

Ashfield Medical Centre & The Grange Medical Centre



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LS15 8BA
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Extended Hours Access

Appointments are now available to book at the new Seacroft Hospital hub as well as the St. Georges Centre hub.

In order to run evening and weekend GP clinics, the practices in South and East Leeds have joined together to open 'Hubs' that make the best use of the limited resources available for these kinds of services. By running clinics from fewer locations we are able to offer more appointments than if each practice opened in the evenings and on weekends.

Hub appointments are available:

Monday to Friday 6.30pm to 8pm

Saturday 8am to 2pm

Sunday 8am to Midday

To book an appointment in the Extended Opening times please contact our Reception team to book.

**If you need urgent care out of hours please call:-
For urgent medical attention call 111
Call 999 for immediate, life-threatening emergencies**

GP appointment? Don't need it? Cancel it!

In January 2019:

25 GP appointments were missed wasting over 4 hours of GP time.

Appointments that are no longer needed can be cancelled by text message, online, over the phone or in person.

Appointments

We have recently increased the number of appointments available to pre-book and reduced the number of on the day appointments to accommodate only those who have need to see a GP urgently. Our pre-booked appointments are longer to ensure our patients get the best out of their consultation with their GP.

Staffing News

It is with sadness that we announce that Dr Morris is leaving the practice as a GP and Partner after almost 10 years. Dr Morris has been a valued member of the team at Ashfield and The Grange and will be greatly missed by staff and patients alike. Her last working day at the practice will be 13th March. We wish her all the best for the future.

“Dear Patients

I have always thought that being a GP for Crossgates and Seacroft community is such a privilege and have been very proud to have been your GP. I couldn't have asked for more lovely people and families to care for. It has been great to get to know you and try and help in anyway I have been able. I will miss you all. Wishing you all the very best health and happiness.

Dr Morris”

Cervical Screening

CERVICAL
SCREENING
**SAVES
LIVES**

The NHS Cervical Screening Programme has made a huge impact on survival rates for cervical cancer since it was established in 1988, saving an estimated 5,000 lives a year, however, screening is at a 20-year low.

- Two women die every day from cervical cancer in England
- Cervical screening can stop cancer before it starts by preventing potentially harmful cells from developing
- Don't ignore your cervical screening invite. If you missed your last cervical screening, book an appointment with your GP practice now
- Cervical screening saves lives – encourage the people that you love to get screened if they are overdue a test.
- For further information, please visit nhs.uk/cervicalscreening

Online Access

Online access allows you to book appointments and order repeat medication online. Once you are registered for online access, you can download the patient access app to your mobile phone allowing you to book appointments and order medication wherever you are. If you would like to register please bring your photo ID into the practice and our Reception team can set up your on-line access account. For help getting started ask for the patient guide to on-line services or book an appointment with our Digital Champion. **We have recently expanded the amount of information available for patients to view on their on-line medical record. This includes consultations and documents.**

Coughs and Colds

A quick self help guide:

Drinking enough fluids to prevent dehydration.

Steam inhalations with menthol, salt water nasal sprays or drops may be helpful.

Vapour rubs may help relieve symptoms for children.

Hot drinks (particularly with lemon), hot soups and spicy foods can help to ease irritation and pain in your throat.

Sucking sweets or lozenges which contain menthol or eucalyptus may sooth your throat.

Gargling with salt water may help a sore throat.

Our Services

Did you know we offer:

- A **free health check for all adults aged 40-75**. This involves a lifestyle assessment along with simple blood tests which in part help us to calculate a vascular risk score. We can subsequently offer advice and if appropriate treatment to help reduce the risk of you becoming unwell in the future.
- A full range of **contraceptive services** are offered to our patients and we can also offer implant insertions and removals to our patients.
- **Corticosteroid injections** are offered for patients in the surgery for appropriate conditions including osteoarthritis, tennis elbow, golfer's elbow and carpal tunnel syndrome. Alternative options for management will always be discussed along with the risks and expected benefits.
- **Cervical screening** for those eligible women invited by the national screening program. Once you have received an invite simply book an appointment with one of our practice nurses.
- We offer all our patients with moderate or severe **learning disability an annual health check** to ensure all their health needs are being met to the highest standard possible.

Target Training

We close at 12pm on the following days for Target training in line with all South and East Leeds GP practices.

Tuesday 12th March

Tuesday 30th April

Tuesday 21st May

CQC Inspection

We were rated as good in a recent inspection by the CQC.



Ashfield Medical Centre

CQC overall rating

Good

9 January 2019

Opening Times

The Grange

Monday	08:00 - 18:00
Tuesday	08:00 - 18:00
Wednesday	08:00 - 12:30
Thursday	07:00 - 18:00
Friday	08:00 - 18:00
Weekend	<i>closed</i>

Ashfield

Monday	08:00 - 18:00
Tuesday	07:00 - 18:00
Wednesday	08:00 - 18:00
Thursday	08:00 - 12:30
Friday	08:00 - 18:00
Weekend	<i>closed</i>