



## ALMONDBURY SURGERY NEWSLETTER

Longcroft, Almondbury, Huddersfield HD5 8XW

Tel: 01484 514555

Website: [www.thealmondburysurgery.co.uk](http://www.thealmondburysurgery.co.uk)

### Repeat Prescriptions

You can order a repeat prescription in the following ways:

1. Contact our reception number on 01484 514555 and follow the instructions to reorder your repeat medication.
2. Tick the items required on the white portion of your prescription then place it into the red prescription box located on the wall in the reception area.
3. Order online using our secure system (ask at reception should you wish to register for the online facility).
4. Log into your NHS App to reorder your repeat medication.

Please remember to allow 48 hours for prescription requests.

### Patient Reminder

Please can we remind you to book at least 1 month in advance for your routine appointments.

For example:

Pill checks/Contraception  
B12 Injections  
Repeat HRT  
Depo Injection

### Did you know you can self-refer?

We want to help support you in whichever direction you need to go. Below are some services which you can self-refer for help and support.

Kirklees Improving Access to Psychological Therapies (IAPT) – For anxiety and depression.

Telephone 01484 343700

CAHMS - Child and Adolescent Mental Health Services. (Telephone referral) – For parents to self-refer for children or young adults.

Telephone: 0300 304 5555

Continence: Single Point of Contact (Local – SPOC):

Telephone: 0300 304 5555

Pears scheme for eyes:

Many opticians accept self-referrals, please ask at Almondbury Surgery reception for a list of numbers and information.

Gateway to Care: You can self-refer:

Contact the Community Health and Social Care Hub by telephone on 0300 304 5555.

Carers Counts Kirklees:

If you care for a family member or neighbour, did you know you can self-refer.

Telephone: 0300 012 0231

**PPG (Patient Participation Group) – Please visit our website should you wish to join**

We would like to thank Lin Eastwood who has been our PPG chairperson for the last two years; she is now wishing to step down; so should anyone be interested in taking over this role, please contact Tracy Burchael, HR Manager at Almondbury Surgery. The group meets four times a year here at the practice on a Thursday either an afternoon or on a teatime.

**Closure Dates for Surgery:**

**PPT Training:**

**30<sup>th</sup> January 2024**

**20<sup>th</sup> February 2024**

**19<sup>th</sup> March 2024**

We will be closed at 1:00pm on the above dates for our Practice Protected Training Time for Staff.

We apologise for any inconvenience caused by these closure dates. The practice will reopen again at 8am the following day.



**Easter Closure:**

**Friday 29<sup>th</sup> March and Monday 1<sup>st</sup> April 2024.**

**Social Prescriber:**

Many things can affect our health and well-being which could include feeling isolated, lonely, or stressed by work, money issues, housing problems or living with a long-term health condition.

A Social prescriber helps people to improve their health and wellbeing by connecting them.

**How to access social prescribing:**

To speak to a link worker, please contact your GP. You must be registered with a GP practice based in Kirklees.

**NEXT ISSUE DUE IN SPRING 2024**



**CATCH IT.**



**BIN IT.**



**KILL IT.**

