



Spring 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.

Shepley Patient Participation Group

At December’s patient group meeting we had a talk by Linda Rudkin from the Rural Veteran Hub. Linda gave an enlightening and thought provoking insight into the health inequalities faced by veterans from the Armed Forces.

We also discussed the structure of NHS England and local management such as the commissioning group and the introduction of AI technology in today’s healthcare climate.

Patient Participation Group meetings:

- 24th March 2025
- 16th June 2025
- 22nd September 2025

Community Pharmacy First Scheme

Did you know that your local pharmacy can treat a wide range of conditions without you needing to see a GP?

- ⇒ Conditions such as:
- ⇒ Earache
- ⇒ Sinusitis
- ⇒ Shingles
- ⇒ Infected insect bites
- ⇒ Sore throats and
- ⇒ Urinary tract infections

Some conditions have age restrictions. Speak to your local pharmacy for further details.



The Role of a GP Registrar

A GP registrar is a fully qualified doctor who has undergone extensive training. This includes 4–7 years at medical school, followed by 2 years as a foundation doctor in hospital settings, and additional training before embarking on a 3-year GP training program. In total, becoming a GP requires a minimum of 9 years of medical education and training. Dr Ahmed Abdelhady is our current GP Registrar and has been with us for over 12 months.

This is Dr. Ahmed’s journey, in his own words:

"I graduated with my medical degree in Egypt in 2014. Afterward, I completed one year as a foundation doctor and spent five years training in anaesthesia and intensive care. I moved to the UK in March 2020, just two weeks before the first COVID-19 lockdown. Initially, I worked at Peterborough City Hospital (PCH) in general medicine for six months, followed by a year in A&E.

In 2021, I relocated to Huddersfield to begin my GP training. My placements have included Calderdale Royal Hospital, Huddersfield Royal Infirmary, and rotations at three GP surgeries: the University Health Centre, Junction Health Centre, and Kirkburton Health Centre. I am now in the final stages of my training at Shepley Health Centre, working under the expert mentorship of Dr. Duncan Shaw and with the support of the other partners. I aim to take up a GP post in the local area very soon.

Altogether, I have completed 10 years of medical training, slightly longer than average as I have balanced my career with family responsibilities. I am married with a young daughter, and my wife, who is also a GP trainee, is close to completing her training as well."

Shepley Health Centre is proud to be a GP training practice. Dr. Ahmed is a highly valued colleague and an integral part of the team at Shepley.

Ovarian Cancer

March is ovarian cancer awareness month. One in 3 women diagnosed with ovarian cancer live beyond 10 years.

Spotting potential symptoms of ovarian cancer is crucial for early detection. Common symptoms include:

- ⇒ Persistent bloating
- ⇒ Pelvic or abdominal pain
- ⇒ Difficulty eating or feeling full quickly
- ⇒ Changes in urinary habits
- ⇒ Fatigue
- ⇒ Unexplained weight loss

These can also be symptoms of other, less serious, conditions such as irritable bowel syndrome, ovarian cysts and polycystic ovary syndrome. If you’re experiencing these symptoms it doesn’t necessarily mean you have ovarian cancer.

Ovarian Cancer charities also stress the importance of keeping a record of symptoms, so this can assist your doctor with diagnosis.



Our surgery in numbers (over the last 3 months)...

- Average weekly calls handled by Reception: 700
- Average weekly number of GP/ANP appointments: 349
- Average weekly number nursing team appointments: 318
- Average weekly e-consult requests: 119
- Average weekly prescription requests: 705
- Average Weekly ‘did not attend’ appointments: 14



Spot light on.... Long Term Condition reviews

At Shepley Health Centre we have a responsibility to monitor patients with long term conditions (LTC’s) such as Diabetes, Hypertension, Asthma and Heart disease. If you have an LTC you will be invited by your month of birth for a blood test and review with the Practice Nurse or Health Care Assistant. These reviews form an important part of your care, as spotting the early signs of deterioration and making small adjustments now, will benefit in your health and care long term. If you have recently missed your invitation, please speak to Reception as it’s not too late to book in. You do not have to wait another year for a review.



Did you know you can self refer?

We want to help support you, self referral is accepted in the following services:

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

Continance:

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.

Gateway to Care:

Telephone 0300 304 5555

NHS HEALTH CHECK

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as: Heart disease, stroke or diabetes.

The check is for people who are aged 40 to 74 who do not any pre-existing conditions such as diabetes, stroke, heart disease. Patients with these conditions will already receive an review and therefore not require assessment. An NHS Health Check can be carried out every 5 years for eligible patients.

SMALL CHANGE, BIG DIFFERENCE

Small improvements to make your life better

Exercise

Did you know that breaking exercise up into short 5-10 minute chunks across the day can be as beneficial as a 30 minute session? It goes without saying that regular exercise wards off a host of

diseases and cognitive decline even in small chunks. You should always stick to an exercise that you enjoy. You'll never be able to sustain a programme you don't like at least a little bit.

The key to making those later years enjoyable and productive is finding healthful activities you can stick with. These can be incorporated into every day life. Take the stairs instead of the lift, park further away and walk part of your journey, gardening can also strengthen important muscles. Making small changes by doing regular activities that raise your heart rate can reduce your risk of a heart attack or stroke.

Coming Next Issue

Our Clinical Pharmacist Sabba, tells us about her role, patient group news, medical quiz and much more!!

Providing NHS services

Free, safe and anonymous mental wellbeing support for young people.

Your local NHS is providing free counselling, community support and self-help tools for young people through **kooth.com**. It's completely anonymous and you can sign up without any sort of referral.

scan me to get started or visit kooth.com

kooth



Armed Forces veteran friendly accredited GP practice

We are proud to be an accredited veteran friendly practice. We are committed to engaging with our armed services community at the Surgery and support through our veterans hub.

NON ATTENDANCES

During December, January and February we had approx. 178 patients who did not attend their appointments.

If you cannot attend a pre-booked appointment please CANCEL in ADVANCE so we have more availability for other patients.

Repeat Prescriptions

You can order a repeat prescription in the following ways:

1. Tick the items required on the white portion of your prescription then **hand it into reception.**
2. **Order online** using the NHS App.

Please remember to allow 48hours for prescription requests.

Closure at 1pm for staff training

This is mandatory requirement for all GP Practices

Tues 18th March

Tues 15th April

Tues 20th May

