

Welcome to Springtime



Welcome to our latest edition of our newsletter and I do hope you are enjoying the spring flowers which are all around us

and the longer and warmer days.

I am really pleased to be able to bring you an update on our community cafe. If you've been to see us, thank you, if not, I hope to welcome you soon.

Our community cafe six months on

Opened in October 23, a brainchild of the Bingley Medical Practice Patient Participation Group, our cafe hosts members of the community 11.00 till 13.00 each day Monday to Friday.

Run entirely by volunteers, we serve a small, limited menu of soup, sandwiches, and a range of home-made cakes. We are non-profit making and therefore the dearest item on our menu is £2.50. We have a 'pay it forward' board which allows customers to pay for an item on the menu for others to use if they find themselves short of money and wanting something to eat or drink.

Our cafe is situated upstairs at Canalside Health Care Centre and provides a comfortable, warm space for members of our community who have come to enjoy and feel safe here. It is an oasis away from medical problems and now we have the well-being hub in the building it combines social, welfare and health together.

On Wednesday mornings we have a social group run by Age UK with 10-15 members attending each week. This group is only the first of many groups we hope will use the cafe area, even out of opening times.

Going forward, we are thinking excitedly of warmer weather so that we can open the veranda for outdoor eating. 'Men in Sheds' made us some planters and Bingley Town Council provided the plants and we now have a comfortable outdoor space. We will buy some outside furniture soon to complement the benches we already have - a total alfresco experience for the community.

We are working on sustainable plans so that the cafe will continue in the future.

Happy Spring everyone.

Jill Wadsworth, Chair of the PPG at Bingley Medical Practice



Some of our wonderful volunteers.

CAFE STATISTICS

How many volunteers do we have at the cafe?

Two managers, eight regulars, four casuals and we are getting more volunteers each week. Three volunteers joined us but felt the job wasn't for them.

How many visits are there to the cafe per week?

The footfall is approximately 89-100 members of the community each week and 20-25 staff members each week.



Our children's area in the cafe.

What do Bingley Medical Practice and Bingley Bubble Community Partnership get out of the partnership?

The Bingley Bubble Community Partnership (BBCP) has a member of the Primary Care Network (PCN) on its Group. Therefore both are integrated together. They have common values, which is helping the community in its health and wellbeing.

Where is the funding for the partnership coming from and what are the funders wanting in return?

Bingley Medical Practice provided an initial set-up grant to buy a coffee machine and other small items. BBCP provided a small grant to buy a Sum-up machine, phone, aprons, and consumables to allow us to open. The cafe is now self-sustainable, making small profits which will pay for outdoor furniture and also some of our larger equipment, for example a fridge, which will need replacing soon.

Introducing the Bingley Bubble Wellbeing Hub

In November last year, a brand-new service, based at Canalside Health Centre, opened its doors to patients and residents living across the Bingley Bubble Community Partnership map of GP practices.

The Bingley Bubble Wellbeing Hub provides rapid access into free specialist services that can offer support around a range of non-clinical needs, including benefits and welfare advice, carers' support, and substance misuse support.

The Hub has been developed in partnership between the local health care system and VCS (Voluntary Community Sector)

organisations, to help people resolve issues before they reach crisis point and potentially lead to long-term health conditions.

If you are facing a challenging time in your life, but don't know where to turn, the Bingley Bubble Wellbeing Hub is here to help you get the right support, in the right place.



Deputy Coordinator Abi is at the Hub every Wednesday and Thursday and would be your first point of contact if you ever felt you needed to reach out. After completing a triage to identify the issues impacting

on your wellbeing, Abi would then work with you to plan on how you might start to overcome these problems by making positive steps forwards.

This might include a referral into one of our commissioned services (Windhill Advice Centre, Carers' Resource, or The Bridge Project), with whom an appointment would be made for you at the Hub. One of the advantages of the Wellbeing Hub is that these services are now accessible within the very heart of our community.

WHY CONTACT US?

Here are some examples of why you may wish to contact the Bingley Bubble Wellbeing Hub:

- You need assessments to check you are receiving the correct benefits.
- You would like support in completing an application form – for example, to claim Attendance Allowance
- You are a carer for a relative or friend but feel like you may need some support, too.
- You are worried about the amount of alcohol that you or someone else is drinking.
- You are feeling low in mood and need some advice on where to turn for support.

If you are currently being supported by another health and social care professional and would like to be referred to the Bingley Bubble Wellbeing Hub, you can ask them to make a referral on your behalf.

Alternatively, to self-refer or to find out more information about what we do, please contact Abi on

07810 168 517

or send an email to bingleybubble.communitypartnership@thebridgeproject.org.uk

Bradford District and Craven Health and Care Partnership
ACTasONE

Find us at Canalside Health Care Centre

Bingley Bubble Wellbeing Hub
Wednesdays & Thursdays 9:00am - 5:00pm

Bingley Bubble Community Partnership
VCS Alliance
bridge a way forward
carers' resource you care for them, we care for you
Windhill Community Centre

The up-to-date position on Airedale's Securing the Future programme can be viewed on the website. <https://airedale-trust.nhs.uk/about-us/securing-the-future-of-airedale>

Knitters wanted



A while ago we put a call out for volunteer knitters to make and donate knitted breasts to our breastfeeding service.

