



ALMONDBURY SURGERY NEWSLETTER

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Website: www.thealmondburysurgery.co.uk



When was the last time you had your blood pressure checked? A blood pressure test checks if your blood pressure is healthy, or if it's high or low. Having this quick test is the only way to find out what your blood pressure is – and it could save your life.

- You should have a blood pressure test if you're worried about your blood pressure at any time.
- You're aged 40 or over and have not had your blood pressure checked for more than 5 years; you can have this test done as part of an NHS Health Check, which is offered to adults in England aged 40 to 74 every 5 years.

Call into our Reception Office to take your own blood pressure and pass the reading to our receptionist to update your record.

Did you know you can self-refer?

NHS Talking Therapies

If you live in England and are aged 18 or over, you can access NHS talking therapies services for anxiety and depression. A GP can refer you, or you can refer yourself directly without a referral. NHS talking therapies offer:

- Talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help.
- Help for common mental health problems, like anxiety and depression.

Access your NHS Services

Log in to your NHS account to access services online on your computer, tablet or mobile phone.

- Order repeat prescriptions
- Book and manage appointments
- Get health information and advice
- View your health record securely
- View your NHS number

You can have an account if you are:

- Registered with an NHS GP surgery in England
- Aged 13 or over (Aged 13 to 15 years old) – You'll need to contact your GP surgery and request access to GP online services before you can use the NHS App.

PPG (Patient Participation Group) – Please visit our website should you wish to join

We are always looking for new members to join our PPG; PLUS, AT PRESENT WE ARE LOOKING FOR A NEW CHAIRPERSON so if you are interested in joining, please visit our website or contact our Reception Team on 01484 514555 to find out more.

The group meets four times a year here at the practice on a Thursday either an afternoon or on a teatime.

Our next PPG meeting Thursday, 27th March 2025 at 3:30pm to vote on our new chairperson.

Closure Dates for Staff:

2025 dates for Practice Protected Time (PPT) Training:

18th March
15th April
20th May
17th June
15th July
19th August
16th September
21st October
18th November
2nd December

We will be closed at 1:00pm on the above days for our Practice Protected Training Time for Staff.

We apologise for any inconvenience caused by these closure dates. The practice will reopen again at 8am the following day.

Are you a Carer?

If you are, let our reception team know so that we may update your record.

Our Carers Champion at Almondbury Surgery is Debbie Bullett.

Carers Count

Carers Count is commissioned by Kirklees Council to be the single point of contact for carers when they need help and advice. As an unpaid carer you can get a range of information, advice and support through Carers Count who provide services for carers across Kirklees.

Telephone: 0300 012 0231 option 2 or visit www.carerscount.org.uk

If you are a Veteran – then please advise our reception team.

Practice Survey Results taken from the last PPG Meeting on 5th December 2024

34% out of 357 questionnaires were answered.

87% of patients found the admin/reception team very helpful.

74% described their overall experience as good.

PATCHS is available for patients to submit non-urgent clinical and admin (non-clinical) requests to Almondbury Surgery via our Website. PATCHS is to be used for a minor illness that may require a prescription or simple advice from a GP.



OUR NEXT NEWSLETTER WILL BE IN SPRING 2025