



# Summer Newsletter



We hope to keep all our patients up to date with  
information about the surgery and help them to make the right choices



## Spotlight on....

### Sensible Skin Care in the Sun

The days are growing longer and the sun is beginning to shine at long last!!

As welcome as the sunny weather is, it's good to remind ourselves of the key safety information to reduce the risk of skin cancer.

- ⇒ Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.
- ⇒ Spend time in the shade particularly between 11am and 3pm when the sun is strongest.
- ⇒ Take extra care if you have moles, a fair complexion or have a family history of skin cancer
- ⇒ Ensure children have adequate protection and keep infants under 6 months away from direct sunlight.
- ⇒ Apply sunscreen that is at least factor 30, apply 30 minutes before exposure and regularly



## Patient Participation Group

### National Patient Participation Group Week

3rd to 9th June is National Patient Participation Group week. A Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to help improve the service.

Our quarterly meeting took place on Monday 24<sup>th</sup> March 2025. We discussed recent staff updates; the NHS Structure and what Care Navigation is and how it works.

### Interested in becoming a member??

To become a member, you must be registered as a patient at Shepley Health Centre. Our next meeting is scheduled for Monday 16<sup>th</sup> June at 6pm. We would welcome interest from all sections of the community.

### Patient Participation Group meetings:

16th June 2025

22nd September 2025



Last month 97% of all  
patients attended  
appointments

97%  
ATTENDED

\*

3%

Did not  
Attend

If you are unable to attend  
always cancel your  
appointment



Call us on 01484 602001 or  
text back to your reminder  
message.

Or call in in person to the  
Surgery

\*National Average is 5%

## Look after your Liver and it will look after you!!

### 5 fabulous facts you never knew you needed

1. Your liver is about the size of a rugby ball
2. The liver is the only organ in the body that can regenerate itself
3. The liver carries out over 500 functions including breaking down toxins and carbohydrates
4. A healthy liver keeps your brain healthy
5. The liver is like an elastic band

## Repeat Prescriptions

You can order a repeat prescription in the following ways:

1. ORDER ONLINE it's quick and easy with the NHS app
2. Tick the items required on the white portion of your prescription then **hand it into reception.**

**Please allow 48hours for prescription requests.**

**NB: under NHS guidelines we cannot accept requests over the phone**

**Did you know you can self refer?**

**Kirklees Talking Therapies (IAPT): Age 17+**  
Telephone: 01484 343700

Online by visiting: <https://kirklees-talkingtherapies.nhs.uk/>

**CAMHS/Keep in Mind** (telephone referral)

Single Point of Contact (Locala - SPOC):  
Telephone 0300 304 5555

**Continence: inc. catheter care**

[locala.org.uk/services/continence-advisory-service](https://locala.org.uk/services/continence-advisory-service)

Single Point of Contact (Locala - SPOC):  
Telephone 0300 304 5555

**Pears scheme for eyes:**

Many Opticians accept self referrals for new acute eye problems e.g. foreign bodies, red eye, please ask at Shepley Surgery's reception for further information.

**Community Health and Social Care Hub**

<https://www.kirklees.gov.uk/beta/social-care/contact-adult-social-care-services.aspx>

Telephone 0300 304 5555

**??? Frequently Asked Questions???****Why can't I have antibiotics for a viral infection?**

*Viruses are surrounded by a protective protein coating; they don't have cell walls that can be attacked by antibiotics like bacteria does.*

**How do you spot the signs of skin cancer**

*Some cancers appear in brown moles – you should look out for any changes in these. Others are like little ulcers that often crust over and do not heal, and so become cancerous. And finally, there is basal cell carcinoma, which is an unusual form of cancer because it grows very slowly and doesn't spread anywhere; it's usually an ulcer that doesn't heal, doesn't crust, and just gets bigger and bigger.*

**What should I do if I have diarrhoea and vomiting?**

*Stay at home and get plenty of rest, drink lots of fluids, such as water or squash – take small sips if you feel sick. Stay off school or work until you've not been sick or had diarrhoea for at least 2 days.*

**What is the difference between a migraine and a headache?**

*An ordinary headache which tends to be mild to moderately severe and affects both sides of the head. It usually feels 'pressing' or 'tightening' and is not affected by routine daily activities. A migraine is a moderate or severe throbbing headache affecting one or both sides of the head and made worse by ordinary daily activities and can include other symptoms such as nausea or aura.*

**MEDICAL SHORTHAND YOU MAY HAVE SEEN**

**PCN** Primary Care Network  
**NHSE** NHS England  
**ANP** Advanced Nurse Practitioner  
**GPWSI** GP with Special Interest  
**LFT** Liver Function Test  
**FBC** Full Blood count  
**DNA** Did not Attend  
**NKDA** No known drug allergies  
**OD** once daily  
**BD** twice daily  
**TDS** three times daily  
**QDS** Four times daily  
**PRN** as and when required  
**MANE** in the morning  
**NOCTE** at night  
**PX** prescription  
**SX** symptoms  
**HX or H/O** history/history of

**Coming Next Issue**

Get prepared for flu season, a day in the life of Heather our Reception Manager, Patient Participation Group news and more.



Armed Forces veteran  
friendly accredited  
GP practice

We are pleased to have received accreditation as a veteran friendly practice. We are committed to engaging with our armed services community at the Surgery and support through our veterans hub.

**Proxy Access for family members and loved ones**

If a family member or loved one has health issues that make online access difficult, you and the patient can apply for proxy access on their behalf. Simply fill in a proxy access form and present to Reception with a form of identification for you both. Patients can limit the level access depending on need.

**Closure at 1pm for staff training**

**This is mandatory requirement for all GP Practices**

Tues 17th June

Tues 18th July

Tues 19th August