

Welcome to our Spring edition



I do hope you enjoyed our Christmas/New Year PatientsNEWS, so colourful and informative, and look forward to future issues.

Talking of issues if you have anything you would like our editor to cover, then please send in to jillwadsworth56@gmail.com and we will be sure to consider your suggestion. Perhaps you would like to join our PPG Patients' Group and become more involved in the practice? We meet at the surgery when Covid allows, or by zoom, bi-monthly on the second Monday of the month at 6pm. We cover many different aspects of Bingley Medical Practice (BMP), and welcome feedback from all patients; we just need to hear from you. There is a

Suggestion Box on the Reception Desk to give all patients the opportunity to express their views, concerns and/or suggestions. You will always receive a reply in acknowledgement of your contribution.

Annual General Meeting

Monday May 16th 2022 we will hold our Annual General Meeting, in the surgery at 6pm. Do come along to meet other patients and hear updates from the various people currently involved in our PPG Group. Please join us, listen and participate, raising your views on Bingley Medical Practice. You can be assured of a warm, friendly welcome and we look forward to meeting you sometime in the future.

**Pam James
Chair of the PPG at BMP**

Keeping everybody safe

We continue to ask that all visitors to Canalside wear a face mask or face covering, as is required in all NHS settings.

Covid19 can often cause symptoms similar to the common cold (for example, runny nose, sore throat). If you have these symptoms, we encourage you to take a lateral flow test before coming to see us. These are available to order online for collection from local pharmacies.

People visiting us are more likely to be vulnerable to Covid19, as we inevitably see more people who are elderly or have chronic health problems. So we ask you to help us to protect them.

We are offering appointments in surgery or by telephone - just let us know which you would prefer when you book.

Thank you.



*Yesterday I was
Tomorrow I will be
Today I'll take my time
and enjoy being me*



You still need to wear a face covering in GP practices and other NHS facilities.



Your hospital needs you



Airedale Hospital, as with all our NHS service providers, is currently under extreme pressure due to the COVID virus, both from the treatment of patients and the isolation requirements of its staff in all areas, not just medical.

The hospital has two charities that provide additional support to the services given. [Airedale Hospital & Community Charity \(AHCC\)](#) and the [Friends of Airedale \(FoA\)](#).



Airedale

NHS Foundation Trust

Showing your support

Airedale Hospital & Community Charity have a number of ways you can show your support. You can find out more about the charity on the website:

www.airedalecharity.org.

A text donate service is available, to donate £5 or £10 simply text **5Airedale** or **10Airedale** to **70480**.

You can also donate online at: www.justgiving.com/airedaleNHS or via bank transfer or cheque (see web site for more details).

Fundraising for Friends of Airedale Hospital is through our shop and café or direct to:

admin@friendsofairedale.co.uk.

For more information including how to join our team of volunteers please visit our website:

www.friendsofairedale.co.uk or just drop in to find out more.



Airedale Hospital & Community Charity

On a mission to support the patients, staff and the wider Airedale community. Working in partnership with kindness at the heart of everything it does, it gives us all the opportunity to be involved in its important work. Whether you are an individual, a family or a corporate organisation, there are opportunities to support in lots of different ways. The charity raises funds to help over 200,000 people. That is the number of people Airedale Hospital and its community services care for every single year, and that number keeps on growing. It is a lot of people – an entire community. Our community.

Donations are used to support the purchase of new equipment, to support staff wellbeing and for the added extras that are over and above NHS provision. They are the smaller things that really make a difference when patients and staff need it most.

As well as raising funds to generally support the hospital there are times when the charity raises funds for something really special. Currently funds are being raised for a very special project, our **New Intensive Care Unit** – which will be a modern space to treat the hospital's most ill patients. The building is currently under construction with its doors due to open in Spring 2022. Donations are hoped to be raised for the added extras such as sensory lights and soft furnishings for the relatives room.



Friends of Airedale

A group of volunteers dedicated to improve the patient experience in supporting Airedale General Hospital. Volunteers help with patient care and transport alongside the hospital staff. Along with many services, they run and provide a hospital shop, café, trolley service, flowers, spiritual care, hospitality for families attending with children, new mothers, clothing for patients not having suitable wear, befriending/informal companionship, and social media in the form of Facebook and Twitter.

Finally in these most stressful times for all, every donation, however small is greatly appreciated. **Thank you for your generosity from Peter Home, your Airedale Governor for Bingley.**



The Corona Virus - a very bad experience *by Norma Bartle*

*It didn't seem so bad at first the Biggie that came with a frantic burst
But it soon became abundantly clear it wasn't going to disappear
Some likened it to the Spanish Flu. The Plague or even scenes from
Dr Who*

*It hit the world - no-one was immune - we all were singing the very
same tune*

*It seemed the old were mostly at risk, nothing we did provided a fix
What's more it meant the NHS was under siege, because of their
numbers it's believed*

*Drastic measures were the name of the day, we couldn't merely stop
and pray*

*Every day at 5 we tuned into the Telly to hear men in grey suits give it
some welly*

*To spell out the action that they would take to save us all for
goodness sake*

*Boris declared with ponderous feeling lifting his eyes to Number 10's
ceiling*

*"Stay at home, these are my plans and don't forget to wash your
hands"*

*So lock us all down was his decision, received by the public with
almost derision*

