



## KENSINGTON PARTNERSHIP

Spring 2021

Kensington Street Health Centre, Whitefield Place, Bradford, BD8 9LB.  
Lower Grange Medical Centre, The Square, Lower Grange, BD8 0QN.  
Mughal Medical Centre, 55 Ivanhoe Road, BD7 3HY.  
Woodroyd Medical Practice, Woodroyd Road, West Bowling, BD5 8EL.

Tel: 01274 499209  
Tel: 01274 881646  
Tel: 01274 504425  
Tel: 01274 377712

### Good News

We are very happy to announce that our new phone system will be installed at the end of March, which means that callers will no longer get cut off. There may still likely be longer wait times due to COVID-19, staffing levels and the high volume of calls we receive (500 – 1000 calls per day) You will hear in real time where you are in the queue, along with important health promotion messages whilst on hold, to help patients and their families manage their health.

We strongly encourage and promote those patients who are using E-Consultations or Online access to continue if you can, which will free up the lines for patients who need to speak to the surgery. E-Consultations has been a massive success for Kensington Partnership with the last survey showing 87% of patients extremely satisfied and getting a response within 48 working hours

You can use the e-Consult on our website to order repeat medication and to book telephone triage.



### Next Newsletter

Please email any articles by Friday 4th June to [surji.cair@bradford.nhs.uk](mailto:surji.cair@bradford.nhs.uk)

Follow us:

[Facebook](#)  
[Twitter](#)  
[Instagram](#)



## PATIENT NEWSLETTER Spring 2021

As a Patient Engagement and Public Relations Officer my role is to work with patients to improve services and patient engagement. Do contact me if you like to get involved or join the Patient Participation Group (PPG) The PPG normally meets once a month and role is help improve services for everyone.

We are currently working on a project with Yorkshire Air Ambulance Charity to set up a programme of Arts and Craft activities which hopefully start in Autumn 2021. Please let us know what activities you will be interested in by completing a very short questionnaire.

[Click here to complete the questionnaire](#)

Email: [surji.cair@bradford.nhs.uk](mailto:surji.cair@bradford.nhs.uk)

### Appointments with Clinicians

As well as GPs we have a number of other highly trained clinicians to help you. Our trained staff will book the appointment with the appropriate clinicians to meet your needs. Our other clinicians are: Approved Practitioners, Nurses. Dietitians. First Contact Physiotherapists. Pharmacists, Health care Assistants & Social Prescribers.

### The Family and Friends Test

What do you think of your GP Practice? Would you recommend it to your friends and family? We are always grateful for your feedback. The forms are available in the consulting rooms at the moment or you can give your feedback via our web-site.

[www.kensingtonpartnership.org](http://www.kensingtonpartnership.org) or [www.nhs.uk/Services/GP/](http://www.nhs.uk/Services/GP/)

### COVID-19 Vaccine

We are pleased to announce that the roll out of the vaccine is going very well and we have now successfully vaccinated over 1700 people from all the priority groups. We urge everyone to have the vaccine as this is the path to ending the pandemic.

### Seasonal Flu Vaccinations



You can still book your annual flu jabs. We recommend all patients over 65 and anyone with a chronic disease e.g. Diabetes, COPD, Heart Disease, or Asthma have a flu jab. Please ring or use e-Consult or an appointment.



PLEASE TURN OVER

## **Bowel Cancer**

THE BOWEL CANCER

#STOPbowelcancer

The Bowel Cancer is the second biggest UK's killer cancer.

It is treatable and curable, especially when diagnosed at an early stage. Early diagnosis for Bowel Cancer and any other type of cancer saves lives. This is the reason why April has been set aside to raise awareness of Bowel Cancer symptoms

Some of the common symptoms of bowel cancer include: Bleeding from the bottom and blood in stool

Persistent and unexplained change in bowel habit

Sudden and unexplained weight loss  
Being easily fatigued with no obvious reason or cause

Pain or a lump in the tummy.

If you have any of these symptoms please contact your GP Practice.

## **Learn to Ride**

Always wanted to Learn and never found the time?

Its never been more important to put your health first

Free cycle coaching available in Manningham and Girlington area

If you are beginner or need few sessions to improve your confidence then get in touch

All sessions will follow government guidelines on delivering physical activities. Suitable for all ages individuals or family bubbles. Bikes and helmet will be provided.

To book and more information please call Sharat on 07815775472 or

Email [mmchurchbfd@gmail.com](mailto:mmchurchbfd@gmail.com)



## **We provide support to anyone bereaved or affected by suicide in West Yorkshire & Craven.**

Whether you were affected by a suicide that was a few days, weeks or decades ago, you may access the service, even if a conclusion of suicide has not been officially recognised or you haven't had an inquest.

You can access support as an individual or workplace/organisation.

Referrals can be made by the bereaved or by professionals supporting them, by using the link on our website

Contact: [info@wyhsbs.org.uk](mailto:info@wyhsbs.org.uk), or 0113 3055800.

[www.wyhsbs.org.uk](http://www.wyhsbs.org.uk)



**West Yorkshire and Harrogate  
Suicide Bereavement Service**

The census day is on Sunday 21st March 2021. All households are asked to complete the census form which you will need to completed online.

**census  
2021**

The census happens every 10 years and it gathers vital information to help plan services such as transport, education and healthcare.

You are required to complete the census by law or you could be fined £1000.

Everyone responds differently to bereavement and working through grief takes time.

Some common feelings that may be experienced are: profound sadness, pain, guilt and anger.

Free Bereavement Counselling for anyone with a Bradford post code (BD) Email: [info@bradfordbereavement.org.uk](mailto:info@bradfordbereavement.org.uk)  
Telephone 01274 619 552. Office hours 9:30 am to 1:30 pm. Messages can be left at any time.



## **Free English and Integration courses**

The courses will include:

ESOL -English speaking and listening skills, information, advice and guidance, information about employment training opportunities and skills to pass home office test. For more information call 01274 521792



## **Naye Subah**

A mental health service for Women and Girls of South Asian background. Naye Subah's staff team work in a non-judgemental and supportive way to help women and girls to understand and overcome their mental health challenges. For more information contact Naye Subah on: 01274 665598

[www.incic.co.uk](http://www.incic.co.uk)

