



Save these dates ...

This Autumn, we have some exciting events planned for you upstairs in the café area at Canalside:

Oct
20

On **Monday 20th October** from 6:00pm we will be hosting our first **Women's Health Circle** event. We are

planning a friendly, informative evening, where you will be able to learn more about women's physical and mental health issues from clinicians, PPG members and local organisations.

Advice and support will be available on topics such as menopause, osteoporosis, fibromyalgia, endometriosis, breast screening, breast feeding and many more.



Nov
13

**Thursday
13th November**

We will be supporting patients with learning difficulties/ neurodiversity to attend cancer screening.



Nov
17

**Monday
17th November**

After the success of last year's **Men's Health Event** we will be running another similar event.



Refreshments and a warm welcome guaranteed at all events. More information coming soon.

A great big thank you!

I just wanted to say a huge thank you for all the support and donations I received, with me completing the **Rob Burrow Leeds Marathon on 11th May**. It was a very tough course and conditions were not ideal (so hot!!) – but delighted to say I made it round in 3 hours 18 minutes, and raised £1,121 for Sue Ryder Manorlands Hospice.

This will help them continue their fantastic work for patients and families who need their help and support.

If anyone still wishes to donate, then it's not too late and your support would be most appreciated!

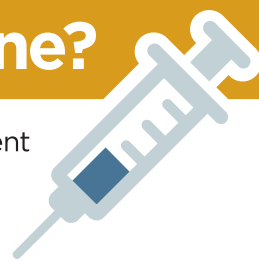
Dr. Alan Salter



**ROB BURROW
LEEDS MARATHON**

You can still donate by going to:
[www.justgiving.com/page/alan-salter-1?](http://www.justgiving.com/page/alan-salter-1?utm_medium=FR&utm_source=WA)
[utm_medium=FR&utm_source=WA](http://www.justgiving.com/page/alan-salter-1?utm_medium=FR&utm_source=WA)

Are you up-to-date with your flu vaccine?



We recommend you get your flu vaccine every year to protect yourself and others, especially if you're in an at-risk group.

Getting the flu can be nasty, and for some people, it can lead to serious complications like pneumonia and even hospitalisation. This is particularly true for adults aged 65 and over, pregnant women, and people with long-term health conditions.

“ **The vaccine can't give you the flu because it doesn't contain live viruses.** ”

The flu virus is always changing, which is why a new vaccine is made each year to match the most common strains. This means you need to get jabbed annually to stay protected. The

vaccine can't give you the flu because it doesn't contain live viruses. Getting it helps protect those around you who might be more vulnerable. It's a simple way to keep yourself and your community safer and healthier.

Protecting your child this autumn starts with the flu vaccine. We strongly recommend it for children aged two and three, and for school-aged children up to Year 11. The vaccine for younger children is a simple nasal spray, not an injection, making it quick and painless.

The benefits are significant. Flu can be a serious illness for children, leading to high fevers, painful ear infections, and even more severe complications like pneumonia. Vaccinating your child not only reduces their risk of becoming unwell, but also

helps to prevent them from spreading the virus to vulnerable family members, such as grandparents or babies.

The risks associated with the vaccine are very low. It does not contain live viruses, so it cannot give your child the flu. Some children may have a mild runny nose or feel a bit unwell for a day or two, but these minor side effects are nothing compared to the potential severity of the flu itself.

Dr Mike Francis

Flu clinics for vaccinations are being held on:

- **Saturday 4th October**
- **Saturday 11th October**

Learn CPR and save a life

Cardiopulmonary resuscitation (CPR) is an emergency procedure providing chest compressions for a person in cardiac arrest.

Our PPG provides **FREE** CPR training courses, and instruction in the use of the public defibrillator equipment, at our practice, each one lasting around an hour. If you are interested in attending one of



these please leave your name and contact details with Reception.

All ages and abilities are welcome. We look forward to seeing you at one of these sessions.

Our next courses, both starting at 6:00pm, will be held on:

- **Monday 27th October**
- **Monday 24th November**

Sustainable, green principles

Bingley Medical Practice supports sustainable, green principles and collaborative working. As an example, the practice recycled or upcycled its surplus stock of equipment, much of it from the

COVID days – this included, of all things, telephones to the University of Bradford, so that it could create a primary care setting for the training of nurses.

Your Community Café needs you

Our community café is normally open upstairs each Monday to Friday, 11:00am to 1:00pm, and is run entirely by a wonderful team of volunteers.

We try hard to keep our café open all week and during holiday periods and sickness, so if you are able to spare any time on a regular basis we would really appreciate your help.



For further information on volunteering opportunities please email: jillwadsworth@hotmail.com or simply pop in to the café and ask one of the volunteers behind the counter.

Bingley Medical Practice
Canalside Health Care Centre
2 Kingsway
Bingley
BD16 4RP

Telephone:
01274 568383
Online:
www.bingleymedical.org.uk

Opening Times:
Monday to Friday – 8am-6:30pm
Telephone Line Times:
Monday to Friday – 8am-6pm