

**BEECHTREE MEDICAL CENTRE**

**Practice Newsletter**

Old

 **Issue 11**

 **WINTER 2019**

Welcome to the latest edition of our Newsletter!

We hope that this will provide you with some useful information

**Your GP appointment - Keep it or Cancel it**

We want to improve access to GP appointments for our patients. You can help with this by making sure you attend your appointment or cancelling it if you no longer need it. **More than 12million GP appointments are missed each year in the UK costing over £162m. Missed appointments can cause serious delays in treatment for other patients.
One day it could be YOU who can’t get an urgent appointment when you need it.**

Cold weather warning!

* If you fall on snow or ice and you are unsure if you need medical attention please call NHS 111 for advice.
* Pharmacies can advise on over the counter remedies to ease any slight pain, minor swelling or bruising.
* Wrap up warm and check on older people in your community

Seasonal Health Focus

* Keep warm – keep well
* Keep a stock of basic food items in the cupboard or freezer
* Bramley Elderly Action Group have a shopping service over the winter months. Contact them on 0113 2361644
* They also have an Outreach Worker who can help you get in touch with the right kind of support if you get stuck indoors because of the weather
* Ask someone to help you order food on line if you can’t shop yourself
* If you need medication call your pharmacist to ask for home delivery

**Accessing GP services online**

Do you know you can now book or cancel an appointment or order repeat prescriptions by visiting our Website. Our Web Address is [www.beechtreemedicalcentreleeds.nhs.uk](http://www.beechtreemedicalcentreleeds.nhs.uk) Please ask at Reception for details. The practice has a secure connection so the only people who can see your details are the members of staff who work at the practice.

Information about longer G.P. opening hours

Beechtree Medical Centre is constantly seeking to improve the services we offer to our patients. We are planning to join up with a group of local practices that already work together, called ‘The Armley Hub’. These are all individual G.P. practices that work in a group to offer their patients greater access to services. We believe that working with other practices will help us to provide our patients with better access to services and to use our resources more efficiently.

We are pleased to say that from 1 November 2018 all future extended out of hours appointments during weekdays and weekends will be available to our patients at The Priory View Medical Centre and NOT at Manor Park or Robin Lane Health & Wellbeing Centre. The Priory View Medical Centre is located on Tong Road opposite Wortley Towers, Leeds LS12 which is approximately 2 miles from Beechtree Medical Centre – also on bus route 4 & 4A.

Memory Drop-in Sessions

Leeds Central Library welcomes you to a monthly informal drop-in service for people with memory problems, dementia, their carers or anyone who would like more information. The sessions are informal and aim to provide information about memory problems and dementia in a friendly, accessible way.
There is no need to make an appoint-ment. Sessions will be held on the first Wednesday of each month between 10.30 a.m. – 12.30 p.m. in The Gott Room, Second Floor, Leeds Central Library. Tel: 0113 3785005

WE NEED YOU!

We are looking to recruit new members to join our
Patient Participation Group.
Please ask at Reception for details

BEECHTREE MEDICAL CENTRE

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