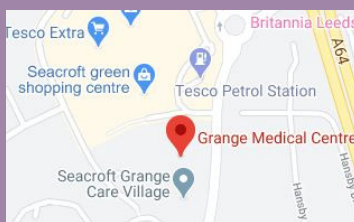


Dr Fox & Partners

COLTON MILL & THE GRANGE MEDICAL CENTRE



Contact Information

Colton Mill Medical Centre,

Stile Hill Way, LS15 9JH

Tel: 0113 295 1802

The Grange Medical Centre,

999 York Road, LS14 6NX

Tel: 0113 295 1800



www.coltonmill-thegrange.nhs.uk

PRACTICE UPDATES

Staff updates

- We would like to welcome back to the team one of your Health Care Assistants, **Sarah Hewitt**. Sarah returned in January 2020 from maternity leave.
- We sadly said goodbye to one of your GPs **Dr Kamir Iqbal** as he relocated to Newcastle.
- We would like to welcome to the team our current training GPs, **Dr S Hopkinson**, **Dr J Clark**, **Dr A Aribatise** and **Dr L Preston**.
- We would like to Congratulate your Pharmacy Technician **Angela Watkinson** on the completion of her Pharmacy Technician Portfolio.
- We would like to congratulate your Practice Nurse **Amy Marshall** on completion of her Travel Vaccination Course.
- We would like to congratulate your Practice Nurse Sarah Alexander on completion of her Cervical Smear course.
- Congratulations to our Medical Administrator and Digital Administrator **Amy Kot** for winning the Logo Competition for the East Leeds Collaborative PCNs. See the winning logo below...



Patient Participation Group



All patients must be registered for the Patient Participation Group if they wish to attend the meetings, if you aren't already and wish to attend the Patient Participation Group meetings, then please ask at reception for a registration form.

All meetings will be held at Colton Mill MC between 5pm—7pm (see website for dates)

Top Tips

LOOKING AFTER YOUR HEALTH THIS EASTER

- **Be prepared** - Make sure you order any prescriptions you might need before any Bank Holidays.
- **Urgent Medical Attention** - If you need urgent medical attention whilst we are closed, Call **NHS 111** and they will ensure that you receive any advice or care you need. [For Medical emergencies call 999.](#)
- **Take it easy on the chocolate eggs!**

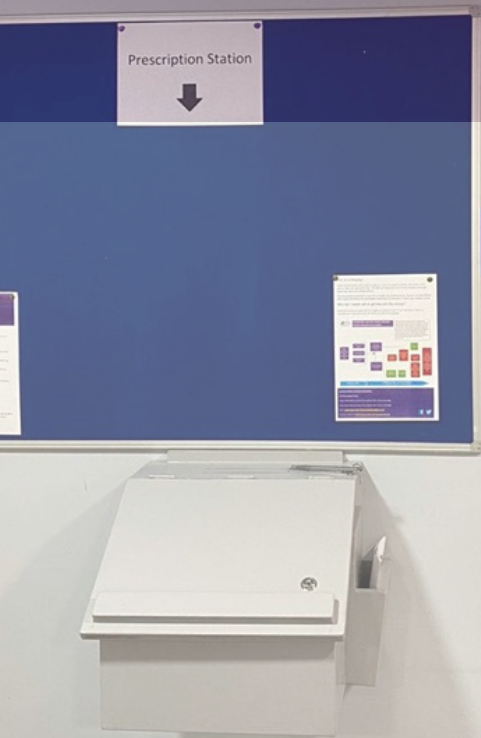


The Patient Participation Group:

- Provide an opportunity for patients to influence the development of services at the surgery.
- Gather different patient viewpoints and needs.
- Provide feedback on new and developing services at our practice.
- Provide an opportunity to communicate information about the community which may effect our patients healthcare that they receive.
- Give our patients a voice.

Ground Rules:

- This group has been established to look at areas of interest.
- It is not a forum for complaints or individual issues.
- All members of the group are asked to be respectful of the views of others, and to recognize that all members of the group have an equal right to express their own views.
- The group will support each other, listen and be flexible.
- All views are valid and listened to.
- The group will start and finish on time and stick to the agenda.



