

April 2020
Spring



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Covid-19

When to contact your GP

Call your GP if you have the following:

- Concerns regarding on-going conditions
- Ear discharge / pain
- Rashes
- Stomach ache

Any cancer symptoms such as a lump in your breast, changes in bowel habits, blood in your pee or poo, unexplained weight loss, moles that appear to change or cough that you've had for three weeks or more (see www.NHS.uk for more information)

If you have coronavirus symptoms (e.g fever, new persistent cough, loss or change of taste/smell) in the first instance, please use 111 online, or call 111 if no access to on line. Please mention this if you call your GP practice, calling 999 or when you arrive at A&E.

Prescription Delivery Message for Patients

If you are unable, or advised not to leave your home and need your prescription medication, the best option is to ask a family member, friend or someone else you trust to collect the medication from the pharmacy on your behalf. **This person should not be self-isolation.** This may be the same person who helps you with getting your shopping while you are unable to leave your home.

If you do not have a person who can help you, then call your usual pharmacy to ask if they are able to deliver for you. Please note that the community pharmacy is receiving many more requests for delivery than usual so you may be asked if there is someone else who can collect your prescription for you or you may have to wait a little longer for your prescription to be delivered.

You may also be eligible for help from Leeds Community Care Volunteers via 0113 3781877.

Voluntary Action Leeds

Are you finding it hard to get help and support.

What help is available ? You may already be receiving help from neighbours that you know and trust or local organisation in your area that meets your needs. If that's not the case then Leeds City Council has worked with its partner. Voluntary Action Leeds, to set-up a volunteering arrangement than can help you. The help will come from Leeds City Council and from our Community Care Volunteers working alongside a range of Leeds City Council approved volunteer hubs made up from community organisation in your area. Our volunteers will be registered with us, clearly identifiable badge and a letter from Leeds City Council with a number that you can phone to check their identity. Please be reassured that for their safety and yours, volunteers and LCC staff will be following social distancing guidelines and observing good hygiene standards in accordance with the national guidance. The sort of things that our volunteers can help with area:- delivering food, essential and medication to people in the community, checking how you are and having a chat on the phone, putting bins out for collection, waling dogs and posting mail.

How can I get help ? Do not wait until your needs are urgent as it will help us plan the visit of our community care volunteer. If you want to get help and support from our volunteers then please contact us by calling **0113 378 1877**. You can also ask someone to call for you if that's easier. **If you have already called this number and arranged help, you do not need to call again.**

What do I do if I want to register to become a Community Care Volunteer ?

Register on the Voluntary Action Leeds website www.doinggoodleeds.org.uk

Phone: **0113 2977920** Email: info@val.org.uk

Carers Leeds Card Scheme

If you are a carer ask
your GP for a
Yellow Card
to complete.

Once you have completed
the short form hand
it back to reception to
send the referral to
Carers Leeds.

Staff Update

**A warm welcome to our new
members of the team:-**

Dr A Coulson
Dr C Eyo
Dr N Khan
Dr S Start



**STAY ALERT
CONTROL
THE VIRUS
SAVE LIVES**

How can I access services or support in my local area to improve my wellbeing?

Linking Leeds is the city-wide social prescribing service for people in Leeds, aged 16 years and over. Social prescribing can help you access a range of local non-medical services or activities to improve your health or wellbeing. It could, for example, help you to improve your physical health, join local groups or find help for money or housing worries.

You can self-refer to the service by calling 0113 336 7612 or go to www.commlinks.co.uk/linking-leeds for a form.

Email: linking.leeds@nhs.net

Web: www.mindwell-leeds.org.uk/social-prescribing

Live Well Leeds is a community-based mental health support service for people in Leeds aged 18 and over who have mild to moderate mental health support needs. The service covers the whole of Leeds and offers a range of services that include one-to-one support, group support, befriending, volunteering, social groups and wellbeing activities. If you're registered with a Leeds GP, you can self-refer to the service at

www.livewellleeds.org.uk

Tel: 0113 219 2727

Who can I talk to for emotional support?

Samaritans helpline is open at any time of the day or night to talk about whatever you're going through.

Tel: 116 123 (free phone).

Connect Helpline offers emotional support to people in Leeds every night 6pm-2am. Whatever your problems are, Connect can help.

Tel: 0808 800 1212 (free phone) or go to

www.lslcs.org.uk/connect-helpline for online chat.

Deaf Connect is open Mondays at 7-11pm. Glide/ Text: 07500 870 987. Skype/ FaceTime: survivor.led@lslcs.org.uk

Teen Connect helpline is for anyone aged 11-18 years old. It's open every Monday to Friday 3.30pm-2am and Saturdays and Sundays 6pm-2am. Tel: 0808 800 1212, text 07715 661 559 or go to

www.lslcs.org.uk/teen-connect for online chat.

