



Colton Mill  
& The Grange  
Medical Centre



@COLTONANDTHEGRANGEMC



@mill\_colton



## HIGHLIGHTS OF THIS NEWSLETTER

- p1. Important Updates
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# DR T FOX & PARTNERS

Colton Mill & The Grange Medical Centre

### Appointment System Update - From Monday 2nd August 2021.

In response to demand and managing the impact when GP's are in isolation as a result of the COVID-19 pandemic, we adjusted our GP appointment system. From this date the majority of our GP appointments will be face-to-face and bookable on the day. Same day appointments will be available to book online from 07:30am or by telephone from 08:00am. Pre-bookable GP appointments will still be available to book for follow up reviews or test results.

**In line with the Government guidance patients are required to continue to wear a face covering in all healthcare settings, therefore patients will be asked to wear a face covering when visiting the practice.**

- Please do not attend the surgery if:**
- You are experiencing symptoms of COVID-19.
  - You are in isolation

## Welcome & Goodbye

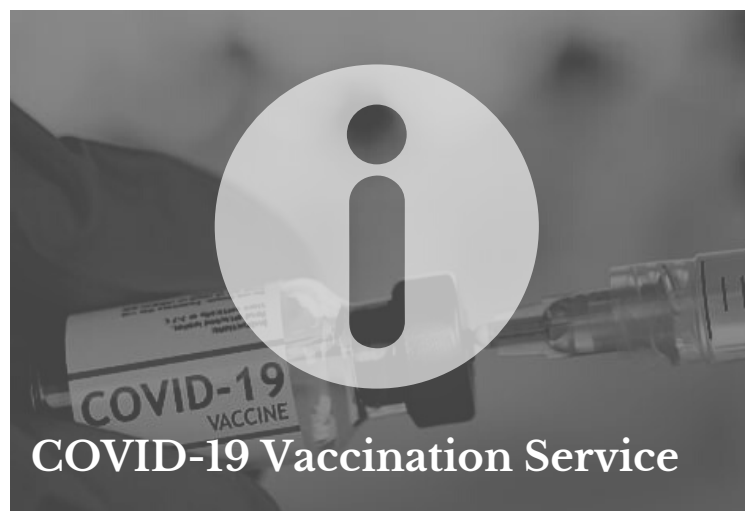
- **Farewell** to FY2 **Dr Gibbons** who left us on 3rd August 21.
- **Farewell** to PCN Care Coordinator **Bradley Rufus** as he starts his new role as a Physical Performance Coach for Huddersfield Town Football Club.
- We welcomed back **Dr R Kay** from maternity leave!
- Welcome to the team Practice Nurse **Catherine**.
- We welcomed Administration Apprentice **Georgia Mann** to the team in July 21, following completion of her GCSE exams,
- **Welcome** to the team our new GP Registrars **Dr Houldershaw** and **Dr Bhalla**.

## Staff Achievements

- After 30 years, **Dr T Fox** attends his last GP Trainee session with Dr Obi. 30 years of providing clinical and educational supervision to all stages of GP Trainees and foundation Doctors in GP practices.
- **Congratulations** to Senior HCA **Victoria Bottomley** for passing her Biology exam.
- **Congratulations** to Trainee Advanced Nurse Practitioner **Julie Beer** for passing her 3rd (Leadership) Module for her Masters in Advanced Practice.
- **Congratulations** to **Dr B Hammersley** for passing his GP Trainer interview.
- **Congratulations** to Digital Officer **Amy Kot** for passing her Digital Marketing Exams.
- **Congratulations** to Practice **Amy Marshall** for passing the Cervical Smear Assessment.
- A huge **congrats** to **Dr E Barrett** as she joins the GP Partnership!



"Coming together is the beginning. Keeping together is the progress. Working together is success"



**We are currently working hard to organise the Flu Vaccination Service for Winter 2021.**

Your **#FluVaccinations** have been ordered and those who are eligible will be contacted to attend our service **from September 2021.**

Keep an eye out on our social media accounts (Facebook/Twitter) or our practice website at:

<https://www.coltonmill-thegrange.nhs.uk/flu-vaccination-service> for further updates!

