



KIRKBURTON HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER WINTER 2022

Our Newsletter can be viewed on our website www.kirkburtonhealthcentre.nhs.uk , or by email upon request.

WELCOME

Receptionists Nicola and Lauren have recently joined our Practice. We welcome the appointment of Clara, Dietitian for The Mast Primary Care Network.

COVID BOOSTER RAPID ACCELERATION

The Omicron variant is spreading rapidly. We have been asked by NHS England to prioritise COVID jabs over non-urgent and routine health checks over the coming weeks, to make sure as many people as possible are vaccinated.

All non-urgent care and routine health checks have currently been suspended. These temporary measures will allow our doctors and nurses some capacity to be part of the national vaccination effort, and at the same time focus our resources where clinically necessary.

We would like to reassure patients that the Practice remains open. Please do not ignore health issues or ongoing medical conditions. Vital care and services will continue to be available. Our telephone lines remain open as usual. E-Consults will be available for urgent issues and face-to-face appointments will be offered when needed.

Thank you for your ongoing support.

PATIENTS WHO DID NOT ATTEND APPOINTMENTS – SEPTEMBER - NOVEMBER 2021



| | Total No. of Appointments | No. DNA | % DNA |
|------------------|---------------------------|------------|-------------|
| SEPTEMBER | 1941 | 117 | 6% |
| OCTOBER | 4461 | 289 | 6.4% |
| NOVEMBER | 2442 | 107 | 4.4 |

Patients who fail to attend their appointments and do not inform us, incur significant cost to the Practice and to other patients in terms of lost appointments. If you miss three appointments in a twelve month period we will consider removing you from our patient list. You will then have to register at another Practice in the area. **If you do not need your appointment, or simply want to change it, call 01484 602040 or email reception.kirkburtonhealthcentre@nhs.net.** Thank you for your co-operation.

ON THE ROAD TO BETTER HEALTH

The Mast Primary Care Network Wellbeing Bus Health Inequalities Project was a huge success. Nurses from all Network Practices carried out health checks, including BP, bloods, weight and general health and wellbeing promotion. We hope to repeat the Project next year.



FOCUS ON CLARA CARR, PRIMARY CARE NETWORK DIETITIAN

We are delighted to welcome Clara Carr, Dietitian, to our Team. Clara works across The Mast Primary Care Network (PCN Practices) offering face-to-face, video or telephone appointments. Dietitians are qualified, regulated health professionals, registered with the Health and Care Professions Council. Dietitians use the most up-to-date public health and scientific research on food, health and disease, which they translate into personalised advice to clients, patients, carers and colleagues.

Clara studied Biotechnology at Imperial College, London and Food Science at Nottingham University, before undertaking a postgraduate course to qualify as a Dietitian in Leeds. She has worked at Leeds Teaching Hospitals and Calderdale Royal Hospital. She has also worked as a community dietitian in Rotherham, employed by Rotherham NHS Foundation Trust, working with Care Home residents and patients at GP Surgeries. More recently, she worked at Sheffield Children's Hospital, Locala and NHS Sheffield Clinical Commissioning Group.

Clara said: "I am passionate about improving the health and wellbeing of people in the community by empowering them to improve their diet and lifestyle. I have an interest in Irritable Bowel Syndrome (IBS) and the Low-FODMAP diet, which involves avoiding foods that are not easily broken down by the gut. I can help improve diets for patients with an underlying medical condition, such as cancer or diabetes and this may involve nutrition support or weight management."

Currently, referrals to Clara are through our doctors and nurses

Face-to-face, video or telephone appointments will be offered as follows:

Skelmanthorpe - Tuesday and Thursday (morning)

Shepley - Tuesday and Friday (afternoon)

Kirkburton – Wednesday (morning and afternoon)

Lepton – Friday (morning)

Julie Lambe, Primary Care Network Lead Manager for The Mast PCN said: "Clara's appointment is a real opportunity to offer a complete, personalised dietetic service to our patients in primary care, with a real focus on patient education and support."