

Allerton and Westfield Medical Centre

Allerton Medical Centre

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Visit the practice website



Follow us on WhatsApp!



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"You are never too old to set new goals or to dream a new dream." – C.S. Lewis

Let's Talk Mental Health

May is Mental Health Awareness Month—a reminder that mental wellbeing is just as important as physical health.

Many people face stress, anxiety, or low mood at some point, and no one should go through it alone. This month helps raise awareness, reduce stigma, and encourage open conversations.

At our surgery, we work together with a service called *"Healthy Minds"* that provides mental health support. They offer guidance on coping skills, healthy living habits, and can direct you to additional resources if needed.

Reach out to our practice today if you or someone you know could benefit from speaking with the Healthy Minds team. You don't need to see a GP for an appointment—our Patient Support Team is trained to refer you directly, saving you time and helping you get the support you need.

<https://www.mindwell-leeds.org.uk/services-directory/leeds-healthy-minds>



Happy May!

As spring blooms, it's the perfect time to refresh and recharge. Whether you're enjoying the outdoors or focusing on self-care, we're here to support you every step of the way.

May is a great time to check in on your health, whether it's a routine appointment or some advice. We've got the resources to help you feel your best.

Here's to a month of good health, fresh starts, and sunshine!

Gratitude from a Happy Patient

A patient sent a wonderful email, sharing how they could continue doing what they love due to the care they received. The photos they shared were amazing.

"After many years of not needing to see a GP, the following happened. 4 months ago, I had a travel related incident...the local chemist was unable to deal with and as a result gave me a prescription note to give to the GP, which I took promptly to the surgery.

A lot of patients complain about "nosiness" of the receptionists, but they do not realise this is necessary for the GP to fully understand the reason for the visit and arrange the appropriate consultation. I explained my reason...and even before I left the surgery, I had a phone call...asking me to collect a prescription from the chemist. This service could not be quicker.

Following that I had to visit the surgery on a different matter. The speediness of the outcome of my next visit was exceptional. Having been referred promptly to the appropriately hospital department.

This enabled me to continue with my hobby of wildlife photography, with the knowledge I had been treated exceptionally well.

I am grateful not only to the receptionists as well as the GPs for such a speedy response and excellent treatment I received.

I would definitely recommend Allerton and Westfield Medical Centre."

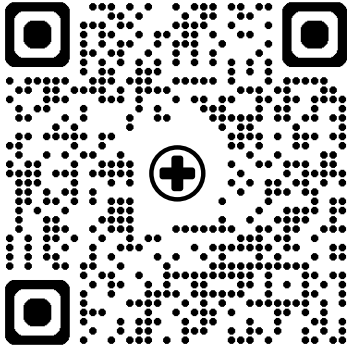


Photos:
from my travels to the Sub-Saharan Africa and the Northern most regions of Canada.



Use the link below to send your medical queries, health concerns, or any questions directly to our team.

Your query is assessed by a GP and a plan is made



Your Appointment is Important

Each month, many patients miss their appointments without letting us know.

When an appointment is missed without communication, it not only affects your health but also reduces the availability of services for other patients.

In April, **116** appointments were missed. That's time that could have been used to see other patients who needed our help.

Missed appointments:

- Increase waiting times for everyone
- Waste valuable NHS resources
- Delay treatment for other patients

If you can't attend, please contact us as soon as possible to cancel or reschedule.

Thank you for helping us improve access for all our patients.

Weight Management Service

There are 881 patients living with Obesity in our Practice.

The numbers are likely to be more as we do not have current height and weight readings for many patients.

Obesity has a major influence on people's health. That is why we are pleased that after nearly two years, the Tier 3 Weight Management Service in Leeds has re-opened.

There are strict criteria for initial referral:

1. Patients with Body Mass Index (BMI) >40
2. Patients with BMI 35-40 with one or more long term conditions. LTC

We will search the practice records and invite eligible patients for blood tests, review and referral.

Dates for your diary: MAY 2025

| WHOLE MONTH | Stroke Awareness Month |
|------------------------------------|---------------------------------|
| | Mental Health Awareness Month |
| | Cystic Fibrosis Awareness Month |
| 5 th -11 th | Maternal Mental Health Week |
| 6 th | World Asthma Day |
| 6 th -12 th | Deaf Awareness Week |
| 8 th | World Ovarian Cancer Day |
| 12 th | National Nurse's Day |
| 12 th -18 th | Mental Health Awareness Week |
| 13 th -19 th | Coeliac Awareness Week |
| 18 th | National Children's Day |
| 19 th -25 th | Dementia Action/Awareness Week |
| 24 th -30 th | National Epilepsy Week |

Practice Opportunities

We have joined the National Institute for Health Research (NIHR) as a Research Ready Practice. This means we will take part in research and clinical studies which will allow improvements in the NHS and the community.

For you as a patient, this may mean we access your records to support studies or contact you if you are interested in taking part.

You are not obliged to take part and can opt out at any time.



"Since attending this GP surgery (Montreal site) I have experienced nothing but professional and pleasant encounters with all the staff I have come into contact with."



"Nurse Michelle is one of the most gentle, happy, funny and professional persons I know. She always makes my youngest son (who has a Learning Disability) and I feel very relaxed."



Please feedback about the care you receive via:

Friends and Family Test, NHS or Google