The Mix offers free emotional support and information to young people under 25 years old. They also offer support via text message, email and online chat. Tel: 0808 808 4994. Web: www.themix.org.uk

Find more services and helplines at www.mindwell-leeds.org.uk/help

How can I find counselling?

Counselling involves discussing personal experiences and issues with a person who is trained to listen in a safe and confidential place. The following local services provide counselling (some costs may apply):

Northpoint Wellbeing offers a range of services including therapy and counselling across West Yorkshire.

Tel: 0113 245 0303. Web: www.northpoint.org.uk

Leeds Mind offers low cost counselling and group therapy.

Tel: 0113 305 5800.

Web: www.leedsmind.org.uk/our-services/counselling-all

The Marketplace provides a range of free and confidential drop-in and counselling services to young people aged 11-25 years old.

Tel: 0113 246 1659. Web: www.themarketplaceleeds.org.uk

Kooth is a free, safe and anonymous service for 10-18 year olds where they can chat one-to-one with counsellors and connect with peers through live moderated forums. Web: www.kooth.com

Find more counselling services at

www.mindwell-leeds.org.uk/counselling

Feel like you've had enough ? (crisis card)

The Crisis Card is a credit card-sized leaflet that encourages people to seek support from local services in times of crisis, and is part of a range of suicide prevention initiatives across the city. The Crisis Card includes the contact details for a broad range of local services, including housing, debt and bereavement support. A PDF version of the crisis card can be found at <http://www.leeds.gov.uk/docs/CrisisCard.pdf>

Prescription Requests

Please note we do not do same day prescriptions.

Prescriptions take at least 48 hours to process.

The Pharmacy requires 1 week from order to collection.

Linking Leeds & Forward Leeds

Narinder – Wellbeing Co-ordinator will be changing her working week.

From September 2019 Narinder will be in Surgery

Wednesday & Thursday afternoons.

Email: n.panesar@nhs.net

Linking Leeds is a city-wide social prescribing service for anyone aged 16+ and registered to a GP surgery in Leeds. Linking Leeds is currently offering telephone appointments to link patients with services and activities within the community to improve and maintain health and wellbeing.

Looking for help for yourself or someone else?

Get in touch with us

0113 887 2477 info@forwardleeds.co.uk



NHS

NHS 111 is now available online
Visit 111.nhs.uk

NHS

CALL 111

Not sure if you need A&E?

NHS

Taking ANTIBIOTICS when you don't need them puts you and your family at risk

TAKE YOUR PHARMACIST'S ADVICE

Keep Antibiotics Working

Cervical Screening

**DON'T BE A DIVA
IT'S ONLY A BEAVER**

Honestly. We've seen it all.
Book your cervical smear test today.

Cervical Screening

Cervical screening is one of the best ways to protect yourself from cervical cancer.

Cervical screening checks the health of your cervix. **It's not a test for cancer**, it's a test to help prevent cancer.

How cervical screening helps prevent cancer

Cervical screening may check for:

abnormal cell changes in your cervix – left untreated, this could turn into cancer

HPV – some types of HPV can lead to cell changes in your cervix and cancer.

What is HPV?

Human papillomavirus (HPV) is the name for a very common group of viruses.

You can get it from any kind of skin-to-skin contact of the genital area, not just from penetrative sex. Most people will get some type of HPV during their lives. Nearly all cervical cancers are caused by infection with certain types of HPV.



Bowel Cancer Screening

**CHECK
EVERYTHING'S**

Screening is offered every 2 years to men and women aged 60 to 74. If you have not received your testing kit please contact the **free** helpline on **0800 707 60 60**.

**DON'T BE A FOOL
TEST YOUR STOOL**



We give bereavement support to family and friends who were caring for a person who has died.

 /carersleeds  @carersleeds
www.carersleeds.org.uk

Child Immunisations

Immunisation helps to protect your baby against 17 diseases such as:-

- * Whooping cough
- * Septicaemia
- * Meningitis
- * Diphtheria
- * Measles
- * Tetanus
- * Polio
- * Rotavirus

Please call the surgery to book an appointment

Your local baby clinic will be at:

SEACROFT CLINIC - Wednesdays/ 1-3pm

SWARCLIFFE CHILDRENS CENTRE- Thursdays 3.30-4.40pm

Please call to check opening times.

For further information please contact the 0-19 Admin Team on 0113 8435683 /find us on Facebook or at Leeds Community Healthcare NHS Trust website

<https://www.leedscommunityhealthcare.nhs.uk/>

