



ALMONDBURY SURGERY NEWSLETTER

Longcroft, Almondbury, Huddersfield HD5 8XW

Tel: 01484 514555

Website: www.thealmondburysurgery.co.uk

We would like to introduce and welcome Dr Bilal Suleman to the Almondbury Surgery. Dr Suleman will be working from the Practice on Mondays, Tuesdays and Thursdays.

 **Bradford and Pennine Breast Screening** 1d · 📍

Current mobile locations, Updated Sept 2025. Also appointments always available at our lovely department at St Luke's, Bradford.

Mobile Name	Parked at.....
Pen-Y-Ghent	Princess Royal HC, Hudd'fld
Buckden Pike	Booths, Settle
Ingleborough.	Tesco, Brighouse
Whernside	Booths, Ilkley



BREAST SCREENING

FAST + FREE = EARLY

HAVE YOU BEEN SCREENED?

Your local NHS Breast Screening service is FAST, FREE and can diagnose breast cancer EARLY.

October is Breast Cancer Awareness Month. The campaign still attracts thousands of participants each year.

Regular breast screening can find breast cancer before you feel it or notice any symptoms. If you think you should have breast screening, but you are not invited automatically by the time you are 53, contact your local breast screening service. Screening units do not offer drop-in screening on request. Breast screening for women aged 50-70 is by appointment only. Invitations for screening are sent automatically to women up until their 71st birthday. Women aged 71 or over can contact their breast screening unit to make an appointment every 3 years. Women with breast symptoms should see their GP.

Are you eligible for an NHS Health Check?

If you're aged 40 to 74 and do not have a pre-existing health condition, you may have a NHS Health Check every 5 years. The appointment takes about 20 minutes and usually includes:

- measuring your height and weight
- a blood pressure test
- a cholesterol test alongside other routine blood tests

You'll also be asked some questions about your health including:

- whether any of your close relatives have had any medical conditions
- if you smoke, and how much
- if you drink alcohol, and how much
- how much physical activity you do
- Your age, sex and ethnicity will also be recorded.

BOOK YOURS TODAY by calling our Reception Team on 01484 514555.

ADHD PEER SUPPORT SESSIONS HUDDERSFIELD



Do you have diagnosed or suspected ADHD?
Do you care for someone who has diagnosed or suspected ADHD?

You're not alone!
Come along and connect with other people in a similar situation for a chat.

Second Wednesday of every month
6.30-8.15pm
Suite G5, Brian Jackson House,
New North Parade,
Huddersfield, HD1 5JP

Registered Charity Number: 1108803
Email: support@wyadhd.org.uk
Tel: 01474 8563459



Friday, 14th November 2025
World Diabetes Day - Focusing on diabetes awareness and prevention.

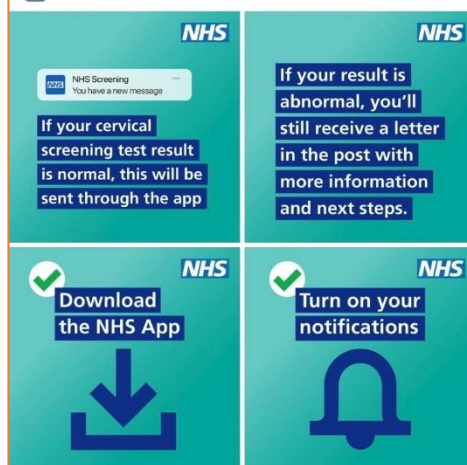
Some cervical screening results are now being sent through the NHS App.

📱 If your result is normal, you'll receive it securely in the app.

✉️ You'll still get a letter in the post if you don't have the app, or if more tests are needed.

Here's what to do:

- 1 Download the NHS App
- 2 Turn on notifications



**“He walked in for a food pack.
He walked out with a lifeline.”**



Know someone who is struggling?
If you or someone you know is facing a food crisis in Huddersfield or the surrounding areas, please do not hesitate to reach out and contact The Welcome Centre. They provide support to anyone in need, no judgement, just help. Please share this information, it could make all the difference to someone today.

CLOSING DATES FOR STAFF:

Practice Protected Time (PPT) Training:

**21ST October 2025, 18th November 2025, 2ND December 2025
27TH January 2026**

We will be closed at 1:00pm on the above days 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.

Christmas 2025 and New Year 2026

The Practice will be closed on Thursday 25th December and Friday 26th December - we will reopen again at 8am on Monday 29th December 2025.

The Practice will be closed on Thursday 1st January 2026 and will reopen again at 8am on Friday 2nd January 2026.

patches
health

PATCHS is available for patients to submit non-urgent clinical and admin (non-clinical) requests to Almondbury Surgery via our Website. Should you not have access to our website: <https://thealmondburysurgery.co.uk/>
Please contact our Reception Team on 01484 514555.

OUR NEXT NEWSLETTER WILL BE IN JANUARY 2026.