



ALMONDBURY SURGERY NEWSLETTER

Longcroft, Almondbury, Huddersfield HD5 8XW

Tel: 01484 514555

Website: www.thealmondburysurgery.co.uk



When was the last time you had your blood pressure checked? A blood pressure test checks if your blood pressure is healthy, or if it's high or low. Having this quick test is the only way to find out what your blood pressure is – and it could save your life.

- You should have a blood pressure test if you're worried about your blood pressure at any time.
- You're aged 40 or over and have not had your blood pressure checked for more than 5 years; you can have this test done as part of an NHS Health Check, which is offered to adults in England aged 40 to 74 every 5 years.

Call into our Reception Office to take your own blood pressure and pass the reading to our receptionist to update your record.

Did you know you can self-refer?

NHS Talking Therapies

If you live in England and are aged 18 or over, you can access NHS talking therapies services for anxiety and depression. A GP can refer you, or you can refer yourself directly without a referral. NHS talking therapies offer:

- Talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help.
- Help for common mental health problems, like anxiety and depression.

Access your NHS Services

Log in to your NHS account to access services online on your computer, tablet or mobile phone.

- Order repeat prescriptions
- Book and manage appointments
- Get health information and advice
- View your health record securely
- View your NHS number

PPG

BIG NEWS - Congratulations to Philip Scott our new chairperson of the PPG.

We are always looking for new members to join our PPG; please visit our website or contact our Reception Team on 01484 514555 to find out more regarding our PPG.

The group meets four times a year here at the practice on a Thursday either an afternoon or on a teatime.

Closure Dates for Staff:



Easter Closure:

Friday 18th April and Monday 21st April 2025.

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.

Upcoming May Bank Holiday Closures:

**5th May 2025
26th May 2025**

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Debbie Bullett.

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Longcroft, Almondbury, Huddersfield HD5 8XW

Tel: 01484 514555

Website: www.thealmondburysurgery.co.uk



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Call into our Reception Office to take your own blood pressure and pass the reading to our receptionist to update your record.

Did you know you can self-refer?

NHS Talking Therapies

If you live in England and are aged 18 or over, you can access NHS talking therapies services for anxiety and depression. A GP can refer you, or you can refer yourself directly without a referral. NHS talking therapies offer:

- Talking therapies, such as cognitive behavioural therapy (CBT), counselling, other therapies, and guided self-help.
- Help for common mental health problems, like anxiety and depression.

Access your NHS Services

Log in to your NHS account to access services online on your computer, tablet or mobile phone.

- Order repeat prescriptions
- Book and manage appointments
- Get health information and advice
- View your health record securely
- View your NHS number

PPG

BIG NEWS - Congratulations to Philip Scott our new chairperson of the PPG.

We are always looking for new members to join our PPG; please visit our website or contact our Reception Team on 01484 514555 to find out more regarding our PPG.

The group meets four times a year here at the practice on a Thursday either an afternoon or on a teatime.

Closure Dates for Staff:



Easter Closure:

Friday 18th April and Monday 21st April 2025.

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.

Upcoming May Bank Holiday Closures:

**5th May 2025
26th May 2025**

Are you a Carer?

If you are, let our reception team know so that we may update your record.

Our Carers Champion at Almondbury Surgery is:

Debbie Bullett.

Carers Count

Carers Count is commissioned by Kirklees Council to be the single point of contact for carers when they need help and advice. As an unpaid carer you can get a range of information, advice and support through Carers Count who provide services for carers across Kirklees.

Telephone: 0300 012 0231 option 2 or visit www.carerscount.org.uk

Congratulations to our colleague Liz O'Neill, who works here on a Thursday and Friday who will be receiving a Long Service Award and Good Conduct medal on 19th June 2025 through the Ambulance Service.

PATCHS is available for patients to submit non-urgent clinical and admin (non-clinical) requests to Almondbury Surgery via our Website. PATCHS is to be used for a minor illness that may require a prescription or simple advice from a GP.

patches
health



OUR NEXT NEWSLETTER WILL BE IN SUMMER 2025