

Autumn Newsletter 2019



The Practice now has a new website:

www.thornburymc.co.uk

**Please visit this site for all information about the
Practice**

Telephone number 01274 662441

Patient Forum

Facebook link: **www.facebook.com/mc.thornbury92**

Or alternatively search: Thornbury MC

Follow us on Twitter : @ThornburyMedCtr

Flu Season 2019/ 2020

If you suffer from a long term conditions such as asthma, COPD, diabetes, heart problems or are 65 years or over, pregnant or are a carer – you are entitled to a free flu vaccination.

Online and pre-bookable appointments are available. The practice will also be running walk-in flu clinics – please enquire at reception for further information.

ACWY Vaccination

The practice is now offering meningitis vaccination for Hajj/ Umrah. A certificate will be provided in the appointment. This service is available for everyone. Please contact reception for further details.

Extended hours at Dr Akbar's Surgery Hillside Bridge

Evening and weekend appointments are available at Dr Akbar's Surgery at Hillside Bridge Health Centre for our patients. Patients can book for blood tests, BP check, Asthma review, Smear test and GP appointments. Please note all appointments are subject to availability and all appointments have to be booked by Thornbury Medical Centre.

Information for Carers

If you look after someone or someone looks after you- this is for you.

Please let the practice know if you are a carer or if someone cares for you, so this information can be added to your medical record.

Thornbury Medical Centre offers free annual Health Checks and free Flu Vaccinations to all carers.

Carers- please speak to the receptionists for further information about the support available.

Further information and support is available from Carers Resource. They provide support for carers, no matter what their age, race, religion or needs.

For further information please contact Carers Resource on 01274 449660.

Address: 15 Park View court, St Pauls Road, Shipley BD18 3DZ

Advocacy Useful Telephone Contacts

- **VITAL** – 01274 770118

Mental health and other support

- **Voiceability** – 01274 888017

Advocacy for mental health learning disability, dementia, acquired brain injury or other disability

- **Age UK** – 01274 391190

Wellbeing and engagement, general information, advice and help.

- **Independent Age** (national)

0800 3196789

Information, advice, befriending

- **HALE** (Health and Local Engagement) Community

Connectors 01274 271088

For support to access community activities/ social groups and other information – ask for a referral from your GP

- Citizen Advice – Bradford & Airedale 03422 451282

- **DWP**

Pension service - 0800 7317898

Pension credit – 0800 991234

Attendance allowance – 0800 7310122

**Personal independence payment -
08009172222**

Universal credit – 0800 3255644

- **Alzheimer’s society -Bradford**
01274586008

- **Stroke Association –Bradford**
01274 617564

- **Parkinson’s UK** - 0808 8000303

- **Carer’s Resource** – 01274 588990

Advice and sitting service

- **Carers UK** – 0808 808 7777

- **Mind Bradford General**
Enquires - 01274 594173

- **First Response** – 01274 221181

Urgent mental health support

- **BACES** (Bradford & Airedale
Community Equipment) - 01274
435260

- **Adults Social Services** - 01274
435400
- **Emergency Duty Team** – 01274
431010

Childhood Immunisations

Vaccinations help protect children against a range of serious and potentially fatal diseases.

There are 3 good reasons to have your child vaccinated:

- vaccinations are quick, safe and extremely effective
- once your child has been vaccinated against a disease, their body can fight it off better
- if a child is not vaccinated, they are at higher risk of catching and becoming very ill from the illness

MMR Vaccination

The MMR vaccine is routinely given to children as part of the NHS childhood immunisation programme. It's a safe and effective combined vaccine that protects against 3 separate illnesses – measles, mumps and rubella.

**PLEASE GET YOUR CHILD
IMMUNISED AND MAKE SURE
ALL IMMUNISATIONS ARE UP TO
DATE.**

Managing Long Term Health Conditions

The practice is encouraging patients to manage long term health conditions, such as:

- Asthma
- Coronary Heart Disease (CHD)
- COPD
- Diabetes
- Stroke
- Mental Health

There is useful information available on the practice website, regular updates on Twitter and Facebook page; top tips for various conditions are available on our self-care station in the waiting area.

Care Navigation

Thornbury Medical Centre has initiated Care Navigation to the practice in December 2018.

When patients contact the practice, they may be asked a few brief questions by the reception team that will help them to direct patients to the most appropriate service to meet their needs. This could be a service offered at the practice or offered elsewhere such as Pharmacy, Opticians, Locala, Dental Services, My Wellbeing College, Social Prescribing, Community Midwives etc.

Any information shared with a member of the reception team will be strictly confidential.

Royal College of General Practitioners Research and Surveillance Centre



Royal College of
General Practitioners

We are pleased to inform our patients that we have joined the Royal College of General Practitioners Research and Surveillance Centre.

The practice is one of over 400 practices in England contributing pseudonymised data for national research and surveillance. Providing pseudonymised data does not affect patients, their care or privacy, however if you no longer wish to allow your information to be used, please speak to your GP.

