

# Patient NEWS

Patient Participation Group (PPG)

## Ho ho ho, it's Christmas again!



**With the exception of some of our patients who do remember the wartime years, for most of us the past few years have been**

**unimaginable. Some of us remember the end of rationing, the three-day week, the miners' strike and so on, but nothing has affected each and every one of us in the way that Covid 19 has.**

We all owe a huge debt of gratitude to our doctors, nurses and staff here at the practice. We have all missed so many events, some of which we had looked forward to for a long time, such as a family wedding, and some not so happy where we had to say a final farewell to a friend or loved one. This

Christmas let's re-connect with each other and offer help where we can because one of the very worst effects of covid has been the way it has caused anxiety and isolation for so many people.

Like you, I am looking forward to Christmas because I love it so much and I will not let covid spoil that for me, but I will remember the hardship and upset that it has brought to so many people in the past two years. I hope that you will also take a moment to reflect on what has happened, but I can say in all honesty that never before will there have been so much true meaning behind a simple phrase as we all look forward to 2023 and wish each other a Happy and Healthy New Year.

I hope that nothing **and I mean nothing** will stop you all enjoying the coming festive season in your own special ways, maybe even creating some very new and novel Christmas traditions for your family and friends. Please also remember that Santa is a key worker and has had his covid vaccinations, so all will be fine, and Rudolph will have his nose polished, shiny and ready to go.

Merry Christmas and a Happy New Year.

**Jill Wadsworth**  
Chair of the PPG at  
Bingley Medical Practice

### We've been asked about disposing of Epipens...

Epipens are sharps containing drugs so they have to be returned to the pharmacy for proper handling.

Unfortunately we can't manage these in patient areas due to a very small risk of sharps injuries.



### CHRISTMAS AND NEW YEAR OPENING TIMES AT BINGLEY MEDICAL PRACTICE

#### Monday 19th to Friday 23th December

Usual hours 8.00am to 6.30pm

#### Friday 23rd December

No routine appointments available, just urgent on the day

#### Monday 19th December

Enhanced Access in the evening (these need to be booked in normal time 8.00am to 6.30pm, as this service can't accept walk-ins)

#### Monday 26th December **CLOSED**

(no enhanced access at this surgery)

#### Tuesday 27th December **CLOSED**

#### Wednesday 28th to Friday 30th December

Usual hours 8.00am to 6.30pm

#### Friday 30th December

No routine appointments available, just urgent on the day

#### Monday 2nd January 2023 **CLOSED**

(no enhanced access at this surgery)

### LEARN CPR

Save a Life



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

The PPG run training courses at the practice which take around an hour. If you are interested in taking part please leave your name and contact details with reception.

**Our final date for this year is Monday 12th December at 18.00.**

We will have more dates in the New Year so please check PatientNEWS or the noticeboard for details.

*All ages and abilities welcome!*

# What is social prescribing?

In this edition we're turning the spotlight on Janet Menehbi, our Social Prescribing Wellbeing Worker.



We are lucky to have Janet working two days a week at Bingley Medical Practice. She has been with us since the beginning of October 2019 and

tells us social prescribing works closely with the voluntary, community and faith sector to empower clients to reach a better place in their lives. "My role is linking clients to the resources that are available in their communities, helping people with housing, debt, mental health, bereavement, disability and more.

In this role I have learnt to celebrate the seemingly little things that make a big difference to someone's life. As we come out

of lockdown, I am so keen to support social prescribing clients on their journeys toward increased wellbeing and with the support of the community and all it has to offer."

## So what is Social Prescribing?

Social prescribing is **non-clinical, non-urgent** support available within your GP practice.

**Social prescribers give you time to focus on what matters to you** by taking a holistic approach to your health and wellbeing. A social prescriber will connect you to community groups and statutory services for practical and emotional support.

## If you are age 18+ you can self-refer

- you can make an appointment through reception, or
- request through your GP at appointments.

Your GP may suggest an appointment too.

## Some of the areas that might help you include:

- Emotional well-being and support
- Lifestyle, for example weight, smoking, alcohol/substance misuse
- Reducing social isolation and loneliness
- Social activities/community groups
- Supportive listening
- Bereavement support
- Help with volunteering/training opportunities
- Referrals to Carers services
- Referrals to Benefits Advice Services



# Bingley food bank collection point

**We're happy to announce we are now a collection point for the Bingley Food Bank.**

If you've visited the practice recently you may have noticed we have a collection box for you to leave donations for our local food bank. We've been delighted to see so much donated food and toiletries already - before we've really had time to let you know about it.

We want to say a huge thank you to you all, you're really making a difference to so many people in the difficult times we are living in.

You might also have noticed we've revamped our notice board and are trying to make sure we have relevant and interesting information for you. We have a box for feedback too so if you want to let us know what you think of what we are doing - what you like, what we might be able to do better - please let us know.

And if you want to join us we'd be delighted to welcome you!



**Bingley Medical Practice Patient Participation Group (PPG)**

## WHY DID OUR DOCTORS NOT OFFER US OUR COVID BOOSTERS?

**From a patient's perspective it's an excellent service, but our GPs had so much work to do already with their backlog of cases due to the pandemic.**

Trying to co-ordinate vaccinations is quite difficult, but if the Covid vaccination could have been modified and given with the flu jab, then they would have gone ahead and offered it at the same time.

Carey Dowson, our practice manager, warned that the financial impact of leading Covid vaccinations would affect GPs "ability to offer services to ourselves."

He said: "We will inevitably be tasked with vaccinating the harder-to-reach – housebound, elderly, multimorbid, care homes – so to have resourced mass vaccination clinics and the complex running of such clinics would be at a financial loss, impacting on our ability to offer other services to patients."

