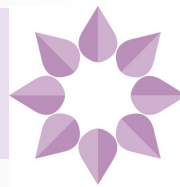


June 2025

# Patient Newsletter



# Hollyns

HEALTH & WELLBEING

Welcome to the latest issue of Hollyns Health & Wellbeing Newsletter! In this quarter we say goodbye to Sharon Barraclough and welcome Sabiha Khaliq, Practice Manager and we discuss: Changes to our re-call dates, the new Mental Health Worker, Carers Resource— digital inclusion workshop, Treacle Me, online booking for smears, covid spring booster, veteran accreditation, HALE— Social Prescribers and the latest Practice News.

**We are based across two sites, one in Clayton and one in Allerton.  
As we are a training practice, we may have registrar doctors in post and we also teach medical students throughout the year.**

**Allerton opening hours: 8.00-6.00 Monday to Thursday and 8.00-1.00 Friday  
Clayton opening hours: 8.00-6.00 Monday to Friday**



4 Glenholme Park  
Clayton  
Bradford  
BD14 6NF



Allerton Health Centre  
Bell Dean Road  
Allerton  
Bradford  
BD15 7WA

Phone: 01274 880650  
E-mail: B83045.hollynshealth@nhs.net

## **GP/ANP/ACP Clinic Availability**

*Dr. A Raw (female) works: Monday and Thursday all day*  
*Dr A Suleman (male) works: Tuesday all day, Wednesday morning and Friday morning*  
*Dr S Marris (female) works: Wednesday all day, Thursday morning and Friday all day*  
*Louise Lewis (female) works: Wednesday morning and Thursday all day*  
*Dr R Hussain (female) works: Tuesday all day, Thursday morning and Friday morning*  
*Dr C Okoye (male) works: Monday and Tuesday all day*  
*Dr M Mahmood (male) works: Monday and Tuesday all day*  
*Dr T Malik, (female) works: Wednesday, Thursday and Friday all day*  
*Dr B Mehar (female) works: Monday and Thursday all day*  
*Dr A Master (male) works: Tuesday all day, Wednesday and Thursday morning and Friday all day*  
*Dr W Naeem (male) works: Monday and Tuesday all day*  
*Dr J Wright (male) works: Monday morning, Wednesday and Friday all day*  
*Dr Q Ali (male) works: Monday, Thursday and Friday all day*  
*Dr A Khan (male) works: Monday and Wednesday all day, Thursday morning and Friday all day*  
*Jayne Hunneybell (Advanced Clinical Practitioner) works: Wednesday Thursday and Friday all day*  
*Helen Clarke (Advanced Clinical Practitioner) works: Tuesday, Wednesday & Thursday all day*  
*Jessica (Advanced Clinical Practitioner) works: Tuesday, Wednesday, Thursday and Friday all day*  
*We have a Practice Nurse team who are available Monday to Friday.*



## FAREWELL TO SHARON BARRACLOUGH

Sharon is retiring as Business, Development, Enterprise & Finance Manager after 14 years at Hollyns Health & Wellbeing and a total of 38 years service within the NHS. Sharon will be missed greatly by everyone and we wish her well for her retirement.



We would like to welcome Sabiha Khaliq who has joined us as Practice Manager. Here are a few words of introduction from Sabiha.

*I would like to take this opportunity to introduce myself, Sabiha Khaliq as the newly appointed practice manager at Hollyns Health and Wellbeing. I have 10.5 years experience in Primary Care with an understanding of data quality, practice management, business and finance. As a practice manager I am responsible for overseeing business and administrative operations working collaboratively with the whole team. GP practices continue to adapt and evolve to the everchanging demands and expectations. We continue to develop to improve integrated care (sharing resources and learning and extending people-service support in primary care). We are embracing new technology to help advance in patient communication and interventions with patient centred care at the heart of it all. As part of my role, I hope to work alongside health professionals and you, the patients to continue to improve your care and patient experience here at Hollyns Health and Wellbeing practice*



## PRACTICE NEWS

We would like to welcome Yasmin to the new post of Admin Team Leader. We have also welcomed new Patient Service Administrators to the Admin Team— Demi and Zawar. New additions to the Nursing Team are Practice Nurses Lucy and Madina and Health Care Assistant Izzie.

