

Welcome to the latest issue of Hollyns Health & Wellbeing Newsletter! In this quarter we discuss: Changes to our phone lines and how you can order prescriptions, Facemask/coverings, Every Mind Matters and Well Together Service, Local services and community groups, Cervical Screening and help with weight loss, Local taxis & bus routes and the latest Practice News.

We are based in two locations and have two sites, one in Clayton and one in Allerton. As we are a training practice, we may have registrar doctors in post and we also teach medical students throughout the year.

Allerton opening hours remain as follows for the foreseeable future: Monday, Wednesday, Friday 8.00-1.00 & Tuesday, Thursday 8.00-6.00. Clayton remains open 8.00-6.00 Monday—Friday.

This is due to the inability to recruit clinical staff to ensure we are working in a safe environment. This is a current problem across General Practice nationally. The practice is constantly reviewing this situation and actively advertising our vacancies.



4 Glenholme Park
Clayton
Bradford
BD14 6NF

Phone: 01274 880650
E-mail: B83045.hollynshealth@nhs.net



Allerton Health Centre
Bell Dean Road
Allerton
Bradford
BD15 7WA

Phone: 01274 880650
E-mail: B83045.hollynshealth@nhs.net

GP/ANP/ACP Clinic Availability

Dr. A. Raw (female) works: Monday all day, Thursday all day

Dr. A Suleman (male) works: Monday afternoon (pain clinic), Tuesday all day and Friday all day

Dr. C. Temperley (female) works: Monday afternoon, Tuesday all day and Thursday afternoon

Dr. S. Marris (female) works: All day Wednesday, Thursday and Friday

Louise Lewis (Senior Advanced Nurse practitioner/Clinical lead Partner (female) works: all day Tuesday, Wednesday and Thursday

Dr. J. Doore (female) works: All Monday, Tuesday afternoon, all day Wednesday and Friday

Dr R . Hussain (female) works: Monday morning Tuesday all day and Thursday morning

Dr M . Mahmood (male) works: All day Monday & Tuesday morning

Dr. B. Manzoor (male) works: Monday all day, Wednesday afternoon, all day Thursday and Friday

Jayne Hunneybell (Advanced Clinical Practitioner) works: Wednesday Thursday and Friday all day

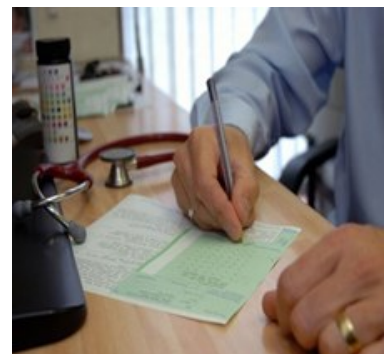
Helen Clarke (Advanced Clinical Practitioner) works: All day Monday Tuesday, Wednesday & Thursday

Jessica (Trainee ACP) Available all day Wednesday to Friday

We have a Practice Nurse team who are available Monday to Friday.

CHANGES TO ORDERING PRESCRIPTIONS

Prescriptions requests can no longer be taken over the telephone. (since March). Request's can be made using the online services or a written request can be posted/placed into the prescription request box at either of our Clayton/Allerton sites. Our Allerton site has an external post box situated on the front of the building and is accessible at any time. Any patients who wish to access our online services should come into the practice to collect a SystmOnline registration form.



Any Housebound patients that cannot get to the surgery or don't have access to online services can contact us to discuss further options.

FACE MASK/COVERINGS



Face coverings and face masks will continue to be required in health and care settings to comply with infection prevention and control (IPC) and adult social care guidance. This includes hospitals and primary or community care settings, such as GP surgeries. You are required to wear a face covering on entering these healthcare settings and must keep it on until you leave.

COVID VACCINATIONS

We have almost completed our Covid 19 Spring booster campaign in our Care homes and for Housebound patients. We can confirm that in April/May we have successfully vaccinated 121 Care home patients and 108 housebound patients.

CHANGES TO OUR PHONE SYSTEM

Due to the current demand patients who are not able to get through on the phones are receiving an engaged tone or message advising all lines are busy try again later. We have now increased our number of calls that can enter the queuing system from 30 to 50. We have also implemented a call back service to save patients waiting in the queue. If you choose this option, you will receive a call back once you get to position 1 in the queue.