**When can I book for my COVID booster?**

We do not yet know which vaccines these will be when clinics start, a decision will be made shortly whether our PCN will be delivering the COVID booster programme from September 2021. Boosters will only be offered to priority groups which will be confirmed nearer the time.

**Will children be offered the COVID vaccine before they start school in Sept?**

We are not yet aware of any plans for children to be vaccinated.

**How do patients get hold of the COVID pass?**

The pass is a digital QR code can be download from the NHS app or NHS website. Patients will be asked to input their name, date of birth, postcode and NHS number.

**For more information visit our website at:**

<https://www.coltonmill-thegrange.nhs.uk/covid-19-vaccination-service>

# Going Green

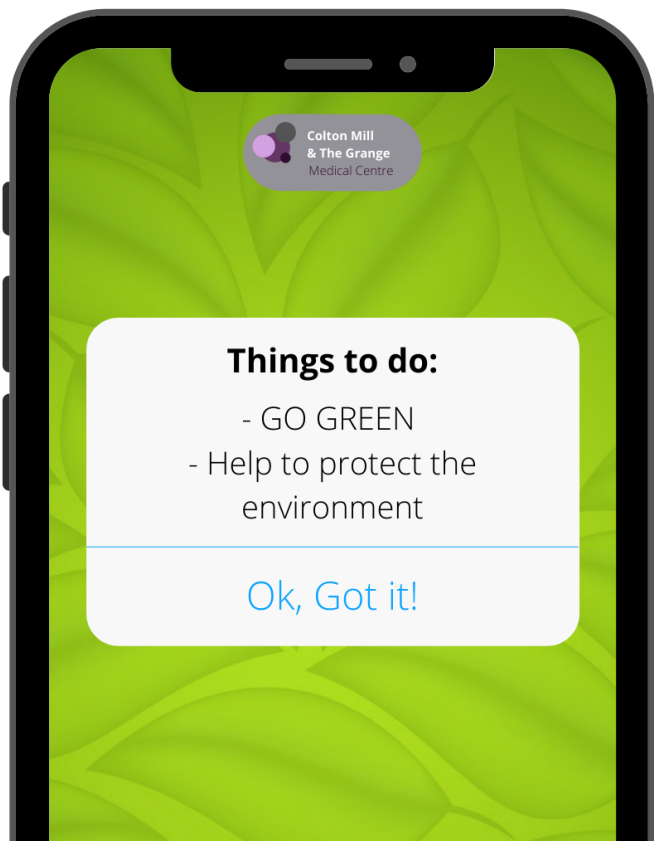
**Our aim is to introduce practices that can lead to more environmentally friendly decisions, which will help protect the environment and sustain its natural resources for current and future generations.**

## **Our previous achievements:**

- ✓ Replacing plastic cups to re-useable glass cups at each of our office water fountains.
- ✓ Collecting used batteries and sending these to a Recycling company
- ✓ Turning off electronics and lighting after use
- ✓ Introducing "think before we print"
- ✓ Keeping recycling bins at the ready
- ✓ Collecting our used printer ink cartridges and sending these to a Recycling company

## **So, what next?**

Every day we send 100's of letters to our patients, meaning we use A LOT of paper... Our idea is to reduce the amount of paper we use.



## **But, how?**

We want to give each individual patient the option to receive communication from us electronically. This means, where possible we could send your letters to either your email address or via a link to your mobile phone.

**We know it's not a suitable option for everybody, and that's why we want your thoughts. Let us know, if you were given the option to receive your letters via email or text, would you opt in?**

**Tweet us at [@mill\\_colton](#)**

**Comment on our Facebook post**

**[@COLTONANDTHEGRANGEMC](#)**

**Email our Digital Officer at: [amy.kot@nhs.net](mailto:amy.kot@nhs.net)**



# Carers Story and Advice with Melanie



"Life as a Carer and my Top Tips"  
- Patient Reference Group Member and Carer Melanie

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## **Hello, I'm Melanie and I'm a Carer.**

I have been caring for my elder mother along with my sister for the last 20 years, following the death of my father. Initially, the role was manageable, and I was able to combine the role whilst working part time as a secretary within the NHS. However, as my mother is now 92, I have found that her emotional, mental and physical needs have become much greater, and as such, this has become a much more demanding caring role which has impacted the well-being of ourselves and other family members, some of whom have health needs of their own.

