

June 2019

Leeds Road Practice

Welcome to the fourth edition of our monthly newsletter aiming to provide you with up to date information regarding the practice. We hope that you like our new

format and we are always looking for ideas in regards to how we can improve so please provide feedback to Leedsroadpractice@nhs.net

Please be aware the surgery will be closed for essential staff training on Tuesday 18th June from 13.00-18.00. The surgery will re-open as normal on Wednesday 19th June @ 08.00. For **urgent medical advice** during this time please call **NHS 111**. For **medical emergencies** please call **NHS 999**.

The Practice will also be closed for training on Wednesday 12th July from 12.45-14.15 for essential staff training. Urgent calls during this time will be re-directed as required. For medical emergencies please call **NHS 999** as you would normally.

May 2019 – Practice Activity

We hope that you will find these figures both interesting and enlightening and we thank our patients for their patience in what can often be challenging times when they contact the surgery.

Registered Patients:	13688
Calls Received:	6491
Calls Made:	3599
Appointments Attended:	6060
Referrals Made:	370
Prescription Items Issued:	22212
Home Visits:	239
Laboratory Results:	1835
Correspondence Sent and Received:	3403

WE ARE NOW A PARKRUN PRACTICE!

The Leeds Road Practice is over the coming months going to develop closer links with our local parkrun to become a certified 'parkrun practice, with healthcare practitioner's signposting patients and carers to parkrun. This is particularly relevant for those who are the least active and have long-term health conditions. Equally we hope to encourage staff to take part or help in order to improve their own health and wellbeing.

There is no need to 'run' at parkrun and thousands of people walk the events or join in as volunteers or spectators. Whether it's to be part of a supportive, welcoming community, gain fitness, make friends, try something new or simply be active in the fresh air, everyone has their own reason to attend parkrun.

We hope to start seeing members of the practice, both patients and staff, taking part over the coming months and thereby having a positive impact on their own health and wellbeing and becoming part of the wider community.

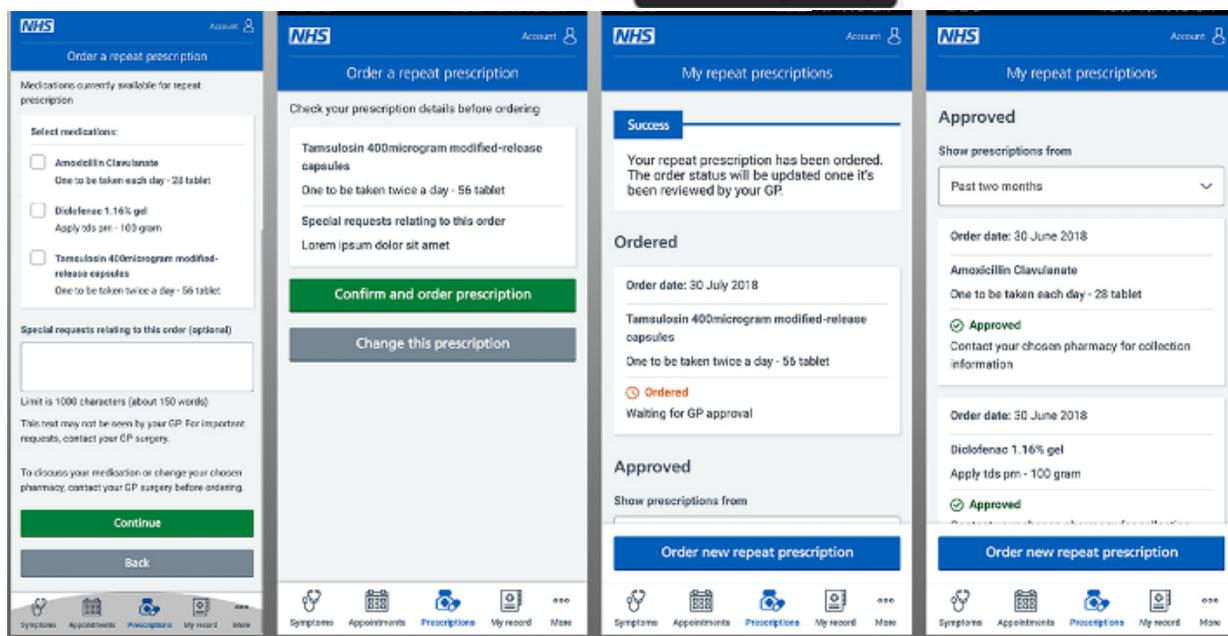
www.parkrun.org.uk/harrogate

NEW NHS App

The new, simple and secure way to access a range of NHS services on your smartphone or tablet.

What the NHS does:

- Check your symptoms
- Find out what to do when you need help urgently
- Book and manage appointments
- Order repeat prescriptions
- Securely view your GP medical record
- Choose how the NHS uses your data
- Register to be an organ donor



A powerful message from Dr Emma Tolan

I'm very glad to be back at work after last year having breast cancer treatment. Thank you all the patients who have sent me cards and gifts but mainly just for not forgetting about me! I have learnt a lot about being a patient, how frightening it can be and how small kinds of kindness from health care staff and even strangers makes it a little easier.

I was 43 at diagnosis, this wasn't in my plan but has now been incorporated into my life experience and I feel wiser and happier for it.

After chemotherapy I was in a wheel chair at times through fatigue, my brain didn't work, I now know as chemo-brain. Well those days are gone, I'm running 10k in the Race for Life next month and I have swapped chemo-brain for chemo-hair, my hair is now unruly and curly!

Finally, CHECK YOUR BOOBS, breast cancer is common but the survival rates are good and if you want to cheer me on in 10k, I'll be wearing this t-shirt and a pink wig.

