



Summer 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.



Stay connected Have your say – and stay informed

We work closely with our **Patient Participation Group (PPG)** to ensure our services reflect the needs of our community. Their feedback helps us improve how we deliver care and communicate with patients.

Recent feedback has highlighted interest in:

- Easier access to appointments
- More health and wellbeing information

Regular updates about practice services

We are always keen to hear from more patients.

Stay connected

To receive the latest practice news, health advice, and local updates, or to find out more about joining our PPG, simply scan the QR code below to sign up to our newsletter.



Out of hours care choosing the right service for you

When the surgery is closed there are different services available depending on the care and treatment you require.

Community Pharmacies - Your local pharmacy can treat a number of minor conditions such as urine infections (under 65's), infected insect bites, shingles, sore throat and impetigo. They can also prescribe contraception and perform blood pressure checks.

NHS 111 - Can often be first point of contact for urgent medical problems that are **not** life-threatening. NHS 111 can give medical advice over the phone, assess symptoms, direct you to the right service and arrange urgent GP appointments and treatment.

Urgent Treatment Centre : The 'UTC' handles non life threatening conditions such as: burns and sprains, cuts needing stitches, rashes, throat and ear infections.

Accident and Emergency

For serious injuries and life threatening conditions **ONLY**
Such as:

- ⇒ Broken bones
- ⇒ Heart attack (or suspected)
- ⇒ Seizure
- ⇒ Severe breathing problems
- ⇒ Heavy bleeding

Choosing the right service is vital in helping the NHS give the right care at the right time and in the right place.

Closure at 1pm for staff training

This is mandatory requirement for all GP Practices

Tuesday 16th June

Tuesday 21st July

Tuesday 18th August



DO WE HAVE YOUR CORRECT CONTACT NUMBER????

If you have changed your mobile or landline number, please check with Reception that we have changed your details. You could miss out on important reminders and invitations.



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:

**Monday 6th July
4.30pm**

at
Shepley Health Centre



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

ATTENDANCE FIGURES FOR THE MONTHS

OF

MARCH, APRIL, MAY

Thank you for keeping your appointment

March — 97.32%

April — 97.59%

May — 98.11%

DINGBAT

S O C

i a l

Answer: Social distancing

www.shepleyhealthcentre.co.uk



Help us to help you



Quick tips to get the most from your GP Practice

- ⇒ **Be prepared:** Before your appointment, consider writing down your symptoms, what you're worried about, and what you'd like to discuss. Please let Reception know if you need to talk about more than one issue.
- ⇒ **Be on time:** Arriving late or being unavailable for a scheduled telephone appointment can affect other patients. Unfortunately, it may not always be possible to see a clinician if you are late.
- ⇒ **Cancel if needed:** If you can't attend your appointment, please let us know as soon as possible so it can be offered to another patient.
- ⇒ **Use the NHS App or website:** If you're comfortable using a smartphone or computer, you can book or cancel appointments, order repeat prescriptions, and view test results online using the NHS App or NHS website.
- ⇒ **Order repeat medicines on time:** Request your repeat prescriptions in good time so you don't run out, and only order what you need.
- ⇒ **Join the Patient Participation Group (PPG):** Shepley Health Centre has a friendly patient group that provides feedback on our services and helps shape future improvements.



Statins



Everything you wanted to know but were afraid to ask

What are statins?

Statins are a class of medications that lower levels of low-density lipoprotein (LDL) cholesterol, often called "bad" cholesterol in the blood. High LDL levels contribute to plaque buildup in arteries, increasing the risk of heart attack and stroke. They work by blocking an enzyme in the liver responsible for cholesterol production. As a result, the liver pulls more LDL cholesterol out of the bloodstream. The body manufactures cholesterol overnight so it is best take them in the evening or before bed.

Why should I take a statin if I'm offered one?

Cardiovascular disease remains the one of the leading causes of death worldwide. Reducing your cholesterol by taking a statin lowers your risk of developing cardiovascular complications. They're commonly prescribed for individuals with diabetes, high blood pressure, chronic kidney disease or other risk factors. Statins only work whilst you are taking them, if you stop taking them your cholesterol levels will quickly go back up to what they were previously.

What about the risks

Statins are considered safe for most people. As with all medications, they can cause side effects such as muscle aches, mild digestive issues or elevated liver enzymes. There are several types of statin available on the market that tailored to the individual patient.

Where can I get further information?

Speak to our clinical pharmacy team or visit <https://www.nhs.uk/medicines/statins/> for more information.