Prescriptions and your Pharmacy Team

Meet the team


Your Senior Practice Pharmacists
Sue Aildred and Hannah Black

Your Pharmacy Technician
Angela Watkinson


Your Prescription Clerks
Amanda Huggan and Lynne Hargreaves

Getting in-touch...

Prescription Clerk at Colton Mill Medical Centre

 **(0113) 295 1965**

Prescription Clerk at Grange Medical Centre

 **(0113) 295 1882**



Please note, Prescription requests cannot be taken over the phone. There are many other options for requesting your Prescription such as, using SystmOne online, posting your prescription request to the practice address or bring a written request into the practice and post in the prescription post box located in reception at both sites.

Ordering your prescriptions this **Easter Bank Holiday**

Patients due medication between **10th April -13th April** will be able to order their medication from **27th March**. This will be to cover the Easter Holiday break.

If you need help understanding this, please contact the Prescription Clerk at your earliest convenience to avoid disappointment.

FILMING WITH BBC LOOK NORTH

BBC
LOOK NORTH

BBC
NEWS



Managing Nurse Julie Beer, HCA Natalie Falkingham, PM Andrea Mann, Debra Backhouse, Jamie Coulson from BBC

Your Managing Nurse **Julie Beer**, HCA **Natalie Falkingham** and Practice Manager **Andrea Mann** spent an exciting morning filming with BBC's Look North Jamie Coulson, promoting Group Consultations across East Leeds Collaborative PCN and discussing the pressures on GP Practices as more and more patients are being diagnosed with high risk diabetes in Leeds.

Keep your eye out for us on BBC Look North and hear how we are tackling this in our East Leeds Collaborative primary care network with Group Consultations!



TARGET TRAINING DATES 2020-21

The practice will be **CLOSED** on the following dates from 12 noon for staff training. If you require a Doctor at these times, please call the surgery telephone number and you will be re-directed to the out of hours team.

For Medical Emergencies, call NHS 999.

- Tuesday 10th March 2020
- Tuesday 21st April 2020
- Tuesday 19th May 2020
- Thursday 18th June 2020
- Tuesday 7th July 2020
- Tuesday 15th September 2020
- Tuesday 13th October 2020
- Tuesday 17th November 2020
- Tuesday 19th January 2021

Useful Numbers

Mental Health Services

Mind Well

www.mindwell-leeds.org.uk

Leeds IAPT

www.leedscommunityhealthcare.nhs.uk/iapt/home/ - Tel: 0113 843 4388

Mind Mate

Young Person Mental Health - www.mindmate.org.uk - 0113 200 9170

Leeds Bereavement Forum

<http://lbforum.org.uk/> - Bereavement Services Tel: 0113 225 3675

Connect for Health Leeds

<https://www.connectforhealthleeds.org.uk/> Tel: 0113 336 7612

Well-being Services

Leeds Hearing & Sight Loss Service

+18 deaf, blind, hard of hearing, blind or partially sighted - Tel: 0113 388 5750

Macmillan Cancer Information Centre

Free complementary therapy sessions - Tel: 0113 206 8816

Touchstone

Tel: 0113 271 8277

Alzheimer's Society Leeds

Tel: 0113 231 1727

Forward Leeds

Alcohol and drug service for adults and young people - www.forwardleeds.co.uk

Tel: 0113 887 2477

BPAS

www.bpas.org - Pregnancy advisory service - Tel: 03457 30 40 30

Carers Leeds

Carers Advice Line Tel: 0113 380 4300

Sexual Health Services

Leeds Sexual Health Services

Leedssexualhealth.com - Order Online test kits, advice and information.

Service Aids & Adaptions

Care and Repair Leeds

Home Improvement Agency for Older People - Tel: 0113 240 6009

Leeds Community Equipment Service (Assisted Living Leeds)

Equipment for daily living, nursing needs - Tel: 0113 378 3283

Repair Line: 0113 378 3302

Wheel Freedom

Wheelchair/Scooter/Bath lift hire - Tel: 0800 0258 005

Home Plus (Leeds)

Making homes safe, suitable & warm - Tel: 0113 240 6009

OUT OF HOURS

NHS 111

MEDICAL EMERGENCIES NHS 999