



First Contact Physiotherapist

Go direct to a physio without seeing the doctor!

The physio will:

- Assess you and diagnose what's happening
- Give expert advice on how best to manage your condition
- Refer you on to specialist if necessary



The Physio will see any patients over the age of 18 with the following symptoms:

- All soft tissue injuries, sprains, strains, sports injuries.
- Arthritis – any joint
- Problems with muscles, ligaments, tendons or bone, lower back pain, mid-back pain and neck pain.
- Spine related pain affecting arms or legs, including nerve symptoms such as pins and needles and numbness.

When to see your GP and not the Physio:

- If you are acutely unwell
- Under the age of 18
- Medical management of rheumatoid conditions
- Woman's health, antenatal and postnatal problems
- Housebound patients
- Medication review
- Neurological and respiratory conditions
- Headaches
- Acute mental health crisis



Please note we would advise that if you have already been seeing a doctor for ongoing treatment then to continue doing so.



Pharmacy First



Local pharmacies (except Boots) are offering a new service which gives you more choice and easier access when it comes to treating minor illnesses and ailments.

The service is called Pharmacy First and means that you can get advice and/or medicines for common minor illnesses from your local pharmacy, without having to make an appointment with your GP.

If you don't normally pay NHS prescription charges, then any medicines supplied under the Pharmacy First scheme will be free.

If you do pay for your prescriptions, then the cost of the medicines should be much less than the prescription charge and you get the same great advice from your pharmacist.

Your pharmacist is a qualified health care professional who can help with your health problems. They will offer you a private space to talk to you about your symptoms.



Carer's Leeds

Do you care for a family member or friend who has an illness, disability or addiction?

You can phone the Carers Advice line on 0113 380 43 00 who can provide you information, advice and support across Leeds.

A carer can be anyone who looks after a frail, elderly parent or person with dementia, a child with a learning disability, a friend with a mental health problem or addiction.

If you're unsure if you qualify as a carer, ask a receptionist or there are leaflets and posters in reception for more information.

Please sign up to the practice register by completing a yellow card

Hay fever Season

Hay fever season is now upon us.

Speak to your pharmacist if you have hay fever. They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help with:

- Itchy and watery eyes and sneezing
- A blocked nose



Tips for hay fever sufferers:

- Put Vaseline around your nostrils to trap pollen
- Wear wraparound sunglasses to stop pollen getting into your eyes
- Shower and change your clothes after you've been outside to wash pollen off
- Stay indoors whenever possible
- Keep windows and doors shut as much as possible
- Vacuum regularly and dust with a damp cloth

Practice Staff Training Afternoons

We will be closed for staff training on the following afternoons:

2019: April 30th, May 31st, June 20th, July 2nd, September 10th, October 15th, November 12th

2020: January 14th, February 11th, March 10th

Oral Contraception Reviews

We are encouraging patients to use our Health Station at Gibson Lane Practice to do their own pill reviews. Patients do not need to make an appointment with the practice nurse, they can attend the practice at their convenience where you will be asked to do your height, weight, blood pressure and answer some simple health related questions.

The health station then records this information onto your medical records where a GP can access this information and review, in order to issue your repeat prescription.

If you are unsure on how to use the health station then please ask a receptionist who will be available to help you work through the process.

NB: you will need to ask a receptionist to request your prescription once you have completed the review.

Staff News

Dr Calvert's maternity leave will start at the beginning of March. Dr Melissa Tasou will be joining us to cover her maternity leave.

We say goodbye to Practice Nurse, Catherin Vaughan who will be joining another practice. We wish her well in her new job.

Lead Practice Nurse, Alison Reid, will be retiring at the end of April after 20 year's service at Gibson Lane. She will be sadly missed by staff and patients. There is a box in reception for any cards and well wishes



Easter Bank Holiday Closing

We will be closed for the Easter Bank Holiday from 6pm Thursday 18th April until 8am Tuesday 23rd April. For any urgent medical needs please call 111 or 999.



Practice Extended Access Appointments

From the end of June, all Practice Extended Access Appointments will cease. This means that Gibson Lane Practice will no longer open Monday evenings 6pm—8pm, Thursday mornings 7am—8am and Saturday mornings 8am—11am. The funding will be transferred to Hub Extended Hours at Seacroft Hospital where patients can see a GP Monday to Friday evenings from 6:30pm—8pm and weekends. A receptionist will be able to book you these appointments Monday to Friday, with patients contacting the hub themselves for urgent appointments at weekend by calling 111.



E-Reception

E-Reception is a new web-based tool, enabling patients to contact the practice 7 days a week, patients can send an email with their medication problem and request an appointment or can request information about practice or other services etc up until 5pm Monday to Friday. Outside these hours we will respond the next working day.

Weekend submissions will be dealt with Monday morning. You will be asked key questions so that we can care navigate your request to where you need to be. If your matter is **URGENT** please call 111 or 999. Note that e-Reception can only be used by registered patients of Gibson Lane Practice. **Please enter your up to date contact information. We will use it to reply to you, to identify you and to verify that you are our patient. Note any information you give us will be dealt with absolute confidentiality and will not be shared**