More information regarding this can be found on <http://www.rcgp.org.uk/rsc>

Extended Access Service

This practice is part of the extended access service which provides GP, Physiotherapy, Nurse and Health Care Assistant appointments from the following locations (hubs) across Bradford:

- 1) North hub: **ShIPLEY Medical Practice**, Alexandra Road, Shipley, Bradford, BD18 3EG
- 2) Central hub: **Picton Medical Centre**, Westbourne Green Community Health Care Centre, Manningham, Bradford, BD8 8RA
- 3) South hub: **The Ridge Medical Practice**, Cousen Road, Bradford, BD7 3JX

The service is run by Bradford Care Alliance, which represents all GP practices in the Bradford area. Medical appointments are with GPs and other healthcare staff who work in the area, so your appointment may not be with a clinician from this practice.

**As a patient registered with this practice
you have access to the following:**

Weekday appointment

Evening appointments (6.30pm - 9.30pm)
at any of the three hubs to see one of the
following:

- GP
- Physiotherapist
- Practice Nurse
- Health Care Assistant
- Welfare and benefits advice
 - Podiatry
- Voluntary sector services

Weekend appointments

Weekend appointments are available with a
GP from 10.00am - 1.00pm on Saturdays
and Sundays from the central hub.

**All Appointments are subject to
availability.**

Walk-In Clinics

The practice continues the walk in clinics for urgent care between 9-10am.

There will be a different voluntary organisation present every fortnight during walk-in clinics. The practice is providing patients with the opportunity to engage with services available within the community – please ask at reception for further details.

The next clinics are as follows:
Wednesday 11th September 2019
Wednesday 25th September 2019
Wednesday 9th October 2019
Wednesday 23rd October 2019
Wednesday 6th November 2019
Wednesday 20th November 2019
Wednesday 4th December 2019
Wednesday 18th December 2019

and fortnightly thereafter.

Patient Participation Group **(PPG)**

This is a patient led group which helps to instigate changes for the benefit of our patients and the surgery. Informal meetings take place quarterly with patient members. PPG members will receive updates on useful information.

The next meeting will be held on **Wednesday 9th October 2019 at 1.30pm** at Thornbury Medical Centre.

Attended by:-

Assistant Practice Manager- Sobia Ambreen

Reception Team Leader – Natasha Khatoon

If you would be interested in joining the PPG group, please ask at reception for further details or visit our website.

Health Champions

Practice Health Champions are patients who volunteer with their GP Practice. The Practice Health Champions work together to plan and deliver activities that will benefit the health and wellbeing of their fellow patients.

At Thornbury Practice, Health Champions currently hold fortnightly tea and coffee mornings for patients to attend during drop in clinics, **Wednesdays 10.00 – 11.30am.**

Gardening for health:

The Health Champions have been offered the opportunity to start a garden club for members of the local community.

Gardening as a form of exercise can help you stay healthy, energetic and independent as you get older. If you are interest in getting involved please contact Practice

Health Champions at Thornbury Medical Centre or ThornburyPHC@gmail.com

Knit and Natter

Practice Health Champions have introduced knitting and craft held **on the second and forth Thursday of the month**. Champions welcome all patients to attend; they can bring their own knitting, learn to knit and start something new and share ideas. Knit and natter dates below:

12th September 2019 2pm-4pm

26th September 2019 2pm-4pm

10th October 2019 2pm-4pm

24th October 2019 2pm-4pm

14th November 2019 2pm-4pm

Health Champions also support and follow the National campaigns such as Bowel Screening and Self Care. Champions support the Practice with asking patients to complete questionnaires such as family and friends.

GP Online Services

You can now book appointments, order repeat prescriptions and even access your GP records online. It's quick, easy and your information is secure.

In order to use the online facilities please obtain your unique password from the surgery. Photo ID required.

If you need help or support using SystemOnline, Please contact Sobia or Natasha at Thornbury to arrange an appointment.

Register for online services at our reception desk or alternatively you can find out more information by visiting nhs.uk/GPonlineservices

NHS App

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

Use the NHS App to:

- check your symptoms
- find out what to do when you need help urgently
- book and manage appointments at your GP surgery
- order repeat prescriptions
- view your GP medical record securely
- register to be an organ donor
- choose how the NHS uses your data

The NHS App is free to download from the App Store and Google Play.

Information for Parents

HEALTH VISITING TEAM

Telephone: 01274 221223

Health Visitor:
Tracey Terblanche

Community Nursery Nurses:
Karen Kaur
Emma Blakely

IMMUNISATIONS

Baby immunisations, MMR and Preschool immunisations can be booked at Reception.

BABY CLINICS

Community Clinic at Barkerend Health Centre:
Monday 9:30 – 11:30 (Bluebell building, the health education room)

CHILDREN'S CENTRES

Tyersal 01274 668881
Gateway 01274 634800
Fagley 01274 770434
Barkerend 01274 437300

Mortimer House 01274 262740

USEFUL NUMBERS

NHS DIRECT	111
National Childminding Association	01274 831399
BRI Accident and Emergency	01274 542200
Bradford Under 5's Association	01274 308725
Bradford Twin Club	01274 308725
Children's Information Network	01274 437503
Fire Safety	01274 385432