



# BANKFIELD SURGERY

## NEWSLETTER



Welcome to our patient newsletter — your go-to spot for easy health tips, updates from our team, and some stories to brighten your day. We want to keep you in the loop and help you feel your best, whether you're stopping by for a quick visit or managing something long-term.

Thanks for being part of our community.

### FLU & COVID Campaign 2025

#### Who is eligible for the Flu vaccine?

- Aged 65 or over
- Have certain long-term health conditions
- Are pregnant
- Live in a care home
- Are the main carer for an older or disabled person, or receive a carer's allowance
- Live with someone who has a weakened immune system
- Children aged 2 or 3 years
- Children aged 6 months to 17 years with certain long-term health conditions



If you are eligible, then we have already purchased a Flu vaccine for you!

#### PROGRAMME DETAILS

##### FLU VACCINES:

Pregnant women and all eligible children are eligible from 1<sup>st</sup> September 2025. All other adult Flu cohorts will start from 1<sup>st</sup> October 2025

##### COVID VACCINES:

The COVID-19 vaccine is available to all those who are eligible from 1<sup>st</sup> October 2025

#### HOW TO BOOK

You will receive a link to book your appointment with us.

Where COVID-19 vaccine supply allows, we will aim to give you both vaccines at one appointment.

#### Who is eligible for the COVID vaccine?

- Residents in a care home for older adults
- All adults aged 75 years and over
- Persons aged 6 months and over who are immunosuppressed, as defined in tables 3 and 4 of the COVID-19 chapter of the Green Book ([here](#)).



## OUR ADDITIONAL ROLES

## WE ARE PROUD TO BE A PART OF CALDER & RYBURN PRIMARY CARE NETWORK

Primary Care Networks (PCNs) are groups of GP practices working together with other healthcare professionals and local organisations to provide more coordinated and accessible care. By connecting patients with a wider range of services and support close to home, PCNs help people make informed decisions about their health and receive the right care when they need it.

## WHAT THIS MEANS FOR YOU?

We have additional roles within our GP Surgery meaning we can get you the help you need, quicker than ever!

### ACUTE VISITING SERVICE

The team of Paramedics are all highly trained in advanced physical assessment, minor illness and minor injuries and are predominantly used to provide home visits to our housebound patients

### FIRST CONTACT PHYSIOTHERAPISTS

First Contact Physiotherapists allow quick access to expert musculoskeletal assessment, diagnosis, treatment and advice. In some circumstances, patients may be referred to local Physiotherapy departments.

### MENTAL HEALTH PRACTITIONER



Our Mental Health Practitioner is here to listen, support, and help you feel safe talking about how you're feeling. They'll take the time to understand what you're going through and, if needed, can connect you with local mental health services or other support.

### CLINICAL PHARMACISTS

A clinical pharmacist is a healthcare professional who specialises in the use of medications to optimise patient care. They play a key role in improving health outcomes by ensuring safe and appropriate medication use, particularly in managing chronic conditions and complex treatments.



### CARE COORDINATORS



Care Coordinators are part of the Personalised Care Team. They empower patients to be more involved in decisions about their care and ensures that the services they receive are more relevant and effective for them. They are also the main link between Care Homes and GP practices

### SOCIAL PRESCRIBING LINK WORKERS

Social Prescribing Link Workers are part of the Personalised Care Team working within the PCN. Social Prescribing helps you to explore services that may support you to improve your health, wellbeing & independence. Social Prescribers will help identify goals that you want to achieve that matter to you. They can support patients of all ages.

# MENOPAUSE SUPPORT GROUP – SESSION SUMMARY



## Are you experiencing symptoms of Menopause?

If you're between 45 and 55 years old and believe you're experiencing menopause-related symptoms, we are hosting a specialised clinic led by two clinicians with a focus on menopause care.



### This session will include:

- ♥ Symptoms
- ♥ Self Care
- ♥ Access to follow up tests if needed
- ♥ Management options (including HRT)

If you are interested in this session, please contact reception on **01422 374662**



### DATE:

**MONDAY 31ST MARCH, 6:30 PM**



### LOCATION:

**BANKFIELD SURGERY**

We recently held a successful Menopause Support Group session, with 7 women attending. Thank you to everyone who attended and gave feedback. Your input helps us improve and ensures we continue providing supportive, informative sessions.

### SESSION CONTENT HIGHLIGHTS

Hormone Replacement Therapy (HRT) was the most valued topic

All topics were rated useful, scoring 3–5 out of 5

Lifestyle and diet tips were rated the least useful by comparison

### OVERALL EXPERIENCE

100% of participants rated the session as Excellent (4) or Good (2)

88% felt Satisfied or Very Satisfied with the information provided

100% said the session met or exceeded their expectations

### WHAT ATTENDEES SAID

"It was great. Thank you."

"Really nice that this is happening and to see you're not on your own."

"A very informative session held by the team and well delivered."

**OUR NEXT MENOPAUSE GROUP SESSION WILL BE ANNOUNCED SOON  
– WE'D LOVE TO SEE YOU THERE!**

# LOCAL TO ELLAND

## JOIN US FOR A SOCIAL STROLL!



Walking in a group is a great way to stay motivated and make new friends. Please come along to our social stroll. Every Wednesday (weather permitting), we meet at Bankfield at 1:50pm ready to set off at 2pm.

Every Wednesday  
Meet at Bankfield at  
1:50pm, set off at  
2:00pm.

All abilities welcome

## BEREAVEMENT SUPPORT



It can be difficult to cope with the loss of a loved one. If you need a safe supportive space to talk, please come along to the Bereavement Café. For more information, contact 07852 174022

4<sup>th</sup> Tuesday of the  
month, 1:00pm -  
3:00pm  
The Lounge at  
Hamerton Close,  
HX5 0BD

## UNMASKED PEER SUPPORT HUB – ELLAND



A group which is a safe space for people to talk about their mental health.

St. Patricks Church,  
20 Victoria Rd,  
Elland, HX5 0PU  
(back entrance on  
the left hand side of  
the church).  
Every Thursday from  
7pm - 9pm.

## FREE MENTAL HEALTH SUPPORT



If you are struggling with your mental health such as depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then Vitamins provide a talking therapy service.

This is a free service  
and you can self  
refer by calling 0333  
0153 494 or online  
via: Calderdale -  
Vita

## ELLAND AND DISTRICT FOODBANK

HOW TO SUPPORT THE FOODBANK:

- BUY AND DONATE FOOD AT ONE OF OUR DROP-OFF POINTS:

Morrisons, Elland  
One Stop, Elland  
Stainland Road Medical Centre  
Aldi, Elland  
Stainland Old Library  
Co-Op, West Vale



Volunteer and join the  
team - contact Jo Miller  
on 07972 380716

We are open  
Saturday mornings  
from 10.15 am until  
11.45 am at  
Southgate Methodist  
Church, Langdale  
Street, Elland.

If you are struggling to buy food, are on benefits and live in HX4 or HX5 please call in to see us (bring your ID, evidence of address and benefits)