We are looking forward to Dr Hussain returning from her maternity leave in July. Dr Malik is starting her maternity leave from August—we wish her well.

## PRESCRIPTION PROCESS UPDATE

We would like to take this opportunity to thank you for your patience during the change to our repeat prescription process. This is now up and running and working well. We would like to remind you that subject to meeting the criteria, you can request to be moved over to Repeat Dispensing. Please speak to a member of the Admin Team for further information.

## **BRADFORD ENHANCED ACCESS—INFORMATION FOR PATIENTS**

Hollyns Health and Wellbeing are part of the enhanced access service which provides GP, ANP, blood tests, asthma reviews, grief and loss counselling, mental health triage and support for 11 years plus, physiotherapy, smear and young people counselling 16-25 years at location hubs across Bradford. Our Care Navigators may offer you an appointment within our Bradford Enhanced Access service. These appointments are outside of usual surgery opening hours (evenings and weekends).

### **More information about appointments with the extended access service**

The service is run by Bradford Care Alliance, which represents all GP practices in the Bradford area. Medical appointments are with GPs and other healthcare staff who work in the area; so your appointment may not be with a clinician from this practice.

To use the service we will ask for your consent to share your medical record and our reception staff will explain what this means and why it is necessary. Please see our website for further details of the services and to learn more about how and why we process your information.



Answer a few simple questions and PATCHS will get you help quickly.

**Health advice, fit notes and more...** PATCHS online consultations are available to patients (age 16 and over ONLY).

You may submit a clinical request Monday to Friday from 07.00am to 08.00am and 1.00pm to 2.00pm and a non-clinical requests Monday to Friday from 07.00am to 2.00pm. Please allow up to 72 hours for a response.

## **CONTACT DETAILS**

We would like to remind you the importance of keeping your contact details updated with us. If you have had a change of address, telephone number or email address please let us know so we can update these on our systems.

## **NEW PRIMARY CARE MENTAL HEALTH SUPPORT WORKER NOW AVAILABLE IN PRACTICE**

We are pleased to introduce a new mental health service within the practice, offering support to patients aged 16+ who have already been seen by a primary care clinician. This service is suitable for those who may benefit from a more in-depth mental health assessment, short-term input, or guidance towards appropriate support services. Referrals into the service require patient consent and must be made by a clinician at the practice; with all referrals triaged by the practitioner, who will then contact patients directly to arrange their appointment, appointments will last for one hour. As the practitioner is employed to work across several practices' appointments will be limited.

## **PATIENT GROUP**

Both the Allerton and Clayton sites at Hollyns Health and Wellbeing have a combined Patient Group which consist of patients, Doctors and members of the practice management team and we meet frequently through the year. Our aim is to contribute to the continuous improvement of services and to provide feedback about patient's concerns. Details for the next Patient Group meeting is yet to be confirmed, please check for updates on the Practice's website.

If you are interested in becoming a member of the Group or would like to attend the meetings, then please leave your name and contact details with a member of the Patient Administration team.

A copy of all of the Group's minutes are available at both sites and on the Practice's website.

## **PROTECTIVE LEARNING TIME**

Please note that both our Allerton & Clayton sites will be closed for the afternoon from 12pm for **Protective Learning Time** on the following dates for the year of 2025:

Thursday 05.06.2025 Thursday 03.07.2025 Thursday 08.08.2025  
Thursday 04.09.2025 Thursday 02.10.2025 Thursday 06.11.2025  
Thursday 04.12.2025

These dedicated training sessions allow GP practice staff the opportunity to close for the afternoon to receive updates and training.

## **FIRST CONTACT PHYSIOTHERAPY**

The role of First Contact Practitioners is to assess patients with muscle and joint pain and decide the most appropriate management pathway. They are physiotherapists with expertise in assessment and management of MSK conditions.