You will hear the following message:

Our lines are extremely busy. If you would like a call back when you reach position 1 in the queue, please press option 0 and await further instructions.

If you miss the call back or your line is engaged, you will lose your place in the queue and will need to call back.

Once you select option 0 you will be given the number you are calling from and asked to press option 1 if this is the number you would like to receive that call back or option 2 if you would like to enter a different number.

Inside this issue:

WELCOME TO HOLLYNS	1
CHANGES TO ORDERING OF PRESCRIPTIONS	2
FACE MASKS/COVERINGS	2
CHANGES TO OUR PHONE SYSTEM	2
EVERY MIND MATTERS	3
WELL TOGETHER SERVICE	3
LOCAL SERVICES AND COMMUNITY GROUPS	4-5
CERVICAL SCREENING	6
HELP WITH WEIGHT LOSS	7

EVERY MIND MATTERS

Helping everyone look after their mental wellbeing The Covid-19 pandemic has had a negative impact on the mental health of many of us. Mental health affects our overall health and wellbeing, impacting our quality of life and our ability to work. The Better Health - Every Mind Matters campaign can help you discover and share simple steps to achieving good mental health. Free NHS-approved Mind Plan by answering five simple questions on the Every Mind Matters website: www.nhs.uk/every-mind-matters/ Adults will get a personalised action plan with practical tips to help them deal with stress and anxiety, boost their mood, sleep better and feel more in control. Over 3.3 million Mind Plans have been created so far! The website also offers many other practical resources, including Covid-19 resources, to help people care for their mental wellbeing, plus expert advice and tips. Every Mind Matters can complement existing mental health services or be used as a stand-alone resource.

WELL TOGETHER SERVICE

Well Together provides a range of interesting, sociable, health-led activities delivered by dedicated activity volunteers. Our activities are free and run across Bradford, Aire-dale, Wharfedale and Craven, in wheelchair-accessible venues. There are many groups available, including crafting, peer support and walking, and there is no limit to how many of these you can join. Well Together is for adults aged 18 years or over and we welcome service users with long term health conditions. We do ask that people must be independent enough to leave their home un-aided and be well enough to access an activity in the local community run by a **volunteers**.



HOW YOU CAN ACCESS THE SERVICE

You can self-refer to this service by either calling 01274 259190 or by completing the self-referral form. GPs and other health professionals wanting to make a referral on behalf of a patient can do this using the professionals' referral form. Once you have been referred to Well Together, one of our team will contact you to find out what your interests are and match you to one of our many activities.

WHAT WE OFFER

Currently we are hosting some groups that meet in person and some that run virtually on-line. Our walking groups are based across the district and are led by our trained volunteer walk leaders. Please note, some of our activity and walking groups are currently limited in numbers of people allowed to attend due to COVID-19.

If you're on social media, follow us on twitter and facebook, to keep up to date with the latest events.



@bdcft_wts



@WellTogetherBDCFT

LOCAL SERVICES AND COMMUNITY GROUPS

Clayton Village Hall

Coffee Shop - Events - Private Functions



Website: www.claytonvillagehall.org.uk

Weekly Activities:

Monday

Toddlers 9:15 to 11am
Community Cafe 9:30 to 12
Youth Club 12 to 18 years 6pm to 8pm

Tuesday

Dementia Care Club 1:30pm to 3:30pm every other week.
Baby Sensory Booking only 10 am to 2pm
Yoga Pilates 7pm to 8pm.

Wednesday

Community Cafe 9:30 to 12
Baby Sensory 10am to 2pm Booking only
Womens Institute first weds of the month. open for membership
craft class run by WI 3rd weds of the month. open for members
Creative crafts every other weds 7pm. booking only call in.
Applause Theatre School Drama 4pm to 7pm 5 years to 19 years. call in to enquire.

Thursday

Sing and Sign Booking only 9:30 to 1pm
Exercise class for the over 55s 1pm to 2:15 open to all no Booking required
Craft class Knit and Knatter 1pm To 3:30 open to all no booking required.
Applause Theatre School Dance 4pm to 7pm call in to book. 4years to 19 years.
Parish Council Meetings open to the public. every 6 weeks.

