

Allerton and Westfield Medical Centre

Allerton Medical Centre
6 Montreal Avenue
Chapel Allerton
Leeds
LS7 4LF
Tel: [0113 295 3460](tel:01132953460)

Visit the practice website:
www.allertonwestfield.nhs.uk

Westfield Medical Centre
First Floor
The Reginald Centre
263 Chapeltown Road
LS7 3EX
Tel: [0113 295 3460](tel:01132953460)

Follow us on Facebook and on our WhatsApp channel

“It does not matter how slowly you go, as long as you do not stop” – Confucius

A new month means new beginnings! With longer days and spring in full swing, it's the perfect time to refresh your health routines and take a little extra time for yourself.

Remember that even small changes can make a big difference to your wellbeing.



We would like to thank all our patients for your continued support and patience.

Please remember to use our online system where possible for appointment requests and prescription queries.

If you need to cancel an appointment, kindly let us know as early as possible so we can offer it to another patient.

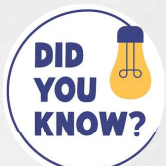
As we move through the season, here are a few simple ways to stay well:

- Stay hydrated, even in cooler weather
- Keep active with light daily movement such as walking
- Prioritise sleep and regular routines
- Wash hands regularly to help reduce the spread of infections



You can often get help faster by:

- Using your local pharmacy for minor illnesses
- Checking NHS 111 online for urgent health advice
- Using self-care guidance for common conditions



Mounjaro, and other Weight Loss Injections **What Patients Need to Know**

Following recent national news about weight-loss injections being available through GP practices, many patients have contacted us for advice.

Although NHS guidance has changed, it is the local ICB (West Yorkshire) that is responsible for ensuring this service is available.

At present, GPs **do not** have the resources or capacity to provide these injections, or the necessary monitoring. Therefore, the current recommendation is that patients who meet the criteria should be referred to a specialist clinic for assessment and treatment.

The ICB may make changes over time, so you can check their website or the NHS site for the latest updates.

As of March 2026, patients may be considered if they meet all of the following criteria:

- Age: Over 18
- Registered at a General Practice within Leeds ICB
 - BMI: 40 kg/m² or more, or
 - 37.5 kg/m² or more for ethnic minority backgrounds

AND any 4 out of these 5 conditions:

- Heart disease (e.g. heart attack, angina, peripheral vascular disease, heart failure)
- Type 2 diabetes
- High cholesterol or triglycerides (treated with lipid-lowering medication or with certain lab values)
- Obstructive sleep apnoea requiring CPAP therapy
- Hypertension on anti-hypertensive medication

For further information on the service, go to:
[Weight management - Leeds Community Healthcare](http://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/weight-management/)

www.leedscommunityhealthcare.nhs.uk/our-services-a-z/weight-management/

Stay Up to Date with Your Immunisations

Immunisations protect you and your family from serious illnesses. Keeping up to date is especially important for children, older adults, and people with certain health conditions.

Routine Immunisations

- **Children:** Protect against measles, mumps, rubella, polio, whooping cough, and more
- **Adults:** Boosters for tetanus, diphtheria, polio, and shingles (for people over 70)
- **Pregnant women:** Flu and whooping cough vaccines help protect both mother and baby

Why It Matters

Vaccines are safe, effective, and help prevent serious complications. Staying up to date also protects the people around you, including those who cannot be vaccinated.

Call the practice to check if you or your child are due for a vaccine

Ask about catch-up vaccines if you missed any doses

VACCINES SAVE LIVES
Make sure you and your loved ones are protected.

We Hear You and We're Making Things Better

We understand that your healthcare experience matters deeply, not just the outcome, but how supported, informed, and cared for you feel along the way.

That's why we are continually working to improve how we deliver care and communicate with you. We are focused on making your experience smoother, more responsive, and more reassuring at every step.

Your feedback plays an important role in this. It helps us understand what matters most to you and guides the changes we make across our services.

While there is always more we can do, we are encouraged by the progress being made and remain committed to building a service that feels more connected, more attentive, and more patient-focused.

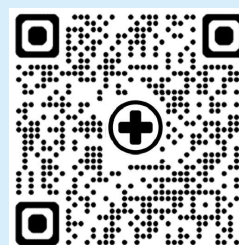
Thank you for trusting us with your care. We are proud to support you and look forward to continuing to improve together.

Dates for your Diary

1 st -31 st	Stress Awareness Month
1 st -31 st	Bowel Cancer Awareness Month
1 st -9 th	Passover begins
2 nd	World Autism Day
3 rd	Good Friday
5 th	Easter Sunday
6 th	Easter Monday
7 th	World Health Day
11 th	World Parkinson's Day
14 th	Vaisakhi
22 nd	Earth Day
23 rd	St George's Day
24 th -30 th	World Immunisation Week
20 th -26 th	MS Awareness Week

Contact the Practice

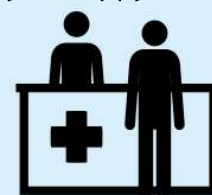
Submit your medical query via the QR code



Call us on 0113 295 3460 to speak with a member of our Patient Support Team



Come by the practice and speak to our Patient Support Team at reception. They're happy to help!



Please feedback about the care you receive via: **Friends and Family Test, NHS or Google**



"Very good service and face to face with the doctor... I feel listened to and value the support I am provided with"

"The doctor was very helpful and gave me good advice, a kind person. All staff are very friendly and helpful"