However, those in support of GP practices being the main providers of Covid vaccinations pointed to the fact GPs already routinely provide vaccinations against a range of illnesses and are 'the first choice' for most patients.

Bingley Medical Practice currently deliver seasonal flu, baby immunisations and travel vaccinations. Had the Covid vaccination been well-funded and been able to have been delivered with the flu vaccine then the Practice would have given us our boosters.

**Jill Wadsworth  
Chair of the PPG at  
Bingley Medical Practice**

## SUSTAINABILITY AT BINGLEY MEDICAL PRACTICE

**We continue to make improvements in our sustainable practices here at the practice. Currently we are focusing on the carbon footprint of inhalers for asthma and COPD.**

Some inhalers have a very large impact on the environment. We can reduce our carbon footprint by switching to a low carbon alternative which is just as effective. Our respiratory nurses and practice pharmacists are working hard to ensure that patients get the best inhaler for their condition whilst reducing the environmental burden where we can. If you would like to consider switching to a low carbon inhaler then please contact the practice via eConsult or telephone and we can discuss the best options for you.

**Dr Mike Francis**





# Who's who at our practice

You might have wondered why you have been given an appointment with a health care professional other than a doctor. To explain we have been featuring some of the different roles and teams, such as the roles of the GP pharmacist, physician associate, social prescriber, nursing team and the work of the coding and telephone teams. If there is a role you would like us to feature, or any other aspect of practice life you would like to know more about, please let us know? This is our complete list of staff:

## Doctors

Name	Gender	Joined	Speciality
Dr. Andrew Jackson	M	2003	Musculoskeletal conditions
Dr. Richard Newell	M	2002	Dermatology, Cardiovascular Medicine
Dr. Karen Greenhorn	F	2002	Diabetes
Dr. Andrew Smith	M	2009	Skin Surgery
Dr. Mike Francis	M	2012	Palliative Care
Dr. Kate Eldred	F	2015	Diabetes
Dr. Alan Salter	M	2016	
Dr. Tom Ankcorn	M	2016	Musculoskeletal conditions
Dr. Claire Wiles	F	2017	
Dr. Ella Keevash	F	2018	Sexual health (inc coils and implants)
Dr. Anita McKean	F	2018	
Dr. Emma Scott	F	2020	Sexual health (inc coils and implants)
Dr. Sarah Crisp	F	2020	

## Doctors in training

Trainee	Gender	Level	Trainer
Dr. Dalveer Hoonjan	F	GP-ST1	Dr. Andrew Smith
Dr. Jack Wright	M	GP-ST1	Dr. Andrew Jackson
Dr. Misbah Sarfraz	F	GP-ST1	Dr. Andrew Smith
Dr. Kartina Alcalá	F	GP-ST2	Dr. Andrew Jackson
Dr. Ben Rothery	M	GP-ST2	Dr. Andrew Smith
Dr. Shaan Rashid	F	GP-ST3	Dr. Karen Greenhorn
Dr. Rebecca Hilton	F	GP-ST3	Dr. Alan Salter
Dr. Esther Benjamin	F	GP-ST3	Dr. Ella Keevash
Dr. Rebecca Muhl	F	GP-ST3	Dr. Andrew Jackson
Dr. Jordan Tudor	M	FY2	Dr. Alan Salter

### GP trainees (GP-ST1-3)

Fully qualified doctors who spend six to eighteen months working with the practice usually under the supervision of one of the partners. They have already spent at least two years working as hospital doctors and come to us to develop their skills in general practice.

### Foundation Year 2 (FY2)

Doctors who have recently qualified and join the practice for a period of four months.

All trainees have longer appointments, and so have more time to find out about your problems and work out the best treatment. They are also closely supervised by senior doctors who are available to help them out if needed. To help their training, some consultations may be recorded. You will always be informed in advance if this is taking place, and are free to decline to take part if you wish.

### Wanting to be more green and recycle more?

Soon you will be able to recycle your empty medicine blister packets at the practice and join the UK's first medicine packet recycling programme. A wonderful local men's group are helping us turn used perspex into collection bins. Start collecting your little packs now and look out for these bins to start making a big impact.



COMING SOON

## Nursing team

Name	Role	Additional expertise
Gabrielle Foy	RGN and team leader	Asthma, COPD
Dawn Hutton	RGN	Diabetes
Sue Moore	RGN	Asthma, COPD, Sexual Health
Nicola McIntyre	HCA	
Sally Littler	HCA	
Wendy Riley	HCA (Training)	
Claire Shaw	Phlebotomist	

### Abbreviations:

**RGN** Registered General Nurse

**HCA** Health Care Assistant



In our previous PatientNEWS we featured GP Pharmacists and how they can give you expert advice on your medication and help you make changes in your life to stay well.

### GP Pharmacists

Mrs Nadia Ahmed  
Mrs Sana Noor

### Physician Associate

Mrs Hanna Raja

### Reception and Administration

Practice Manager - Mr Carey Dowson  
Operations Manager - Sandra Baldwin-Eshelby  
Executive Assistant - Sarah Clark  
Patient Assistant Manager - Pam Ford

### Telephone Team

Julie May - Patient Assistant Lead  
Julie Hardy, Laura Davey, Debbie Gray, Clare Shaw, Rachael Oliver, Joanne Galasso, Mikala Buck, Helen Zuchlinski, Wanda Girdlestone and Louise Holmes

### Secretarial Team

Annabel McAllister and Jayne Quail

### Administration Team

Louise Gravener - Patient Assistant Lead  
June Luckett-Farley, Amy Millar, Alison Salamone, Emma Hockey and Bethany Keeling