Friday

Community Cafe 9:30 to 12. open to all
GentleMen's Group meet 1:30 to 4pm no booking required open to all.
Laurel and Hardy meeting films etc. first Friday of the month 7:30 to 10:30.

Saturday

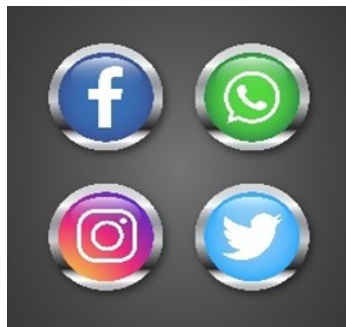
Baby Ballet 9:30 till 11:30 booking required
Slimming World no booking open to all.

Sunday

Baby Ballet 9:30 to 11:30 booking required.
Back Gammon 2nd Sunday of the month. membership required.

Community Cinema

3rd Sunday of the month. Doors open 5:00pm, curtains go up 5:30pm. No booking needed.



Facebook: Café West Healthy Living Centre
Facebook: Chris Café-West
Insta: Chris Café-West
Twitter: @Chriscafewest1
WWW.CAFEWEST.ORG.UK

Monday

Minibus available

SEN parent and carers support Group 09:30 – 11:00

Parents and tots coffee morning – natter £1 09:00 – 10:30

Community Cooking 13:00 – 15:00

Dance £2 4-7 year olds 17:00 -17:45 8 – 12 year olds 18:00 – 18:45

Tuesday

Minibus available

Fusion cooking classes - £2 10:30 – 12:30

Exercise class 10:00 – 11:00 Seated exercise 11:00 12:00

Senior luncheon and Bingo £4.50 11:00 – 14:30

Family Community Fusion cooking classes £2.00 16:30 – 18:30

Aikido martial Arts 19:30 – 21:00 – Ask for details

Wednesday

Minibus available

Craft group - £2.00 11:00 – 14:30

DWP/Incommunities Job Support 11:00 – 15:00

Social Supermarket - £3-£5 bags available 11:30 – 14:00

Credit Union – Free

Socially responsible bank – saving and accounts

10:00 – 15:00

Adult Bingo 13:00 – 14:30 £1.00 a ticket

Childrens Craft 15:30- 17:00 – 50p

Kids Club 17:30 – 19:00

B Youth S 19:30 – 21:00

Thursday

Minibus available

Job support Group – Free 10:00 – 12:00

Senior cooking class £3.00 10:00 – 11:30

Stroke Survivors Group £4.50 Including Lunch and bingo

Stroke Survivors Exercise 12:00 £2.00

Boxing 6 – 10 17:00 – 18:00 £1 11-16 18:00 – 19:00

Friday

Minibus available

Parents and tots coffee morning – natter £1 09:00 – 10:30

Art Group £2.00 10:00 – 13:00

Jujitsu Martial Arts 18:00 – 19:30 – Private – Ask for details

Party Event Booking Available 20:00 -23:00

Saturday—Party Event Booking available 08:00 – 23:00

Sunday - Hope Church 10:30 – 14:00—Party event booking available 14:00 22:00

CERVICAL SCREENING

Are you up to date with your cervical screening? Women and people with a cervix aged 25-64 are eligible. Did you know two women die every day from cervical cancer, yet it is one of the most preventable cancers. Around 2,700 women in England are diagnosed with cervical cancer each year and it is the second most common cancer amongst women under the age of 35.

WHAT IS CERVICAL SCREENING?

- Cervical screening (a smear test) checks the health of your cervix. The cervix is the opening to your womb from your vagina.
- It's not a test for cancer, it's a test to help prevent cancer.
- All women and people with a cervix aged 25 to 64 should be invited by letter.
- During the screening appointment, a small sample of cells will be taken from your cervix.
- The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. These are called "high risk" types of HPV.
- If these types of HPV are not found, you do not need any further tests.
- If these types of HPV are found, the sample is then checked for any changes in the cells of your cervix. These can then be treated before they get a chance to turn into cervical cancer.

You'll get your results by letter, usually in about 2 weeks. It will explain what happens next.