## **INCLUSION CRITERIA**

- All sprains, pains, strains, twists or sports injuries
- Possible problems with muscles, ligaments, tendons or bones spinal related pain in arms or legs, including nerve symptoms e.g. pins and needles or numbness Spinal pain including lower back pain, mid-back pain and neck pain
- Osteoarthritis of any joint
- Post Orthopaedic surgery but not currently under consultant care

## **EXCLUSION CRITERIA**

- Acutely unwell and acute mental health crises
- Children Under 16 and house-bound patients
- Medication reviews
- Headaches, Neurological / brain or respiratory / breathing conditions
- Medical management of rheumatoid conditions, fibromyalgia or hypermobility
- "Pain all over the body" or multiple problems
- Pregnant ladies with low back or pelvic pain

## **CHANGES TO YOUR ANNUAL LONG TERM CONDITION REVIEW**

If you attend the practice for any of the following reviews:

- Asthma
- COPD
- Diabetes
- At Risk of Diabetes
- CHD
- Hypertension
- Heart Failure
- CKD
- Mental Health
- Learning Disability

We now invite you for your annual reviews on the month of your birthday.

## **CHANGES TO THE ROUTINE CHILDHOOD VACCINATION SCHEDULE**

There have been changes to the routine childhood vaccination schedule and to the selective hepatitis B (HepB) programme occurring from 1 July 2025 and 1 January 2026, including the introduction of a new routine vaccination appointment at 18 months of age.

These changes are required as a result of the discontinuation of the manufacture of Menitorix (Hib/MenC) vaccine. This has prompted the Joint Committee on Vaccination and Immunisation (JCVI) to recommend and advise on a number of other changes to the national childhood immunisation schedule to optimise the overall protection of children in the UK. For further details please go to [www.gov.uk](http://www.gov.uk) website.

## **UPDATE FOR PATIENTS REGARDING URINE TESTS**

From Monday 16 June 2025 Hollyns Health & Wellbeing will no longer accept urine samples at reception unless requested by a clinician. If you have signs of an infection, please contact the surgery and if you fit the criteria our care navigators can refer you to your local Pharmacy First Service or you may require a review with a Clinician

## **PHARMACY FIRST**

**GP Community Pharmacy Consultation Service** –. This service ensures that patients receive the right support by offering expert clinical advice, direct you to an over the counter medicine, or where indicated refer you back to your GP.

**Pharmacy First** – Pharmacy First will enable community pharmacists to supply prescription-only medicines, including antibiotics and antivirals where clinically appropriate, to treat seven common health conditions without the need to visit a GP.

### ***What are the seven common conditions?***

- Sinusitis
- Sore throat
- Earache
- Infected insect bite
- Impetigo (a bacterial skin infection)
- Shingles
- Uncomplicated urinary tract infections in women.

## WELL TOGETHER SERVICE

Well Together provides a range of interesting, sociable, health-led activities delivered by dedicated activity volunteers. Our activities are free and run across Bradford, Airedale, Wharfedale and Craven, in wheelchair-accessible venues. There are many groups available, including crafting, peer support and walking, and there is no limit to how many of these you can join. Well Together is for adults aged 18 years or over and we welcome service users with long term health conditions. We do ask that people must be independent enough to leave their home un-aided and be well enough to access an activity in the local community run by a **volunteers**.



### How you can access the service

You can self-refer to this service by either calling 01274 259190 or by completing the self-referral form. GPs and other health professionals wanting to make a referral on behalf of a patient can do this using the professionals' referral form . Once you have been referred to Well Together, one of our team will contact you to find out what your interests are and match you to one of our many activities.

### What we offer

Currently we are hosting some groups that meet in person and some that run virtually on-line. Our walking groups are based across the district and are led by our trained volunteer walk leaders.

If you're on social media, follow us on twitter and facebook, to keep up to date with the latest events.

## SOCIAL PRESCRIBING

Social Prescribing empowers individuals to improve their health, wellbeing and social welfare by connecting them to non-medical support services, groups and activities within their community.

HALE (Health Action Local Engagement) is an award winning health development charity based in Bradford, specialising in providing outreach programs, activities and education to the most vulnerable in our communities; on topics associated with mental and physical self-care.