Caring roles are tough and come with many struggles, I myself am faced with daily challenges. At times, I struggle to provide the required support to meet the extra needs that my mother requires, especially during the COVID pandemic where her emotional and mental well-being was very challenging.

My mother wants to remain independent and live in her own bungalow therefore, me and my sister have tried to facilitate this. But, like many of the elderly she can be quite resistant to engage with us to ensure that we can provide the support she needs. This, along with the other physical and mental health difficulties can be extremely stressful to manage, especially when you have your health and well-being to consider.

I came to the decision to finish working, somewhat prematurely, as mum was recovering from major surgery and we found trying to access and obtain postoperative care almost non-existent.

Supporting everybody around you can take its toll on your own well-being, especially when you have to be the main person to absorb issues and resolve problems as they arise. It can lead to lots of negative feelings, which although can be outside of your remit, it nevertheless does have an impact upon yourself. This I have found difficult at times as you somehow have to try and remain strong, which is not always helpful to your mental well-being..

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## **We are all human and must express how we feel and ask for help when we need it**

I often find there is very little recognition of been a carer, and sometimes you can feel guilty about asking and receiving help from others when there is lack of clarity. I don't necessarily think other deliberately mean to be obstructive but, there often seems to be confusion about the appropriate advice and the correct eligibility/definition of been a Carer - for example, not everyone is a paid carer or receiving carers allowance, some may only care for a few hours, whilst other it can be a necessity becoming a full-time job. Some carers may feel completely fulfilled in their role, whilst others find it extremely challenging."

## TOP TIPS FOR CARERS

01. *Get involved in social activities where possible. I.e. I volunteer role as secretary in local pension club.*
02. *My own coping mechanisms are being able to talk openly and share feelings with those whom you can trust and not be judgemental.*
03. *Recognising that you are a Carer. Most of us are carers, but don't always recognise the fact. Whether it is just helping our grandchildren or just a friend.*
04. *Don't feel guilty when you encounter conflict with those being cared for. Carers have needs and feelings too!*
05. *Take time out for yourself whenever you can and embrace what you enjoy or used to enjoy.*
06. *Learn to be your own advocate by using your life skills to promote change! Share ideas and feedback about your caring role whenever you get the chance to do so.*

## WHO CAN HELP ME?

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Due to my own personal difficulties encountered I did access help from Leeds Carers. I have found them immensely supportive and can help in so many ways



@Melanie

ADVICE LINE EMAIL: [advice@carersleeds.org.uk](mailto:advice@carersleeds.org.uk)

ADVICE LINE TELEPHONE: 0113 380 4300

# USEFUL NUMBERS AND LINKS

Practice Website

[coltonmill-thegrange.nhs.uk](http://coltonmill-thegrange.nhs.uk)

Practice Contact Number

Colton Mill: 0113 295 1802 / The Grange: 0113 295 1800

Book or manage your coronavirus vaccination

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Mental Health Services

[www.mindwell-leeds.org.uk](http://www.mindwell-leeds.org.uk)

**Leeds IAPT**

[www.leedscommunityhealthcare.nhs.uk/iapt/home/](http://www.leedscommunityhealthcare.nhs.uk/iapt/home/) - Tel: 0113 843 4388

**Mind Mate**

Young Person Mental Health - [www.mindmate.org.uk](http://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](http://www.forwardleeds.co.uk) Tel: 0113 887 2477

**BPAS**

[www.bpas.org](http://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](http://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**

<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/>

**MEDICAL EMERGENCIES NHS 999**

NHS COVID Pass Line

**NHS 119**