



Ash Grove Medical Centre
Tel: 01977 673141 – Appointments & Enquiries
www.ashgrovesurgery.co.uk



Welcome to the autumn issue of our Practice Newsletter. In this Newsletter, we aim to provide patients with up to date news, changes to the services we provide and useful information

Staff News

We would like to extend a warm welcome back to Kim Mills – Practice Nurse Team Leader.



Christmas Opening

The surgery will be closing at 6.30pm on Friday 22 December 2023. We will reopen at 8.00am on Wednesday 27 December 2023. We will also be closed on Monday 1 January 2024.

GP Care Wakefield is operational on Bank Holidays between the hours of 9.00am and 3.00pm. If you require urgent medical attention during these hours, please telephone the surgery as usual and you will be transferred through to GP Care Wakefield where you will be able to speak to a Nurse about your condition.

Following initial discussion with the Nurse, if deemed appropriate he / she will offer you a GP appointment at Trinity Medical Centre, Northgate Surgery, Elizabeth Court Surgery, Church View Surgery or Ossett Surgery.

Should you require urgent medical attention outside of these hours, please contact NHS111 who are operational 24 hours a day.

Please remember to order your prescriptions in time and allow additional days for processing over the Christmas period.

On behalf of the GPs and staff at Ash Grove Medical Centre we wish you all a Merry Christmas and a Happy New Year.



Meet your GP Practice Team!

GP practices alongside dental practice, community pharmacies and optometry (eye health) providers, make up the first point of call for most people's healthcare needs. There are many people who work in GP practices, alongside doctors, in a variety of different roles, that make your healthcare possible, and they may be able to support you with more than you'd think...

Reception Team – receptionists are often the first person you will see/talk to in a practice. They use care navigation and their extensive training knowledge of the healthcare system to welcome patients and help them in a number of ways. Our receptionists (or care navigators as we like to refer to them as) can:

- Help you book appointments with the right healthcare professionals
- Identify services, you can access with a self-referral
- Make appointments for new care or services you might not be aware of

Advanced Clinical Practitioner (ACP) – Advanced Clinical Practitioner are highly qualified and trained clinicians who can perform assessment, diagnosis and arrange further tests, for a range of health conditions. Advanced Clinical Practitioners can prescribe medication, issue sick notes and do referrals to other specialist clinics.

Clinical Pharmacist – in many cases, Clinical Pharmacists can provide expert health support for a range of medical needs, particularly with medicines. Clinical Pharmacists can help you by:

- Giving advice and information about your health and minor ailments
- Perform blood pressure checks and cholesterol readings
- Supply contraceptives
- Support you to manage and get the best from your repeat prescriptions

For minor conditions and medication support you may be referred to a pharmacist by a member of Ash Grove Medical Centre. You can also visit a Clinical Pharmacist directly for support with any of the health needs above. To find a local pharmacy visit: www.nhs.uk/service-search/pharmacy/find-a-pharmacy



Is there a quicker way to get help?

Due to high demand, waiting times for GP practice services may be significant but for many health conditions, you can get specialised treatment without needing to see a GP or nurse.

The NHS has a list of self-referral services that can provide quality healthcare services with shorter wait times.

- For minor eye conditions, you can get FREE eye care from the listed providers. Use this tool to find a provider local to you: primaryeyecare.co.uk/find-a-practice/
- For complications in early pregnancy, you can contact the Mid Yorkshire Pregnancy Assessment Unit on 01924 541135 for specialised support
- For help quitting smoking the Yorkshire Smokefree Service can provide face to face, online and telephone based support. Speak to an advisor on 0330 6601 166 or join online at: wakefield.yorkshiresmokefree.nhs.uk/pages/ways-yorkshire-smokefree-can-help
- For male sex and female sex reproductive choice services, MSI Reproductive Choices, can provide guidance and treatment. You can get in touch with them via their phonelines on 0345 300 8090 or make an online booking at: www.msichoice.org.uk/book-online/
- Patients aged 5 and over can get FREE support with weight loss and increasing movement through the Aspire Health Service. You can contact the Aspire Health team for help via an email to: aspirereferral@wakefield.gov.uk or by calling them on 01924 307811
- Patients over 50 can access support for loneliness, mental health, dementia, keeping active, finance, transport and housing through Age UK Wakefield District. You can get in touch with their support team by calling 01977 552114 or by contacting online at www.ageuk.org.uk/wakefelddistrict/about-us/contact-us/
- Patients at Ash Grove Medical Centre can find support for themselves, children and young people through Wakefield Council's children and young people services. You can find out more about their support by visiting: www.wakefield.gov.uk/children-and-families/information-and-support-for-families/
- Adults can access support for care arrangements and housing with Social Care Direct. For any support related to adult social care, you can contact the social care team via telephone on 0345 8 503 503, or email social_care_direct@wakefield.gov.uk or contact them online at: www.wakefield.gov.uk/adult-social-care/social-care-direct/
- If you are the carer of another person, you can get financial and wellbeing support from Carers Wakefield & District. You can self-refer for support by calling 01924 305544 or by submitting a request online at: www.carerswakefield.org.uk/our-support/support-for-carers/referrals/

