

COVID—19

The practice has remained open during the height of the Pandemic and we will continue to remain open. We have had to change how we all work to ensure patients and staff remain safe and well. We are offering appointments for routine work with our Nurse & HCA team.

We are currently unable to offer open clinics for our patients to book into. Should you feel unwell, please telephone the practice where you will be asked a series of questions to help the receptionist understand the reason for your call. You will be offered a virtual (telephone) appointment with a clinician. Should you need to be seen face to face you will be offered an appointment time.

It is important to wear a face mask when attending all appointments.

Please do not attend the surgery unless you have been invited for a face to face appointment. You can contact reception via e-reception, email or telephone.

Mental Health

If you are struggling with anxiety, you may have noticed this could have increased after Covid or you may be feeling down/depressed there are a number of resources available to help. We offer a free talking therapy, [Healthy Minds](#). This is a telephone consultation with a mental health specialist who will offer counselling and support. If this is something you feel you would benefit from, please contact the practice who can book you into an appointment.

Appointments are usually available within 3—7 days.

You can self refer to the [Leeds Mental Wellbeing Service](#) who offer a range of online therapies as well as CBT and counselling over the phone.

[Mindwell](#) are offering mental health support, as well as support around Coronavirus.

[Linking Leeds](#) are a support service aimed at anyone who may need support connecting to their community, services and activities. You don't need see a doctor to be referred just contact 0113 3367612 or email 'linking.leeds@nhs.net'

Health Factoid—

'Always look on the bright side of life' so the line goes in a famous song! However optimism can actually make you live longer!



Optimism is linked to a healthy heart and can actually help ward off diseases. Healthier behaviours and lower blood pressure are some of the benefits of being the glass half full type.

Repeat Prescription Requests—Since 2016 we have not taken requests for medications over the telephone. You can currently order items through e-reception via our website, email, via your pharmacy or SystmOnline. If you require an online password for our website, please contact reception.

Training Afternoons

One Thursday a month, the practice closes in the afternoon for in house training. If you require medical attention, please call 111. Please see our notice board or website for future dates.

If you require medical advice out of hours you can call 111 or if you need an ambulance you can still call 999.

Local Rate Telephone Number : 0113 3911950

We currently do not have a **Patient Reference Group** due to the COVID-19 pandemic. Please check back on our website regularly for further updates as to when we can start this up again. We would love to have representatives from all our patient age ranges.

Any Suggestions?? We are always looking for ways we can improve as a practice. If you think there is something we can get better at or improve on , we are happy to hear from you.

Please email the practice if you have any suggestions—aireborough.practice@nhs.net

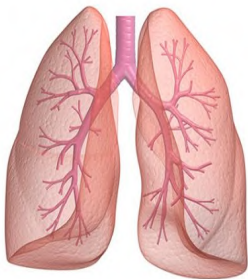
Long Term Health Condition — COPD

Chronic Obstructive Pulmonary Disease (COPD) is the name for a group of lung conditions that cause breathing difficulties.

Smoking, fumes, air pollution and genetics can all cause COPD. Smoking is the main cause and the condition cannot be reversed. COPD is largely managed by medications, breathing therapies and stopping smoking.

It's especially important to stay fit and active, take your medications, maintain a healthy weight and have your annual flu vaccine and pneumovac.

Please discuss this with the nurse at your next review.



With any long term condition, it is important to have an annual review to check your overall health, how you are managing your condition, review of your medications and any other symptoms.

If you are struggling with an ongoing chesty cough, increasing breathlessness, persistent wheezing or frequent chest infections, please book an appointment to discuss with one

HEALTH CHECKS FOR OVER 40's

If you are 40+ we are offering a free health check with the HCA - Healthcare Assistant—which incorporates checking for heart disease and diabetes. Afterwards we will send you a health check report which shows all of the results so you can see how 'well' you are and what you need to do to remain healthy. Why not make an appointment and take opportunity of this free check? You may have had a health check previously, if so you maybe due for recheck. If so we will be in touch, or you can contact Reception to discuss.

Health Factoid—

Every 15 cigarettes you smoke causes a mutation in your body. Mutations are how cancers starts. After 1 month of not smoking your lungs begin healing and lung capacity is increased. After 1 year your risk of coronary heart disease is halved! Contact One You Leeds for help and advise.

New Partner

Our Practice Manager Fleur Waite has been made Partner at Aireborough Family Practice. Fleur has been a valued part of the team for many years and we are very happy to have her join Dr Naylor as a Partner.

Congratulations!