



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

Have your say in what we publish by sending your suggestions to: priory.view@nhs.net

If you would like a copy of the newsletter emailing to you each quarter, please contact reception.

Covid-19 update

It's been a year since the start of the Coronavirus pandemic, which has no doubt affected each and every one of us in our day to day lives. We've all had to adapt to a different way of doing things and we would like to thank all of our patients and staff for working with us throughout all of the changes.

The good news is the vaccination programme is now well underway and we are delighted to be involved in the largest vaccination programme in the history of the NHS.

"The lovely, cheerful welcome from everyone when we came for the Covid jab was like seeing family again" Priory View Patient.

We have had some lovely feedback from patients who have attended our clinics and to date **2,334** of our patients have

received their first Covid-19 vaccine. We continue working hard to make sure patients are offered the vaccine **as soon as it's their turn.**



A **big thank you** must go to all of our 'Priory View Volunteers' who have been on-hand to welcome and help guide patients through the building during our Covid clinics. Volunteers have come forward from our Patient Participation Group as well as friends/family of staff who work here.

Services available

We have continued to offer cervical smears, immunisations and chronic condition reviews throughout the pandemic

Our **vasectomy** and **coil-fitting** clinics have also been up and running since late June. Please call and make an appointment for a telephone consultation with one

of our GPs if you are interested in either of these services.



Forward Leeds provides support for adults, young people and families needing help with alcohol and drug use in Leeds and we hope to have a support worker based here in the surgery soon.

Mental Health top 5 tips

The pandemic has had a major effect on our lives and many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Here's some useful tips that might help if you are struggling:-

- 1. Talk about your feelings** – talking can be a way to cope with a problem you've been carrying around in your head for a while. Just being listened to can help you feel supported and less alone.
- 2. Keep active** – regular exercise can boost your self-esteem and help you concentrate, sleep and feel better.
- 3. Eat well** – your brain needs a mix of nutrients to stay healthy and function well. Eat at least three meals each day and drink plenty of





water and try to limit how many high-caffeine or sugary drinks you have, and avoid too much alcohol.

4. Drink sensibly – occasional light drinking is perfectly healthy and enjoyable for most people. Stay within the recommended weekly alcohol limits (14 units for both men and women).

5. Keep in touch – family and friends can make you feel included and cared for and can offer different views from whatever's going on inside your own head.



NHS talking therapies

If COVID-19 and lockdown have impacted your mental health, you are not alone. If you are struggling with anxiety and depression, NHS talking therapies can help.

Ask one of our GPs for a referral to NHS talking therapies, or you can self-refer via nhs.uk/talk

Leeds Learning Hub

Are you out of work and looking to pick up job search tips and tricks? If so the Leeds Learning hub is running a free on-line course which will also look at how to improve health and wellbeing as well as getting help from local support providers. Anyone interested can call 0113 213 6813.

Priory View Team News

Judith King recently celebrated her **20th year** of service at Priory View.



Many of you might remember Jude's friendly face from her many years as Reception Supervisor. Jude is now Priory View's IT guru and makes sure our GP clinics run smoothly and efficiently.

We also welcomed another four Registrars to Priory View recently; Dr Anekwe, Dr Reilly and Dr Start will all be with us until August and Dr Aribatise is with us until early next year.



Would you like to be involved in helping to improve the experience of our patients? If so, we would love to hear from you.

You don't need any special skills or experience; you just need to be passionate about great quality healthcare.

To register your interest, please contact our practice by phone and speak to one of our Reception team.

Opening Times



Priory View

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|-----------|-------------|
| Monday | 0700 – 1800 |
| Tuesday | 0730 – 1800 |
| Wednesday | 0800 – 1800 |
| Thursday | 0730 – 1800 |
| Friday | 0800 – 1800 |

Armley Hub @ Priory

| | |
|-------------------|-------------|
| Mon – Fri (am) | 0700 – 0800 |
| Mon – Fri (pm) | 1800 – 1900 |
| Telephone only pm | |
| Saturday | 0800 – 1400 |
| Sunday | 0800 – 1200 |

Training Days

Priory View will be closed from 12pm one Thursday of every month to provide time for staff and GPs to undertake compulsory training.

The surgery will be closed from 12.30pm on:-

Thursday 5th May 2021