*But nevertheless in their hundreds and thousands they followed the
rules and stayed in their houses*

*They closed the schools, theatres, pubs and the shops. In airports
the planes served mainly as props*

Families grieved for more than the dead

*They wept for the freedom that seemed to have spread no further
than spaces inside their head*

*What is the answer? Where is the cure? There must be something
we were sure*

*Just when it seemed all was lost, things gathered a momentum in the
labs*

*It appeared they'd discovered the very jabs needed to halt this spiky
host.*

The very germ we hated most

*Well would you believe it before very long we all were singing a
different song*

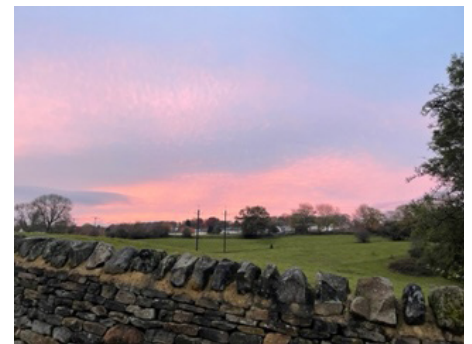
Millions and millions, I don't tell a lie, were getting the vaccine

A glint in the eye!

*It isn't perfect. It hasn't gone away. But it's given us hope in a very
good way, for hopefully living another day*

Take time to relax - mental wellbeing tips

We all need good mental health and wellbeing – it's essential to living happy and healthy lives, and can help us sleep better, feel better, do the things we want to do and have more positive relationships. It can also help us deal with difficult times in the future



Breathing exercises for stress

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes.

Are you at risk of prostate cancer?

Most men with early prostate cancer don't have any symptoms. That's why it's important to know about your risk.



1 in 8

In the UK, about 1 in 8 men will get prostate cancer in their lifetime.



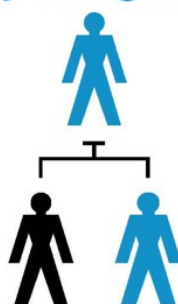
Prostate cancer is the most common cancer in men in the UK.

Over 50 years old

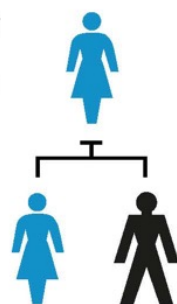
Prostate cancer mainly affects men over 50 and your risk increases with age. The most common age for men to be diagnosed with prostate cancer is between 65 and 69 years.

Family history and genes

You are two and a half times more likely to get prostate cancer if your father or brother has been diagnosed with it, compared to a man who has no relatives with prostate cancer.



Your risk of getting prostate cancer may also be higher if your mother or sister has had breast cancer.



Ethnicity



Black men are more likely to get prostate cancer than other men, and at a younger age. In the UK, about 1 in 4 black men will get prostate cancer in their lifetime. If you are a black man, your risk may increase once you're over 45.



Speak to our Specialist Nurses
0800 074 8383*
prostatecanceruk.org

© Prostate Cancer UK August 2019. To be reviewed: August 2021.
Prostate Cancer UK is a registered charity in England and Wales (1005641) and in Scotland (SC039332). Registered company 02653887.
*Call our Specialist Nurses from Monday to Friday 9am - 6pm, Wednesday 10am - 5pm. Calls are recorded for training purposes only. Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate cancer: Know your risk in 30 seconds visit
prostatecanceruk.org/riskcheck

Making the most of your time with your doctor or nurse

Time with an NHS doctor or nurse can be hard to come by at the moment, and it is sometimes difficult to keep to time. So we have some suggestions about how you can get the most out of your appointment.

Please:

- order repeat prescriptions with the receptionist
- only expect one problem to be dealt with in each appointment
- If you have made an appointment to discuss the results of an investigation or hospital consultation, check with the receptionist that the results are available before attending the surgery
- think about the issues that you would like to discuss and what you hope to achieve before your appointment
- if you have more than one problem, let the doctor know – but please prioritise the most important issue that you would like to discuss first – and be prepared to make another appointment for the others if the doctor runs out of time
- so the area you are concerned about can be examined easily wear suitable clothing
- If you think you are likely to need a blood pressure check please take your blood pressure in the self-care room if it is available (any diabetic patients will need this doing)
- If you feel you have a complex problem that you feel needs more than 10 minutes to sort out please ask the receptionist to book a double appointment.
- switch off your mobile phone before your appointment.

If the doctor is running late please be patient; it may be that someone has presented with a difficult problem and has taken more than the allocated time or that they have been called away for an urgent home visit.

We hope you understand that it is important that the doctor needs some flexibility to deliver patient care of the highest quality.

PATIENT GROUP - WHAT WE DO

We are a committee of volunteer patients who meet regularly to participate in the future development of the practice and make a contribution to benefit all patients, clinical and administrative staff.

The group was established in line with the principles of the National Association for Patient Participation, to provide a voice for all patients of the Bingley Medical Practice and a patient perspective. The group acts as a 'critical friend', to collaborate with and support the staff for the mutual benefit of the Practice and its patients.