These are a really useful tool for our volunteers when they are supporting families. If you have completed breasts that you are tripping over and need to get to us or you, or anyone you know, would like to

help us out, please drop us an email at breastfeedtogether@bdct.nhs.uk All sizes and colours are welcome including crochet varieties if this is your skill - for me the brighter the better!

Knitted Breast Pattern

Yarn: Worsted weight (lighter and darker yarn for areola/nipple).

Needles: 4 double point 3.25mm. Individual knitters will need to adjust needle size and tension. Cast on 22 stitches on each of three needles.

Lighter yarn: Knit in the round for 22 rows (about 8 cm). On each of three needles
 · Knit 9, knit 2 together, knit 9, knit 2 together · Next row, knit all stitches · Knit 8, knit 2 together, knit 8, knit 2 together · Next row, knit all stitches · Knit 7, knit 2 together, knit 7, knit 2 together · Next row, knit all stitches.

Change to darker wool · Knit 6, knit 2 together, knit 6, knit 2 together · Next row, knit all stitches · Knit 5, knit 2 together, knit 5, knit 2 together · Next row, knit all stitches · Knit 4, knit 2 together, knit 4, knit 2 together · Next row, knit all stitches · Knit 3, knit 2 together, knit 3, knit 2 together · Next row, knit all stitches · Knit 2, knit 2 together, knit 2, knit 2 together · Next row, knit all stitches · Knit 1, knit 2 together, knit 1, knit 2 together · Next row, knit all stitches · Knit 2 together, knit 2 together · Next row, knit all stitches.

Using a darning needle:

- Thread the yarn through the remaining 6 stitches, and end off on the wrong side.
- Gather bottom edge with running stitches, using tail of yarn.

Stuff with micro fibre filling to desired firmness, and draw the bottom edge up tight.

BREASTFEEDING TIPS

The Breastfeeding Companion thebreastfeedingcompanion.com has been created to provide **FREE** video-based breastfeeding tips and advice to help every mother on their journey. They are also certified by the NHS Information Standard, which means they've passed rigorous quality assurance, ensuring the advice they give is both accurate and backed up by research, and is a very useful website for breastfeeding support and information.

Another useful source of information is: <https://www.facebook.com/communityinfantfeedingBDCFT>



The Breastfeeding Companion

OUR NEXT AGM

The Annual General Meeting of the Bingley Medical Practice Patient Participation Group will be held on Monday 13th May, 2024.

The Conference Room
 Canalside Health Care Centre
 2 Kingsway, Bingley BD16 4RP

If you can join us you will be made very welcome. Our meeting will be starting at 18.30 but please join us from 18.00 in our cafe area for refreshments.

PAY IT FORWARD



Our 'pay it forward' board in the cafe which allows customers to pay for an item on the menu for others to use if they find themselves short of money and wanting something to eat or drink.

Pharmacy First

The new Pharmacy First scheme means you can go and see a pharmacist about several minor illnesses and conditions you would previously have had to see your GP about. You can visit your pharmacist for a consultation and they will treat you and prescribe medication if necessary. If your condition is more serious you will be referred to a GP or hospital.

What conditions can you see your pharmacist about?

Under Pharmacy First, pharmacists can treat and prescribe medication for seven conditions for certain age groups. These conditions are earache, impetigo, infected insect bites, shingles, sinusitis, sore throat and uncomplicated urinary tract infections.

There are many existing conditions which you have already been able to see your pharmacist about. For these and more information please see <https://patient.info/news-and-features/pharmacy-first-getting-the-most-from-your-pharmacist>

To find your nearest pharmacy and check if it is part of the scheme go to: [NHS pharmacy finder](#) or just walk in. The notes of your consultation will be added to your medical records.

If your symptoms last for more than two weeks or do not get better you should see a GP. If your symptoms are severe and you are worried, call 999 or go to your local A&E.

KEEPING IN TOUCH

Thank you for reading PatientNEWS. We display copies in the reception area of Bingley Medical Practice and upstairs in the cafe areas.

As we are trying to be as sustainable as possible, whilst keeping in touch with you, we are trying to only print the number of copies that you are asking us for, thereby reducing our use of paper and our carbon footprint.



We produce PatientNEWS three times a year and if you are interested in reading some of our previous copies they are held on the Patient Participation Group page of Bingley Medical Practice's website:

<https://www.bingleymedical.org.uk/patients-group-ppg/>

WELCOME BEN TO THE TEAM

We would like to welcome Dr Ben Ellis to the Practice. We're really pleased he's joining us as many of you may remember Ben when he did his training here. He will be working Monday, Tuesday and Friday and will be a good fit for the team.

WOULD YOU LIKE TO JOIN US?

I would like to thank all our present hard working members of the Patient Group but we are always looking for new members. If you are a patient at Bingley Medical Practice and feel you could contribute to helping people, please contact me:

jillwadsworth@hotmail.com
or telephone 07543 933016

Learn CPR and save a life

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

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 8 April
Monday 20th May
Monday 1st July

Hoping to see you at one of these sessions.

All ages and abilities welcome.

