



Winter 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 Group Meeting 23rd September

The group met on 23rd September at Shepley Health Centre. We discussed the national patient survey in which Shepley came out well above the national average. Preparations were made for the upcoming Macmillan coffee morning and suggestions were put forward as to how to increase numbers in the PPG. Congratulations were recorded for Dr Duncan Shaw who celebrated 25 years as a GP in Shepley.

Dates of future Patient Group meetings:

9th December 2024
24th March 2025
16th June 2025

Please speak to a member of the reception team, should you wish to attend.

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 an Advanced Nurse Practitioner



At Shepley Health Centre we are very lucky to have Claire, Natalie and Simon as well as the occasional locum ANP available for our patients to book in with.

Advanced nurse practitioners are registered nurses who have completed extra training and academic qualification to be able to clinically assess, diagnose, refer and treat patients who present with undiagnosed or undifferentiated problems. Advanced nurse practitioners are highly-trained health professionals that can undertake complex reviews of patients, similar to GPs. They can assess symptoms and build a picture of a patient's condition, treat minor health problems, infections, minor injuries and prescribe medication where necessary. They can also often manage more complicated problems, for instance, patients presenting with long-term health conditions, such as diabetes and COPD.

What can advanced nurse practitioners help with?

- complex patient reviews/assessments
- diagnosing acute and chronic conditions
- treatment of minor illnesses
- prescribing and reviewing medication
- advising on prescribed medication
- evaluating treatment plans
- managing conditions holistically
- ensuring joined-up care for all patients

What can patients see advanced nurse practitioners for?

Patients can see advanced nurse practitioners for both minor and long-term conditions. This ranges from the treatment of common illnesses, such as infections or more complicated or chronic conditions, such as diabetes and COPD. Common minor illnesses include problems such as sore throat, earache, cold and flu, cough, chest infection, thrush, athlete's foot, wounds, emergency contraception, conjunctivitis, infections, diarrhoea and vomiting, headaches, joint pain, musculoskeletal problems (back, hip and shoulder pain) and minor injuries.

Even if it doesn't seem like much, at the first sign of a stroke, call 999.

A stroke strikes every five minutes. Every year in the UK, there are around 100,000 strokes, causing 38,000 stroke-related deaths, and it is a leading cause of disability.

Stroke symptoms might be less dramatic, painful or obvious than you might expect. Like not being able to raise your arm, struggling to smile, or slurred speech.

Whether it is a friend, loved one or even a passer-by, any sign of a stroke is always an emergency, so call 999 immediately if you or someone else experiences a single symptom.

Acting FAST on any sign of a stroke gives patients faster access to specialist treatment that could save their life. **Face or Arm or Speech**, at the first sign, it's **T**ime to call 999.

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

- Average weekly calls handled by Reception: 700
- Average weekly number of GP/ANP appointments: 266
- Average weekly number nursing team appointments: 340
- Average weekly e-consult requests: 87
- Average weekly prescription requests: 901
- Average Weekly 'did not attend' appointments: 16

Calling all Carers

Carers Count is a "one stop shop" for advice and support. Read more about the support they can offer at <http://www.carerscount.org.uk> or call them on 03000120231.

Carers Count recognise that being a carer can impact on your day to day life significantly, including, emotionally (it can be both rewarding and isolating), financially (you may be unable to work) and physically (your own health can suffer as a result).

Carers Count has been set up to promote the wellbeing of carers so they can continue in their caring role and to make sure that carers get the benefits and services they are entitled to.

**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



**WOW!!
YOU ARE ALL AMAZING!!**

You have helped us raise a whopping **£336.31** for an absolutely amazing cause.

Thank you to Leah who has manned the stand all day and to the master bakers who have donated their time to provide all the yummy treats for us.

Coming Next Issue

Coming next issue: a life in the day of Dr Ahmed our GP Registrar, Springtime quizzes and much more!!

Dry January

Thinking about taking a break or resetting your approach to alcohol? Alcohol change UK provide lots of resources and useful tools for you to try. Research shows that taking part in Dry January significantly improves the well being and attitudes in 70% of people.

Visit:

<https://alcoholchange.org.uk/dry-january>



Armed Forces veteran friendly accredited GP practice

We are pleased to announce that we have received accreditation as a veteran friendly practice. We are committed to engaging with our armed services community at the Surgery

Clinical Conundrums

Fancy medical terms for ordinary things

Gustatory rhinitis:

when your nose runs after eating spicy food

Obdormition:

The funny tingling sensation when you've slept on your arm

Borborygmi:

Tummy rumbling

Horripilation:

Goosebumps

Veisalgia:

A hangover

Sphenopalatine Ganglioneuralgia:

Ice cream headache

Lachymation:

Tears

Emesis:

To be sick

Thrapple:

Your windpipe

Regimental Badge Area:

An area of skin above your shoulder that contains nerves

NON ATTENDANCES

During September, October and November 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.

Closure Dates for staff training

This is mandatory requirement for all GP Practices

3rd December 2024

28th January 2025

18th February & 18th March 2025