

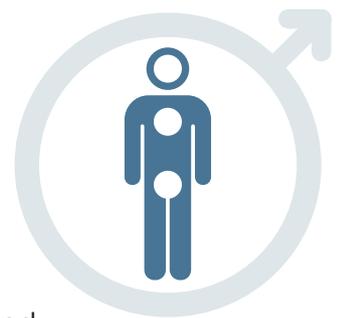


## Our successful events...

Last Autumn we hosted our first **Women's Health Circle**. This was a friendly and informative session with presentations and an opportunity for Q&A on women's health from three of our GPs, Dr Emma Scott, Dr Barirah Ashfak and Dr Annelise Ribeiro. Feedback was very positive, leading to us planning to repeat in the future. Several local groups attended offering information, and it was a pleasure to connect people and spend time in a welcoming and friendly atmosphere.



Following on from our women's event we held another **Men's Health Event**. This event focused on men's health issues such as prostate health, men's mental health and bowel conditions. GPs giving the presentations and answering questions were Dr Mike Francis, Dr Miles Buller and Dr Ibrar Mamoon. Another success with plenty of Q&A and more local organisations with useful information. The café was alive with conversation and delightful refreshments.



**We thank everyone who attended these two events and hope to welcome you to another one soon.**



# What do I do with medication I no longer want, need or has gone out of date?

**All medicines, whether tablets, liquids like paracetamol or eye drops, inhalers or creams, should be returned to your community pharmacy if you don't need or want them anymore or they are out of date. The community pharmacy will dispose of them safely.**

You should not put any medicines in the bin, down the toilet or down the sink – this causes damage to the environment as medicines end up where they shouldn't be – in the ground and in the water. This can be harmful to nature and to humans.

Inhalers should not be disposed of in household waste either, even if they are empty, as they can release gases that harm the environment if the inhaler is damaged, which can happen when sent to landfill. Empty inhalers should also be returned to your local community pharmacy.

Occasionally, your community pharmacy may not be able to accept your unwanted, unneeded or out



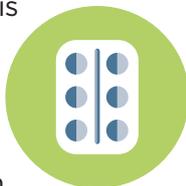
of date medicines because of storage space. This is usually a short-term issue so please be patient if this is the case and agree another suitable day to return your medicines with the pharmacy team.

## Why can't the pharmacy accept and re-use unopened medicines once they have left the store?

**Unfortunately, medicines are currently not able to be re-used once they have left the pharmacy store or counter in some larger stores.**

Therefore, it is vital that people and/or their representatives order only the medicines they need to prevent this from happening and any unwanted medicines from being wasted.

Medicines require specific storage conditions to ensure they remain safe, effective and in their original condition. This cannot be guaranteed once out of the pharmacy's control. There are also national legal frameworks preventing medicines returned to community pharmacies from being re-supplied.



## 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.**

If you visit the café regularly you may have noticed we have a smart, new banner advertising the tasty food and refreshments on offer, as well as advising the opening times. 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.

The banner also carries information about the Bingley Medical Practice Patient Participation Group (PPG). If you have ideas or would like to help us, please contact contact Janet Daykin: [janetldaykin@gmail.com](mailto:janetldaykin@gmail.com)

For further information on volunteering opportunities please email: [jillwadsworth@hotmail.com](mailto: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](http://www.bingleymedical.org.uk)

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