

Welcome to the latest issue of Hollyns Health & Wellbeing Newsletter! In this Newsletter we discuss: The latest Practice News, Maternal Health & Substance Use, Meningitis and Septicaemia Symptoms, Cervical Screening Results via the NHS App and a Guide to Screentime for Children.

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 and Thursday all day

Dr R Hussain (female) works: Tuesday all day, Thursday afternoon and Friday morning

Dr M Mahmood (male) works: Monday and Tuesday all day

Dr T Malik (female) works: Wednesday, Thursday and Friday all day

Dr A Kamal (male) works: Monday, Wednesday, Thursday and Friday all day

Dr B Mehar (female) works: Monday and Thursday all day

Dr A Khan (male) works: Monday, Tuesday, Friday all day and Wednesday morning

Jayne Hunneybell, Advanced Clinical Practitioner, works: Monday, Tuesday, Wednesday and Thursday all day
Helen Clarke, Advanced Clinical Practitioner, works: Monday afternoon, Tuesday, Wednesday & Thursday all day

Jessica, Advanced Clinical Practitioner, works: Tuesday, Wednesday, Thursday and Friday all day

Emma Wood, Women's, Newborn & Infant Practitioner, works: Monday, Tuesday and Thursday all day

We have a Practice Nurse team who are available Monday to Friday

PRACTICE NEWS

After an incredible 34 years of dedicated service, we say a fond farewell to Janet Arthur as she begins a well-earned retirement.



Throughout her time at the practice, Janet has been a constant source of compassion, professionalism, and support for both patients and colleagues alike. Her kindness, warmth, and unwavering commitment have touched the lives of so many in the community, and her presence will be deeply missed.

We are immensely grateful for everything Janet has contributed over the years and for the countless ways she has made a difference.

We wish Janet a happy, healthy, and fulfilling retirement—may it be filled with relaxation, new adventures.



Staffing Update

We are delighted to welcome Dr Asad Kamal and Dr Afreen Khan as permanent members of our practice team. Many of you may already be familiar with them, as both completed their GP Registrar training with us. We are pleased that they have chosen to continue their careers here, and we are confident they will be a valued addition to the team and to our patient community.

Update on the Total Triage System

We have received very positive feedback following the introduction of our Total Triage system, and we are pleased that it is helping us to support our patients more effectively. We remain committed to providing the best possible care. If you have any questions, concerns, or need assistance with submitting a request, please don't hesitate to contact the practice—our Patient Service Administrators will be happy to help.

- I found it easy and useful.
- Easy to book appointment got an appointment just a few days later for a long issue I have. The person I saw was lovely, listened and came across as though she cared.
- Detailed information and friendly conversation.
- So much easier doing it online so you don't have to wait on the phone for ages to get through.
- Very quick, efficient and effective service. I prefer the new way of booking.

PROTECTED LEARNING TIME

Please note that both our Allerton & Clayton sites will be closed on a Thursday afternoon from 12pm for Protective Learning Time on the following dates for the year of 2026:

9 April	7 May
4 June	2 July
6 August	3 September
1 October	5 November
3 December	

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 Physiotherapist 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. Please contact the practice if you would like to make an appointment with the First Contact Physiotherapist.

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

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.

PHARMACY FIRST

GP Community Pharmacy Consultation Service

This service ensures that patients receive the right support by offering expert clinical advice, recommending suitable 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.

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 who 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.

The next Patient Participation Group Meeting is due to be held on Thursday 11 June 2026 at 5.00-6.40pm (venue to be confirmed). A copy of all of the Group's minutes are available at both sites and on the Practice website.

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 unaided 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.

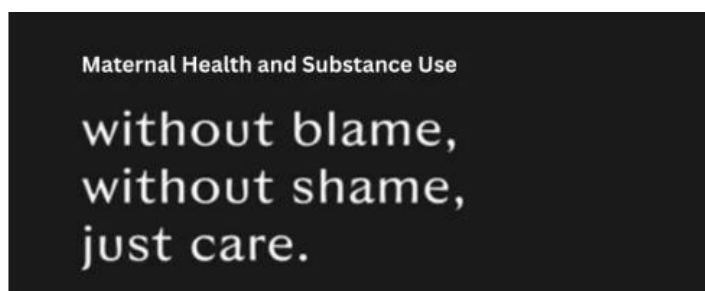
What we offer

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.

MATERNAL HEALTH AND SUBSTANCE USE: REAL-LIFE PERSPECTIVES

This short film is about the risks involved when substance using during pregnancy and is available on YouTube at <https://youtu.be/58i27SciXN0>



The film features real life experiences of those affected by alcohol and drug use during pregnancy and the impact it has on baby development.

Every Baby Matters is a working group made up health professionals, (midwives, health visitors etc.) who are reporting an increase in pregnant women who are substance using. Public Health Bradford created this moving film to raise awareness of the risks in pregnancy, for pre-conception and expectant mothers who use alcohol and drugs.

Find help and support:

Bradford Maternity Services dedicated helpline is: 0800 0086074

New Vision BradfordL:01274 296023

DrinkCoach: Online alcohol service offering free coaching

MENINGITIS & SEPTICAEMIA SYMPTOMS

We are aware of recent reports of meningitis cases and would like to reassure patients that the overall risk remains low. Meningitis can develop quickly, so it is important to be aware of symptoms. If you or a family member experience the symptoms mentioned below, please seek urgent medical advice.

MENINGITIS + SEPTICAEMIA Meningitis now

Meningitis is a serious condition where the protective layers around the brain and spinal cord become inflamed. Septicaemia is when the bacteria enter the bloodstream to cause blood poisoning. They can happen to anyone, so its important to know the symptoms and risks.