Using the support options above could help you find quicker support for your health and care needs.

Alcohol Awareness

Cutting back on alcohol consumption can be a really effective way to; improve your health, boost your energy, lose weight and save money. It's recommended to drink no more than 14 units of alcohol a week, spread across three days or more. That's around six medium (175ml) glasses of wine, or six pints of 4% beer. There is no completely safe level of drinking, but sticking within these guidelines lowers your risk of harming your health.

Even cutting back just a small amount will help!

Here is some advice to help you with reducing your drinking:

- Watch the strength. Choose drinks that are lower in alcohol. Or swap to no or low alcohol alternatives.

- Going for drinks is not the only way to see friends and family. Vary your social plans to include non-drinking activities.
- Set a budget and stick to that amount. If you are going out, try taking a set amount of money in cash, or set up a spending alert on your card.
- Avoid taking part in drink rounds. Being involved in rounds makes it easy to end up drinking more than you intended.
- Wait for your evening meal before you have a drink. This will reduce the alcohol effects and decrease the likelihood of excessive drinking in one session.
- If drinking is a way you handle boredom or stress, try finding an alternative activity. Exercise is a great stress reliver, and simple things like cleaning, a new hobby or DIY can be a good way to occupy the mind and body.

You can find more advice on reducing your alcohol intake at: www.nhs.uk/better-health/drink-less/

The Drink Free Days app can also support you to cut down on your alcohol consumption by helping you plan your drinking, set targets for yourself and remind you of your commitments. If you have more serious concerns about your drinking or the drinking of someone you know, you can get specialist help from Turning Point. Turning Point offers FREE confidential, non-judgmental support for alcohol related issues. You can refer yourself for support by visiting: www.turning-point.co.uk/services/wakefield



Need someone to talk to?

If you or someone you know is struggling and needs someone to talk to then Turning Point could help. Turning Point are experts in helping people take control of their lives and can support with management mental health, learning disabilities, employment or drug and alcohol use. Turning Point are national specialists with branches across the country. The Airedale Library is in the local area, which is available for the use of Ash Grove Medical Centre's patients. You can contact Turning Point via email: wakefield-IR@turning-point.co.uk



Flu season and vaccination clinics

We are now running flu and covid vaccination clinics. If you have not had your vaccinations yet and believe you are entitled to receive one, please contact the surgery to check you are eligible and make an appointment.



Staff Training Days

Please make a note of the dates below when the surgery will close at 12.00pm for staff training. We will close at 12 noon on the day of training and re-open the following day at 8.00am. If you need a doctor in an emergency, please telephone NHS111.

17 January 2024

21 February 2024

13 March 2024

17 April 2024

15 May 2024

Thank you for treating us with respect!

At Ash Grove Medical Centre, we're really grateful for our hard-working and resilient staff team.

The NHS has conducted a staff survey, which has revealed that 27.5% of NHS Staff experienced harassment, bullying or abuse from patients and 14.5% of NHS staff in England experienced at least one incident of physical violence from the public in the last 12 months.

We want to say a massive thank you to all our patients that treat the staff at Ash Grove Medical Centre with the respect they deserve. We also wanted to remind everyone that our staff are here to help you and need to be respected at all times.

Thank you for supporting Ash Grove Medical Centre and the NHS!