Across everyone at HALE, the mission remains:

**"To improve health where there is greatest need"**

HALE work with people of all ages and backgrounds, and pride themselves on having a skilled team of community healthcare workers who understand how to make a difference to people's health and wellbeing. To learn more about HALE and the work they do you can Visit their Twitter and Facebook pages which are updated regularly.

## LOCAL SERVICES AND COMMUNITY GROUPS

# Clayton Village Hall

Coffee Shop - Events - Private Functions



Website: [www.claytonvillagehall.org.uk](http://www.claytonvillagehall.org.uk)

**Clayton Village Hall** is located on the outskirts of Bradford 3 miles from the city centre, with easy public transport access on the First Bus number 637.

The village hall is a registered charity, a non profit making organisation run by a volunteer committee of residents from Clayton. The building belongs to the residents of Clayton.

The hall is a Grade 2 listed building and is an ideal venue for:

- Christening and children's parties
- Meetings/conferences
- Plays and performances
- **The Victoria Suite** is available for private functions and regular hirers. Refreshments for all types of events are provided from their own kitchens.

### Regular groups

Clayton Village Hall host a number of regular groups at the Hall, check out the list below, click on the links on the website for more details on an activity.

#### Monday

9.00-11.00am	Toddlers Group for 0-4 year old in term time
10.00-11.00am	Tai Chai
5.30-7.30pm	Youth Club for 11-19 year old in term time
6.00-8.00pm	Karate

#### Tuesday

9.45am-2.00pm	Baby Sensory 4 classes, birth to 13 months
6.00-8.30pm	Craft class, fortnightly
6.30-7.30pm	Yoga Pilates for adults

#### Wednesday

9.30-12.00pm	Café open for a range of hot breakfast and drinks
9.30-10.30am	Exercise class—gentle seated and standing exercises
11.00-12.00pm	Exercise class—gentle seated and standing exercises
10.00am-2.00pm	Baby sensory 3 classes, birth to 13 months
1.30-3.30pm	Bingo
4.00-6.30pm	Applause Theatre School drama classes in term time
7.30-9.00pm	Clayton Village WI First Wednesday in the month

#### Thursday

1.30-3.30pm	Clayton Crafters, all ages welcome
4.15-7.00pm	Applause Theatre School drama classes in term time

#### Friday

9.30-12.00pm	Café open for a range of hot breakfast and drinks
1.30-3.30pm	Men's Group

#### Saturday

8.00-10.30am	Slimming World
9.00-11.30am	Baby Ballet

#### Sunday

9.00-11.30am	Baby Ballet
5.00pm	Community Cinema 3rd Sunday of the month



Cafe West is a vibrant Healthy Living Centre situated in the heart of Allerton and Lower Grange. It focuses on promoting health and wellbeing in a warm and friendly environment. Classes, activities and services are reviewed & revised to meet the changing needs & interests of the community in an effort to continually improve standards of health & wellbeing.

**Vision** – Heart of the community

**Mission** – Empowering people to enhance their quality of life

**Values** – Respect and diversity, integrity, advocates for positive change, connected

**Statement of Purpose** - An all-inclusive service for the local community, here to provide support to maintain independence and enhance the quality of life.

### Opening Hours

Mon - Thurs: 0830 - 1630 (Cafe Open till 1430)

Fri: 0830 - 1300 (Cafe Open till 1300)

Sat: Closed (Apart from booked events/activities)

Sun: Closed (Apart from booked events/activities)

Times do not include evening or weekend classes

**Emergency Bags** – Working with Bradford Foodbank, we hold several “Emergency food bags” distributed to those in real need

**Library** - Fully open and operational library service – staffed Mon, Tues, and Thurs 1000 -1300 but accessible whilst centre open

**Public Access ICT suite** – The public can access the PCs in the library and IT suite at any time for reasonable activities

**Printing-Scanning Services** - Service – 10p Black and white 20p Colour printing services, scanning free of charge

**Community Garden** - Space for all community members to plant, grow and enjoy.

**Document Completion support** – in lieu of a dedicated advice worker, volunteers support individuals forms and documents

