

Season's greetings



Season's Greetings to all staff and patients of Bingley Medical Practice. It won't be long until 2024 - a new year and new beginnings. But it's also a time to reflect on the achievements and failure of the past year.

The Patient Group started the year with exciting projects such as recycling blister pill packets and failed due to Superdrug being overwhelmed with the volume of bulk donations. They found they could only take small personal donations of blister packs

for recycling. We haven't given up on the project and behind the scenes I know Janet - one of our members - and one of the GPs are working tirelessly to find a solution. As soon as a solution is found we will start to collect them again. In the meantime, you can take your personal donations to any Superdrug with a pharmacy, the nearest to us being Keighley.

Another project has been to give out information to patients. This is being achieved by keeping the noticeboards in the waiting areas up to date with information and producing this Newsletter three times a year.

We helped at the Flu vaccination day and met many people. Also, we have taught over 25 adults and 75 children aged between 10 and 11 years how to perform the lifesaving procedure of CPR. We have maintained the Defibrillator, outside the building, on more than 14 occasions. But the biggest project this past year has been the cafe.

The past few months/years we, the Patient Group, have worked our socks off to get a community cafe opened in the Canalside building. Yes, there used to be a cafe, run by HALE, but it closed due to the overheads, that is, rent, being too high to sustain. We, the Patient Group have been arguing that the community need a nice relaxing, non-profit making cafe in the unused area. Finally, the management came around to our thinking and granted us, the Patient Group, the use of the kitchen and cafe seating area at no cost. **Yeh! Thank you, thank you.**

Since March we have planned and organised the reopening. Six weeks ago, it happened, quietly one Monday morning. We put the shutters up and made our first of many cappuccinos. Since then, we have recruited volunteers, who we couldn't do without. **A big thank you to them** – we still could do with a few more if anyone is interested? Just turn up on a week day Monday to Friday 11-00am until 1-00pm and discuss what volunteering involves. We put a basic menu together and began welcoming our customers. We love it, we have met many people, we have listened to many stories. Some of heartache and some of joy. Some of our customers sit quietly and read a book or newspaper, some natter with friends or strike up a conversation with those at the next table.

It's working..... it's bringing the community together. Providing a warm pleasant atmosphere, to spend some time with friendly people. **Please support us by popping up to the cafe and saying hello.** Tea and basic coffee are only £1!

Jill Wadsworth, Chair of the PPG at Bingley Medical Practice

WOULD YOU LIKE TO JOIN US?

We are always looking for new members to join our Patients Participation Group (PPG). If you are a patient at Bingley Medical Practice and feel you would like to join us, or for more information, please contact

jillwadsworth@hotmail.com
or telephone 07543 933016

We welcome breastfeeding mothers anywhere in the Practice



We also have a private space, if desired, in the Health Centre.

If you have any breastfeeding concerns, if breastfeeding is painful or you are worried about your baby or your own health, please contact your Community Midwife or Health Visitor. **Local Health Visitors can be contacted on 01274 221223 Monday to Friday 9.00am to 5.00pm.**

Breastfeed Together groups are free sessions where you can chat to infant feeding practitioners and volunteer peer supporters in a relaxed, informal, community setting.

Whatever your feeding goals, staff and volunteers are able to listen and provide evidenced-based information, to enable you to make the decisions that are right for you. There is no formal structure or agenda, just a friendly space to chat and share experiences and tips. You may also like to come along in pregnancy to help you feel more prepared for breastfeeding when your baby arrives. For more information, please scan this QR code.



Using Chat Health is a new, quick and easy way to find answers to your breastfeeding questions. Simply send a text message to 07312 263233.

Healthy and sustainable diets

Fortunately, the best diet for our own health also turns out to be the healthiest for our planet. Diets that are low in animal products and high in vegetables protect us from heart disease, bowel cancers, diabetes, and many other conditions.

To include more plant-based foods and fewer animal source foods is healthy, sustainable, and good for both people and the planet.

It is not a question of all or nothing, but rather small changes for a large and positive impact. Try to eat more fruits, vegetables, nuts, legumes, pulses and whole grains,

Eating a bigger variety of food ensures you get all the nutrients you need while also supporting biodiversity in the food system.

