



## Happy New Year!

It's been a successful year in which we've seen our community café grow and become a very popular meeting spot. If you've not been along yet, please come and enjoy friendly company, a very reasonably priced lunch or speciality coffee and home-made cake. Run entirely by volunteers we are very grateful to them for making the café the success it has turned out to be. We are always looking for more volunteers to join our team - if you would like to join us, please get in touch.

I am also pleased to say we held a very successful Men's Health Event recently – see the next page for more about this. We hope to hold further similar events in the new year – if you have any ideas for events you would like us to run, please let us know. Our CPR courses have proved popular too. Look out for dates for future events.

All that remains for me now to say is to wish you all the very best for the New Year.

Jill

### Would you like to join us?

If you are a patient of Bingley Medical Practice, and feel you would like to join us, or for more information, please contact:

[jillwadsworth@hotmail.com](mailto:jillwadsworth@hotmail.com)

or telephone 07543 933016

## Order your prescriptions online

Did you know you can order repeat prescriptions from Bingley Medical Practice direct through the NHS App. The online tool, which can be downloaded for free on any smartphone or tablet, allows people who take regular medication to quickly and easily order more items whenever their current supply is running low. It works 24 hours a day, 7 days a week and allows you to safely and confidentially order more medication when you need it. Visit the NHS website at [www.nhs.uk/nhs-app/](http://www.nhs.uk/nhs-app/) or ask at reception for more information.

Do more with  
the NHS App!



# Learn CPR and save a life

Our PPG provide FREE CPR training courses 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.

**Our next courses will be held at 18.00 on:**

**Monday 20th January,**

**Monday 17th February &**

**Monday 17th March.**

Hoping to see you at one of these sessions. All ages and abilities welcome.

## Men's Health Event

We hosted a Men's Health evening that brought together over 35 attendees for an engaging and informative session. The event featured two short presentations focusing on men's health. One talk addressed common men-only health concerns such as prostate issues, testicular health, erectile problems, and male breast cancer, offering attendees the chance to ask questions in an open and supportive environment. The second presentation focused on breaking down barriers to seeking help, encouraging men to take charge of their health and seek advice without hesitation.

The evening also highlighted the collaborative spirit of Bingley's local community, with several groups attending to share resources and connect with patients. Feedback from the event was overwhelmingly positive, with many attendees appreciating the warm, welcoming atmosphere.

We thank everyone who attended and we are looking forward to more events like this in the future.

