



SUMMER 2024



LING HOUSE NEWS

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Car Park
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Healthier you

CAR PARK CLOSURE IMPORTANT ANNOUNCEMENT

The Ling House Surgery carpark will be out of use all day on
Tuesday 18th June.

The barrier will be locked all day for essential groundworks
to be carried out.

If you use the council carpark, please be aware it is pay and
display. The council will fine you if you do not buy a ticket.

PATIENT GROUP

Would you like to be part of a team that helps
improve your GP Practice and meet quarterly to
discuss Practice development? If so, please contact
reception for more details.

To help us with this, we are setting up a virtual
patient representation group so that you can have
your say. We will ask the members of this
representative group some questions from time to
time, such as what you think about our opening
times or the quality of the care or service you
received.

We will contact you via email and keep our surveys
succinct so it shouldn't take too much of your time.

PARK RUN

A free, fun, and friendly weekly 5k
community event. Walk, jog, run,
volunteer or
spectate - it's up to you!

Cliffe Castle Museum & Park

Every Saturday at 9:00am

IT'S FREE!

but please register before you first come
along. Only ever register with parkrun
once and don't forget to bring
a scannable
copy of your barcode

PRACTICE TRAINING

The practice will close for
half day training from 1pm to
6pm on the following dates:

- Tues 18th June 2024
- Weds 24th July 2024

Did you know....

In May we carried out...

- 6371 Face to Face appointments with a clinician
- 5643 Telephone consultations with a clinician
- 1082 Telephone & Face to Face Consultations with a nurse.
- 722 appointments were NOT ATTENDED. This equates to 200 hours of missed appointments.

Please remember to *cancel your appointment if you are unable to attend.*

AWARENESS WEEK

Cervical Screening Awareness Week 17th to 23rd June 2024

If you've been invited for cervical screening, you might have questions or concerns. Whether it is questions about what happens at the test, or you want to talk about results, we've got the answers you need and information you can trust.



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WANT TO FEEL HEALTHIER

If you need help to:

- Lose weight and fed up with dieting
 - Be more active and don't know how
 - Get more out of life but feel too tired
 - Build a healthier you in small, doable steps
- Speak to our Social Prescriber, GP or enrol directly at www.eatmovebehappy.com.



USEFUL INFORMATION

The logo for First Response features a red telephone handset inside a white circle, with the text 'FIRST RESPONSE' below it.

Call:
0800 952 1181

If you need urgent mental health support, call First Response:

0800 952 1181

The logo for Rethinking Pain features the text 'RETHINKING PAIN' in blue, with 'COMMUNITY-BASED PAIN SUPPORT' below it, all inside an orange thought bubble.

info@rethinkingpain.

ALCOHOL AND SUBSTANCE ABUSE SUPPORT

**NEW
VISION
BRADFORD**

<https://newvisionbradford.org.uk/get-help>

Where to stay up to date

If you want to keep up to date with our news, please follow us on Facebook or visit our website at www.linghousemedicalcentre.nhs.uk