You will find lots of information and recipes at

<https://eatforum.org/a-weekly-planetary-health-menu/> and <https://food-guide.canada.ca/en/>



Doctor Natasha Begum

Dr Natasha Begum has been working at Bingley Medical Practice since February 2023. She says she is thoroughly enjoying working here and Bingley Medical Practice is a very supportive and welcoming environment with incredible staff members and patients.

After graduating medical school, she started her GP training in August 2020. She has since worked as a GP Registrar in Settle and at Airedale Hospital on the elderly, A&E and paediatric wards. She is now a GP-ST3* – in the final year of training as a GP, working under the supervision of one of the partners, Dr Andrew Smith.

A typical day for Dr Begum starts at 8.30am with ten minutes for each consultation. Initially she was given 20 minutes per consultation which reduced gradually to 15 minutes and now 10 minutes.

She will see four patients an hour, gathering their history, examining them, diagnosing and sharing a management plan for their treatment. She will spend a further ten minutes per hour on duties associated to these appointments, which could include:

- Organising further investigations for her patients.
- Making referrals for further investigation and/or treatment.
- Authorising prescriptions.



At the end of the morning, she will respond to prescription requests that may have come into the practice and require urgent attention.

After three hours of seeing patients she will have a three hour break between her morning and afternoon patients, and this will typically include a 30 minute lunch break. It's not a break from work though as she will be:

- Discussing queries and debriefing with her supervisor and acting on advice. All ST3 doctors work under the supervision of one of the partners.
- On the day we talked, after her lunch break, she had an hour's session delivering teaching for medical and physician associate students on medicine and consultation skills.

Then it's back to afternoon appointments for a couple of hours, as in the morning session.

To finish her day at the end of her appointments she will once again respond to urgent prescription queries and requests.

*GP-ST1&3/FY2 EXPLAINED

GP trainees (GP-ST1&3) are fully qualified doctors who spend 6 to 18 months working with us usually under the supervision of one of the partners. They have already spent at least 2 years working as hospital doctors, and come to us to develop their skills in general practice.

We also train 'Foundation Year 2' (FY2) doctors. They have recently qualified and join us for a period of 4 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.

Learn CPR and save a life

Did you know the PPG run FREE CPR training courses at the practice?

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

The final date for 2023 will be Monday 27 November at 18.00.

We will have further dates in the new year and if you are interested in taking part please leave your name and contact details with reception.

We hope to see you at one of these sessions.

All ages and abilities welcome!



Please come and see us at our new Community Cafe



Our not-for-profit Community Cafe is open upstairs at Canalside from 11.00 to 13.00 Monday to Friday.

We serve well priced food, snacks, drinks and gorgeous homemade cakes. It's an ideal place to meet friends or call in just to see a friendly face and enjoy the warm space.

The cafe is staffed entirely by volunteers. Can you help for an hour or two a week? It's a great way to meet people and give a little back to the local community.



Now open!
VOLUNTEERS NEEDED
JOIN US
New Community Cafe
Canalside Health Centre
Bingley
Contact: jillwadsworth@hotmail.com

BLOOD TESTS

If your doctor has requested a blood test, you can book an appointment with our nursing team Monday to Friday. We have a range of appointments available - please contact reception to arrange.

If you have been asked to attend for a fasting blood test, you must have nothing to eat or drink other than water, black tea or black coffee after midnight.

Christmas and New Year opening times

Christmas Day CLOSED
Monday 25th December 2023

Boxing Day CLOSED
Tuesday 26th December 2023

New Year's Day CLOSED
Monday 1st January 2024

Opening hours on all other days over the Christmas and New Year season will be as normal.

We are open Monday to Friday, 8am to 6.30pm. But if you need medical help or advice outside these times you can:

- wait to phone us when we are open: we guarantee that if you phone before 10.30am you will be able to see or speak to a doctor that day.
- if your problem is urgent and will not wait until then, phone 111 to speak to the NHS111 service.
- if your condition is imminently life threatening, phone 999.



when it's less urgent than 999