**My wellbeing College** – Mental Health Support self-referral

**Job Seeking support** – Via various providers

**Dedicated ICT Support** – Need some help with computers, tablets, or phones, we can help

**Outside seating area** – Free for the community to use at anytime

**Training** – Education – Referral point to TQUK provider “skills network” who provide learner access to 50+ fully funded courses

**Minibus** - Minibus accessible for all members of the community, must use our Driver and hold 16 additional people

**Hate Crime reporting** – A victim of hate Crime can come to café west and we will raise it from our location

**Safe Space** – Victims of Domestic abuse can report concerns here and we will provide support until authorities are involved.

**Public Toilets** – Toilets are available when Café West is open

**Free Water Refill** – Water bottles can be refilled for free at Café West at any time

**Home Safe Referral** – Complete online registration for Fire brigade to check properties for fire safety equipment & personal alarms

**On behalf of support** –With you permission and with your presence, we can speak on their behalf to third parties such as bank, housing, benefits etc when there is translation, hearing, accessibility, or potential confusion, we do not provide advice just support.

**Police reporting** – Anonymous Police and PCSO reporting Available  
**Police Surgeries** – Bi-monthly sessions were local PCSO, or PO come to talk to community  
**Housing association** – Housing Officers – every fortnight, in communities/accent housing  
**User forums** – Tell us what you think  
**Card Payment** – All activities can be paid with a Card, Cash or Bank transfer  
**Social Media** – Find out what going on daily a daily basis  
**Virtual GP** –Struggle with technology? have a virtual GP appointment? Café West know can set you up in a private back room  
**Hall Room** - Room rental – Space hire available 7 days a week until 2300 (Parties, Meetings, Events)  
**Room use** – quiet space – Available on request  
**Children visit** - Having built strong relationships with schools –children come up on a regular basis and engage with our service users and services  
**Access Shower** – Those Disable, have a broken shower or have no Gas – electricity can get showered at Café West in our Wet room, fully accessible to the public via the booking  
**Washing Facilities** – Those with broken Washers and Driers, Struggling with Gas and Electric, may use are facilities to wash – dry your clothing  
**Food distribution** – Distributed 200,000 in the last 18 months  
**Tabletop Sales** – Sell unwanted items and gifts at our tabletop sale  
**Community Feeding** - Periodic events where we feed the community  
**Complex needs Hub** – Multiple providers attend to support a one stop service to allow for people to get help with ANY issues they may have.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ability Art and Craft - Disability session – £2 0930 – 1130	Standing Exercise - £4 1000-1100	English Class – Free 0930 - 1030	Detangled -Free Afro-hair Class 1000-1200	Art Group - £3 1000- 1300	Jujitsu – 0900-1100 Private – Contact for booking	Hope Church Group 0800-1430
Ability Cooking – £5 1200 - 1400		Advice Services – Manningham Project -Free 0930-1230				
Dance - £2 4–7-Year-olds 1700-1745 8–12-Year-Olds 1800-1845	Seated exercise- £4 1100-1200	Knit and Crochet group – Free. 1030-1200	JCP/DWP Advisor - Free 1000-1300	Story Time – Free 1000-1100	Beavers Scouting 1200-1300 Party-Event Booking 1300-2300	Party-Event Booking 1500-2300
Cubs Scouting – Free 1845-2030		Craft Group - £3 1030-1430	Stroke Survivors Group - 1030-1430 £5.50 Including Lunch and Bingo Subs £2.50			
	Intergenerational Group and Bingo -£7 1100 -1430	Social Supermarket - £6 1130 - 1300	Survivors Exercise 1200-1300 - £4	Coffee afternoon 1300-1430		
	Home Educated Parents Group 1400-1530 - Free	Intercultural cooking 1300-1430	ESOL with Irum - Free 1230 -1400		Jujitsu Martial Arts 1800-1930	
		Bradford Youth Services – Free 1800-2030	Ability Community Feeding All welcome - Free 1630-1730			
			Ability Clubercise 1700-1830			