



## ALMONDBURY SURGERY NEWSLETTER

Longcroft, Almondbury, Huddersfield HD5 8XW

Tel: 01484 514555

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

### Are you eligible for a free NHS flu vaccination?

Flu can be more dangerous if you are over 65, have an existing health problem, are pregnant, a carer, or children under 4.

Don't put it off. Get your flu vaccination straight away. Ask at your GP Practice.

**STAY WELL THIS WINTER**



**Are you eligible for a flu vaccine? We are now booking in flu vaccinations at the surgery. Please contact our Reception Team on 01484 514555 to get yours booked in today. Clinics are running in September and October.**

### CARERS SANCTUARY RETREAT

Carers Count understands that many carers prioritise the needs of others before their own, therefore with the help of funding received from Creative Minds, we are delighted to be able to offer carers a retreat in October at the Westwood Centre in Golcar.



**With just £5 per person you can book a place**

Enjoy taking part in optional activities such as Meditation, Carers Journey, Journaling, Felted, Wellbeing Walk, and Tai Chi, or just have a quiet moment to sit down and read a book.



We will also be offering carers unlimited drinks and snacks throughout the day as well as lunch.



**Day retreat Friday 11th of October 10am – 4pm**

**Evening retreat Friday 11th of October 6pm – 9pm**

**Day retreat Saturday 12th of October 10am – 4pm**

Transport will be available for the both day retreats with minibus pick-ups from Batley and Huddersfield or you can make your own way there.

If you want to come to the evening retreat on Friday the 11th of October, you will have to make your own way to the Westwood Centre.

**Address: Westwood Centre,  
Westwood Edge Rd, Golcar, Huddersfield HD7 4JY**



If you would like to book a place or find out more please contact

📞 0300 012 0231 📧 [info@carerscount.org.uk](mailto:info@carerscount.org.uk)

### The Silver Line

Age UK's Silver Line Helpline is the UK's only free, confidential, 24 hour helpline providing friendship, conversation, and support. **Call free on 0800 4 70 80 90**

**PCAN** is an independent, parent led forum for all parents and carers of children/young people (aged 0-25 years) with additional needs in Kirklees. PCAN welcomes any parent or carer, whether they are just becoming aware that their child may have additional needs or whether they have a child with a confirmed diagnosis.

Contact 07754 102336

<http://www.pcankirklees.org/> or [info@pcankirklees.org](mailto:info@pcankirklees.org)

**CHECK OUT THE NHS SYMPTOM CHECKER ONLINE by visiting: <https://111.nhs.uk>**

### Choose the right care



Self Care	Grazed Knee Hangover Sore Throat Cough
NHS 111	Unwell? Unsure? Need help? GP surgery closed?
Pharmacy	Diarrhoea Hayfever Painful cough Runny nose
Your GP	Ear pain Fever Persistent vomiting Unexplained pains
Urgent care centre or minor injury unit	Broken bones Severe sunburn Sprains Strains
Emergency Department or 999	Chest pains Heavy bleeding Severe burns Stroke

**Remember:** The Emergency Department or 999 is for emergencies only

**Closure Dates for Staff:**

**PPT Training:**

- 15<sup>th</sup> October 2024**
- 19<sup>th</sup> November 2024**
- 3<sup>rd</sup> December 2024**
- 28<sup>th</sup> January 2025**

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.

**Upcoming Bank Holiday Closures:**



- 25<sup>th</sup> December 2024**
- 26<sup>th</sup> December 2024**
- 1st January 2025.**

**The Kirkwood – Connect – 01484 557 910**



The Kirkwood – it's free to call Connect with The Kirkwood and you can do it from any phone. Their team is open Monday to Friday 8:30am-6:30pm. Outside of normal working hours all calls to Connect with The Kirkwood service are diverted to our 24/7 Advice Line. If you call out of hours, the call operator will take some basic details and arrange for you to be called back during Connect with The Kirkwood hours (typically the next working day). Please note: Connect with The Kirkwood is not an emergency service. If you require emergency support, please contact emergency services.

Connect with The Kirkwood is a new service designed to make it simple for patients, relatives, and carers, as well as healthcare professionals, to reach out for advice and get access to The Kirkwood's range of clinical services. You don't

need to have been referred to The Kirkwood or know about the services we offer in order to contact our Connect with The Kirkwood team. The only criteria is that the person being referred is living with or has been affected by a life limiting illness.

Main Reception: 01484 557 900    Community Palliative Care Team: 01484 557 906  
Family Care Team: 01484 557 908

**We are delighted to have raised £67.00 for The Kirkwood hosting a coffee morning here at the surgery. We are looking for a new charity – any suggestions ?**



**WE WOULD LIKE OUR PATIENTS TO KNOW THAT WE HAVE A CARERS CHAMPION AT THE SURGERY, SHOULD YOU HAVE ANY QUESTIONS AT ALL PLEASE CONTACT OUR RECEPTION TEAM AND ASK FOR DEBBIE BULLETT.**

**PPG (Patient Participation Group) – Please visit our website should you wish to join. OUR NEXT MEETING IS 7<sup>TH</sup> NOVEMBER 2024 AT ALMONDBURY SURGERY.**