If you have received your invite, please telephone the surgery to arrange your appointment with a Practice nurse.



Book your cervical screening appointment

Trans men and non-binary people aged 25-64 are eligible for cervical screening if they have a cervix.



Don't ignore your cervical screening invite



DO YOU NEED HELP WITH WEIGHTLOSS ?

My Living Well has teamed up with four weight loss providers to offer all adults living in Bradford district (with a BMI of 25+) the option to choose what works best for them, with 12 weeks completely free access to the provider of their choice!



We know that losing weight isn't easy so we want to make sure that anyone who would like to, can do so in a safe, healthy way. There are lots of options available but sometimes the costs can put people off, which is why we are launching this fabulous free offer. All of these providers offer practical advice, support, recipes, tools, workouts and bespoke meal plans. Some of them are accessed online via App only, and others with a combination of digital options and face to face meetings.

People can also access dedicated men's sections and culturally diverse meal solutions from some of our chosen providers. Everyone's needs are different so we want to make sure that people can choose what works for them. Living with a healthy body weight can benefit people's mental and physical health, so whether it's a few stubborn pounds or a larger amount that needs to be tackled, joining a weight management programme can be really helpful and make all the difference.



Choose what works for you



You can self refer to this service by going to the [MyLivingWell.co.uk](https://mylivingwell.co.uk) website Manage your weight

LOCAL TAXI NUMBERS CLOSE TO CLAYTON/ALLERTON SITES

Allerton: Ace Budget Cars 01274 481818, A & M Thornton A B C Taxis 01274 881100 & Allerton Cosy Cars 01274 545555 Clayton: 24/7 Cars 01274 247247, Bank Top Taxi 01274 501100 & Great Horton Taxi 01274 521672

BUS ROUTES TO CLAYTON OR ALLERTON

Bus routes from Bradford Broadway stop H14 from Bradford to Clayton 637 Bus routes from Bradford Interchange Stand D + Stand F from Bradford to Allerton 617/618 & Stand C Bradford to Allerton 615 Please check for bus times as these may change www.firstgroup.com

MAP OF OUR LOCATIONS

Allerton



Clayton



PRACTICE NEWS



We would like to welcome Abby Archer and Shama Hanif (Practice Nurses) to the team. As well as 3 new PSAs to the Admin team, Lois Serrant-Parkinson, Andree Marshal and Jahnara Begum.

Katy Dunn (Practice Nurse) has now left the Surgery, we would like to wish her all the best in her new role within the NHS.

Congratulations to Dr Sarah Marris who has now joined the Partnership at Hollyns.

Patient Group: Both the Allerton and Clayton sites at Hollyns Health and Wellbeing have a combined Patient Group which consist of patients, Doctors and members of the practice management team and we meet frequently through the year. Our aim is to contribute to the continuous improvement of services and to provide feedback about patient's concerns. Details for the next Patient Group meeting is yet to be confirmed, please check for updates on the Practice's website.

If you are interested in becoming a member of the Group or would like to attend the meetings, then please leave your name and contact details with a member of the Patient Administration team.

A copy of all of the Group's minutes are available on the Practice's website.

Did you know that you can order repeat prescriptions online?

Register for SystmOnline with the Reception Team and then log on via
www.hollynshealth.co.uk



Attending your appointment!

Between 1st February 2022 and 30th April 2022 Hollyns Health & Wellbeing - Clayton had 312 Did Not Attend appointments. That's 96 hours worth of wasted appointments.

Hollyns Health & Wellbeing - Allerton had 349 Did Not Attend appointments. That's 103 hours worth of wasted appointments.

To cancel an appointment you can do this by texting your name, DOB & appointment details to 07596 506843 Please note this mobile number is for cancelling appointments only. Any other requests will not be dealt with.



We want your views! We are keen to hear feedback about the services we provide. Please log on to

www.hollynshealth.co.uk

Use the Contact Us button in the waiting area to email us your comments.

SMS Text Messaging: if we have your mobile number we will send you text messages to confirm your appointment, remind you of your appointment or notify you of test results. You can "opt out" of these texts at any time. Please inform reception if you do not wish to receive them.

Please remember to inform us if you change your mobile number!