BRADFORD CITY CCG

**VV**

**VALLEY VIEW SURGERY NEWSLETTER**

**October 2019**

Choosing the right place to go for NHS healthcare will ensure you get the best care possible. Using an alternative to Accident and Emergency (A&E) when you aren’t seriously ill could mean that you end up waiting less time and get more efficient healthcare. It will also free up the emergency service to those who are in need of them the most. A&E and 999 are for life threatening and emergency conditions only. This can include: Broken Limbs, Heart Attacks, Strokes and other serious injuries.

**Valley View Surgery**

**Undercliffe Health Care Centre**

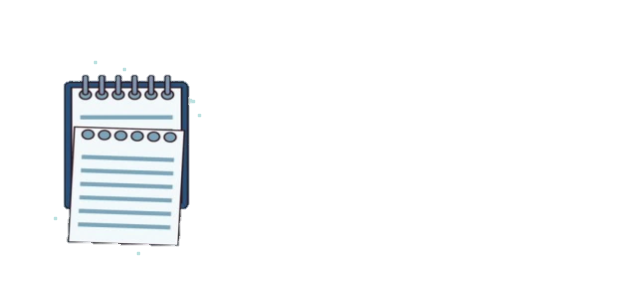
**17 Lowther Street**

**Bradford**

**BD2 4RA**

**Telephone: 01274 637115**

**VALLEY VIEW SURGERY OPENING TIMES**

[](https://www.shutterstock.com/video/clip-1015710808-clipboard-document-symbol-hd-animation)[](https://depositphotos.com/210407838/stock-illustration-tangles-of-different-colors-of.html)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjJx8a42bTlAhWIHRQKHVYADA8QjRx6BAgBEAQ&url=https://imgbin.com/png/43gMywhc/ristretto-coffee-cup-espresso-cafe-png&psig=AOvVaw0LGU02fj-xVOtPKb87nhUj&ust=1571999661413327)[](https://icon-library.net/icon/coffe-cup-icon-8.html)[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwidyvyd3LTlAhUryYUKHWzTBVQQjRx6BAgBEAQ&url=https://www.freepik.com/free-photos-vectors/cartoon-people&psig=AOvVaw1_LheIaVzMGwVIRWR2Q_6n&ust=1572000287117787)See the source image[](https://www.123rf.com/photo_111889251_stock-vector-balls-of-different-colors-of-wool-for-knitting-and-knitting-needles-colorful-vector-illustration-in-.html)

**EVERY WEDNESDAY**

Coffee Mornings- 10:00am- 11:30am

Knitting Classes- 10:00am - 11:30am

English Classes- 1:00pm

**For any queries about how to sign up for these classes please contact us on 01274 299143 and ask to speak to our PEL lead- Farhana Younis.**

Wednesday

**For More Info- Please Visit Our Website At-** [**http://www.valleyviewsurgery.nhs.uk/**](http://www.valleyviewsurgery.nhs.uk/)

**Or Contact Us on 01274 299143**

Changes to Valley View Surgery in 2019

In order to provide the best services for our patients, our surgery is always changing with your recommendations and opinions to allow a free flowing and simple system.

From the 1st of July 2019 we will no longer be offering extended hours (Tuesdays 8:30am-8:00pm). However, we now offer extended access at our 3 hubs; Shipley Medical Practice, The Ridge Medical Centre and Picton Medical Centre. We have a range of appointments at these hubs such as GP appointments, HCA, and nurse appointments.

From the 4th of November our open surgery will be on Mondays and Fridays ONLY. This is because our patients requested more routine appointments as it is more convenient. YOU SAID –WE DID.



As we all know Bonfire Night is approaching and will be on the 5th of November 2019. This is a favourable day of the year but can be quite dangerous if not celebrated safely and sensibly. Here are a few ways on keeping safe this Bonfire Night:

**1-Ensure that children are supervised at all times.**

**2-Keep all pets indoors**

**3-Never go near a firework after it has been lit.**

**4- Leave plenty of space. Build your bonfire away from your home and any sheds and fences.**

**PPG CLASSES**

**Online Access**

We are now encouraging patients to register to our online access, this will allow you to order prescriptions, book appointments and view your online record. This is a much more convenient and time saving way to improve your healthcare experience.

**Stop Smoking**

**Want to stop smoking?**

Make an appointment with our nurse now or call 01274 299143 for advice.



8:30am-6:00pm

8:30am-6:00pm

8:30am-6:00pm

8:30am-6:00pm

8:30am-6:00pm

Friday

Thursday

Tuesday

Monday

Please Note: WE ARE NOT OPEN ON WEEKENDS