Early symptoms, such as fever, vomiting, aches, muscle pain, cold hands and feet and headaches, can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell.

MENINGITIS SYMPTOMS?

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash (DO NOT wait for a rash to appear before seeking medical advice)
- confusion, delirium
- severe sleepiness, losing consciousness
- fits

SEPTICAEMIA SYMPTOMS?

- fever and shivering
- severe pains and aches in limbs and joints
- vomiting
- very cold hands and feet
- pale or blotchy skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple 'bruises' or blotchy rash on skin that does not fade under pressure - do the glass test. On dark skin, check paler areas of the skin, such as the palms of the hands, soles of the feet, inside the mouth (roof), and the eyelids
- difficulty walking or standing
- severe sleepiness, losing consciousness

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

EARLY TREATMENT CAN BE LIFE-SAVING.

LOOK OUT FOR YOUR FRIENDS.

UK Health Security Agency INVASIVE MENINGITIS OUTBREAK

It's important to know the symptoms as they can develop quickly and may feel at first like flu or a hangover. Look out for these symptoms that can arise in any order:

- High fever
- Severe headache
- Dislike of bright light
- Stiff neck
- Vomiting or diarrhoea and stomach cramps
- Cold hands and feet
- Joint muscle pain
- Pale blotchy skin, a rash or bruising rash
- Confusion and/or irritability or drowsiness
- Seizures or fits
- A rash that doesn't fade when pressed with a glass

Call 999 or go straight to A&E if you think you or a friend could have meningitis, septicaemia or sepsis. If you're not sure, call 111.

CERVICAL SCREENING RESULTS

You can now get messages about your cervical screening via the NHS App

NHS

We will send letters in the post (and SMS messages for invites) to people who do not receive messages via the NHS App

Scan for more information on the NHS App

A GUIDE TO SCREEN TIME



UNDER 5s

How to help little brains develop healthy screen habits

How much screen time should my child have?

Limit total screen time, wherever possible.

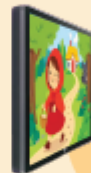
Under 2 yrs: Avoid screen time except shared activities with family that encourage bonding and interaction.

2-5 yrs: Try to keep to 1 hour a day. Less if possible.



Young children's brains are over-stimulated more easily than adults', so they need specifically tailored content.

Slow paced content: Choose content with simple stories and clear, slow speech, so emotions are easy to follow.



What content is better content?



Safe content: Use parental controls to block inappropriate, harmful material.

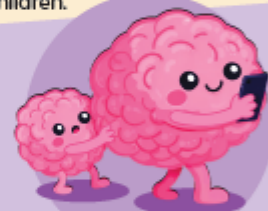
Social media: This isn't made for young brains, so it should be avoided.

AI: Don't let them use AI toys, tools, or chat-bots until we know more about their effects on children.

Safe screen swaps: Switch fast-paced style videos for slower-paced content with simple stories.

How does my screen use affect my child?

Lead by example: Children's brains are like sponges – they'll copy your screen use habits. Be mindful of how often you use screens around your child.



Set clear boundaries for screen use. This gives children time for activities and play that help them develop.

Avoid young children using screens alone. Try to keep bedrooms and mealtimes free from screens.

Why not try... watching and discussing content with your child? Conversation helps their development.



Safe screen swaps:

Mealtimes: Swap screens for music, games or conversation – make it social.

Bedtimes: Swap screens for bedtime stories 1 hour before sleep.

When and where is it okay for my child to use screens?

Children with disabilities or special educational needs may benefit from tailored screen use. And for some, assistive technology can be an important tool for communication and everyday participation.

My child has SEND. Is the advice the same for us?

They also need ample time for interaction, play, and sleep. Try to avoid screen time for these activities.



How does screen time affect my child's development?

Large amounts of screen time are linked with negative effects on children's health and development. It can affect social, emotional, language & brain development, sleep, eyesight and weight.

Young children learn best through warm interaction with parents and carers – reading, play and conversation. These early moments build the foundations for life.

LOCAL SERVICES AND COMMUNITY GROUPS

Clayton Village Hall

Coffee Shop - Events - Private Functions



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. Website: www.claytonvillagehall.org.uk

The village hall is a registered charity, a nonprofit 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 Chi
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 Healthy Living Centre

Charity Number: 1143422

Companies House: 04334432

Info@cafewest.org.uk 01274 488 499



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
		Advice Services – Manningham Project -Free 0930-1230				
Ability Cooking – £5 1200 - 1400		Knit and Crochet group – Free. 1030-1200	JCP/DWP Advisor - Free 1000-1300			
Dance - £2 4–7-Year-olds 1700-1745 8–12-Year-Olds 1800-1845	Seated exercise- £4 1100-1200	Craft Group - £3 1030-1430	Stroke Survivors Group - 1030-1430 £5.50 Including Lunch and Bingo Subs £2.50	Story Time – Free 1000-1100	Beavers Scouting 1200-1300 Party-Event Booking 1300-2300	Party-Event Booking 1500-2300
		Social Supermarket - £6 1130 - 1300				
		Intercultural cooking 1300-1430	Survivors Exercise 1200-1300 - £4	Computer Training Class- Free 1000 - 1200		
Cubs Scouting – Free 1845-2030	Intergenerational Group and Bingo -£7 1100 -1430	Bradford Youth Services – Free 1800-2030	ESOL with Irum - Free 1230 -1400	Coffee afternoon 1300-1430		
	Home Educated Parents Group 1400-1530 - Free		Ability Community Feeding All welcome - Free 1630-1730		Ability Clubercise 1700-1830	Jujitsu Martial Arts 1800-1930