information about the surgery and help them to make the right choices about their health.



Spotlight on....

Heather Reception Manager

As a working mum of two teenage daughters, my day begins by trying to prise my children out of bed ready for school drop off before I head to the Surgery.

7.30-8am Surgery preparation— I make sure all the clinical rooms are well stocked, the sample fridge is ready, technology is working and my Reception team are ready to go for 8am.

8am is our busiest time, booking patients into the most appropriate slot and signposting others to services on offer.

9-12pm I am often juggling tasks from clinical and non clinical colleagues, sorting through the post as well as managing rotas and other staff administration. My other main focus of course is to make sure my team are well supported to deliver high quality care to our patients.

1-4pm
Time to catch up with our Practice Manager and address other issues of the day, attend meetings, liaise with District Nurses and other specialist teams. I may also be asked to assist the clinicians by acting as a chaperone if required.

I have worked in the NHS as a clinician in hospital settings and in the community; more recently specialising in mental health. I am in a unique position to understand both sides of the health service and hope that this benefits both staff and patients here at Shepley.

My working day finishes at 4pm, when I will be spending time with my Rugby mad family and ensuring they get to training on time which is often 4– 5 times per week.



Flu—it's all about you!!

The nights will soon be drawing in and it's time to get winter ready. No need to worry, we've got you covered.

This year our flu and covid vaccination clinics start as early as 1st September (pregnant women and young children).

All other eligible patients can get their vaccination at Shepley Health Centre from 1st October

Parents

Make sure your child is up to date with all their important immunisations. The child immunisations schedule has recently changed. Please speak to a member of the nursing team for further information.

You could also be eligible for one or more of the following

Shingles:	Adults aged 70-79
RSV (Respiratory syncytial virus)	Adults aged 75-79
Pneumococcal:	Adults over 65

HPV catch up:

The Human papillomavirus very common virus that can cause various health issues, such as genital warts and certain cancers. HPV vaccination can protect men and women against genital warts and other cancers of the genital areas and anus, as well as some mouth and throat (head and neck) cancers. We are currently inviting cohorts of unvaccinated males and females aged 16-24 years.



Patient Participation Group

Want to know what's happening in healthcare at Shepley??

Please come and join us, our friendly group is open to all patients registered at Shepley.

Next meeting:

Shepley and AI Technology

Shepley GP's and ANP's are introducing the use of Heidi AI (artificial intelligence) technology. The use of Heidi offers advantages for clinicians and patients. It allows greater focus on listening to patients without the distraction of taking notes.

This technology supports your clinical consultation, it does not replace your clinicians opinion and assessment, which will also be included in this useful AI note taker.

Repeat Prescriptions

You can order a repeat prescription in the following ways:

1. ORDER ONLINE it's quick and easy with the NHS app
2. Tick the items required on the white portion of your prescription then **hand it into reception.**

Please allow 48hours for prescription requests.

NB: under NHS guidelines we cannot accept requests over the phone

Dr Culliney

We expect Dr Culliney to be back at in the Surgery from the last week of September. He will be holding specific minor surgery clinics regarding his waiting list.

Further information will be released following his return.

Thank you for your understanding in this matter.

**Did you know you can self refer?**

Kirklees Talking Therapies (IAPT): Age 17+
Telephone: 01484 343700

Online by visiting: <https://kirklees-talkingtherapies.nhs.uk/>

CAMHS/Keep in Mind (telephone referral)

Single Point of Contact (Locala - SPOC):
Telephone 0300 304 5555

Continence: inc. catheter care

locala.org.uk/services/continence-advisory-service

Single Point of Contact (Locala - SPOC):
Telephone 0300 304 5555

Pears scheme for eyes:

Many Opticians accept self referrals for new acute eye problems e.g. foreign bodies, red eye, please ask at Shepley Surgery's reception for further information.

Community Health and Social Care Hub

<https://www.kirklees.gov.uk/beta/social-care/contact-adult-social-care-services.aspx>

Telephone 0300 304 5555

**Let's quit smoking together this Stoptober**

This October, make a real difference to your life. Quitting smoking is a win-win. Your body, mind and your pocket will be glad you did.

Your body:

After 8 hours, carbon monoxide is reduced by half

By 2 weeks, the circulation in your heart improves

At 3-9 months your lung function significantly improves

1 Year on you've halved your risk if a heart attack!!

Your pocket:

Based on 10 cigarettes a day, you could be saving over £1600 in the first 6 months.

Download the free NHS Stoptober app to get started

YE OLDE MEDICINE CHEST

Before modern medicine came along, our ancestors had some weird and frankly alarming ways to cure your ills.

WARNING:DO NOT TRY THESE AT HOME

- ⇒ To treat swollen eyes: Tie a live crab around the neck
- ⇒ Asthma: Ingesting powdered mummy (yes like the Egyptian ones)
- ⇒ Headache: ingesting whale vomit or tying a dead mole to your head
- ⇒ Infected wounds: applying mouldy bread, ingesting human bones
- ⇒ Chapped skin: apply sour cream to rag that has been buried in the ground overnight and apply to the affected area
- ⇒ Drowning: blowing tobacco smoke into the victims' bottom
- ⇒ Arthritis and heart problems: consume gold leaf
- ⇒ Tuberculosis: consuming dark chocolate
- ⇒ Chronic pain: applying the sting of a bee
- ⇒ Snake bite: applying magnets to the affected area to draw it out
- ⇒ Rabies: apply raw veal to the affected area
- ⇒ Hand cyst: applying a dead man's hand

Attendance figures for the months of June, July and August

June: 97.6% of patients attended their appointment

July: 97.6% of patients attended their appointment

August: 98.18% of patients attended their appointment

Thank you to all patients who attended

New staff members

We would like to extend a warm welcome to 3 new staff members. Sophie is our new GP Registrar, Megan joins our Reception team and Aisha is our new Clinical Pharmacist.

Welcome to the team ladies!!

Proxy Access for family members and loved ones

If a family member or loved one has health issues that make online access difficult, you and the patient can apply for proxy access on their behalf. Simply fill in a proxy access form and present to Reception with a form of identification for you both. Patients can limit the level of access depending on need.

Closure at 1pm for staff training

This is mandatory requirement for all GP Practices

Tues 16th September

Tuesday 21st October

Tuesday 18th November