

Welcome to our newsletter, which we publish every quarter, providing updates within the surgery and information on services that we hope you will find useful.

### COVID Spring Booster

The Joint Commission on Vaccination and Immunisation has advised that a Covid-19 vaccine should be offered to adults aged 75 years and over, residents in care homes for older adults, and individuals aged 6 months and over who are immunosuppressed.

We will be contacting eligible patients in due course.

### Primary Care Network News

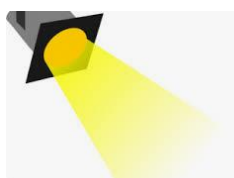
We would like to extend a warm welcome to Elaine O'Hara, who joins our Social Prescribing team and will be based at Priory View every Friday.

Elaine has a wealth of experience working with and supporting the local community and spent five years at Castleton Children's Centre as a Family Outreach Worker before joining our team. Elaine is really looking forward to encouraging and empowering people to live their lives in the best way possible, making small steps towards what matters for them.

We would also like to welcome our [new dietician](#), Elli Ganiti, who will be working with us every Monday to support patients with nutrition,

diabetes, weight management and gastroenterology related conditions (such as Coeliac disease, irritable bowel syndrome and Diverticular disease).

Elli is passionate about how the science of nutrition affects our health and is really looking forward to working with patients across Armley to achieve their dietary goals.



Spotlight  
on...  
[Coronary  
Heart Disease](#)

Coronary Heart Disease (CHD) is the term that describes what happens when your heart's blood supply is blocked or interrupted by a build-up of fatty substances in the coronary arteries. CHD is a major cause of death in the UK and worldwide.

The main symptoms of CHD are: [chest pain / shortness of breath / pain in your neck, shoulders, jaw or arms / feeling faint / feeling sick](#). But not everyone has the same symptoms, and some people may not have any before coronary heart disease is diagnosed.

If a doctor feels you're at risk of coronary heart disease, they may carry out a risk assessment. They'll ask you about your medical and family history and your lifestyle, and they'll take a blood test. Further

tests may be needed to confirm coronary heart disease, including: [ECG / echocardiogram / chest x-ray / coronary angiogram](#).

Coronary heart disease cannot be cured but treatment can help manage symptoms and reduce the chances of problems such as heart attacks. Treatment can include: Lifestyle changes, such as regular exercise and stopping smoking / medicines / surgery.

You can also reduce your risk of getting coronary heart disease by making some simple lifestyle changes such as eating a healthy, balanced diet, being physically active, giving up smoking and controlling blood cholesterol and sugar levels.

Being diagnosed, or living with a heart or circulatory condition can be overwhelming but support is available from charities such as the British Heart Foundation.

### Refresh Carers

Refresh Carers support parent carers who look after children with disabilities and long-term health conditions (children of any age, so adult children too). They have secured funding to run workshops in the local area that will focus on personal development, confidence building and wellbeing sessions.

Please visit their website to find out more. [www.refreshcarers.com](http://www.refreshcarers.com)

Leeds  
Older  
People's  
Forum

Priory View recently signed-up to Leeds Older People's Forum – a network of organisations working with and for older people - to be registered as an Age and Dementia friendly organisation.

This March all staff will be taking part in 'Dementia Friends Awareness' training and we are also looking to improve the ways in which we communicate with our older patient population (such as producing large-print versions of the newsletter).

To find out more about Leeds Older People's Forum, please visit [www.opforum.org.uk](http://www.opforum.org.uk)

### Trainees at Priory View

It has been a busy couple of months at Priory View accommodating 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> Year Medical Students on clinical placements as part of their medical degree.

The placements provide students with invaluable insight and understanding of how we work within a GP surgery - 1<sup>st</sup> and 2<sup>nd</sup> years spend time shadowing

different members of the clinical team and 4<sup>th</sup> years get to run their own joint clinics (under close supervision from their medical supervisor, Dr Tonse). Below is just one of many lovely comments we have had from 4<sup>th</sup> year students who recently completed their placements with us:

***"Absolutely wonderful placement. I enjoyed my time so much - there was an excellent combination of teaching and practical learning opportunities."***

### On-line Patient Participation Group

We are launching a NEW on-line patient participation group within our 'Priory View Medical Centre' Facebook page.

We hope it will make it easier for more patients to join our group and share ideas on how we can provide the best service possible. It will also be a great way of getting feedback on any new services we are looking to provide.

Our existing PPG group members will continue to meet a couple of times a year and minutes from these meetings will be published on our website.

To join our on-line group, you just need to be registered with us as a patient and click the link on Facebook page.

### Priory View News

We would like to welcome four new Registrars – Dr Oka, Dr Wong, Dr Shacfe and Dr Aish – who are all with us for six months as part of their GP medical training.

We also welcome Ali Smith, who joined our Reception Team in November and say welcome back to Emily Micklethwaite and Dr Cheung, who both return from Maternity leave.

And finally, we wish Dr Lauren Matthews our warmest congratulations on the safe arrival of her baby girl. Dr Chown will be covering Dr Matthew's surgeries whilst she is on maternity leave.

### Opening times



### Priory View

Monday	08:00 – 18:00
Tuesday	07:30 – 18:00
Wednesday	08:00 – 18:00
Thursday	07:30 – 18:00
Friday	08:00 – 18:00

### Armley Hub @ Priory

Saturday	08:00 – 17:00
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### Training Days

Priory View will be closed from 12pm on 2<sup>nd</sup> May and 23<sup>rd</sup> May for staff training.