

BROOKROYD SURGERY NEWSLETTER

Just what the doctor ordered: Social Prescribing - Better in Kirklees

Better in Kirklees is a service that uses a holistic approach to support people to be active and involved in their community, keeping people happier, healthier and independent for longer. The service connects people to a wide range of community activities, support and networks eg arts and cultural groups, sports activities, environmental projects and friendship groups.

Who can be referred?

Any adult over 18, living in Kirklees, who has one or more long term health condition, including physical disability, sensory impairment, learning disability, mental health issues, drug/alcohol issues and/or is an unpaid carer.

What are the benefits for patients?

- Gaining independence
- Reduces isolation
- Trying out new activities
- Getting help with some worries
- Becoming more active in the community
- Bettering mental health and wellbeing
- Expanding interests
- Sharing skills and experience



If you would like to be referred to this service please speak to a member of our practice team who will arrange for a referral.

THE NATIONAL BOWEL SCREENING PROGRAMME

BOWEL CANCER SCREENING SAVES LIVES

The test can detect invisible early signs of bowel cancer. Taking part is easier than you think.

If you've been invited to take part and need more information or a new test kit contact

Freephone 08007076060

Aged 60-74?

The NHS Bowel Cancer Screening programme offers screening every two year to all men and women aged 60-74 who are registered with a GP. You will automatically receive a test kit in the post with instructions.

Aged over 74?

If you would still like to take part please call **Freephone 08007076060** to request your free test kit.

In 2019 a new style of testing kit is being launched. The FIT test will hopefully increase participation as this test is far easier to use than previous. You can view a short video by using this link cruk.org/bowelscreening for further information.

BROOKROYD SURGERY ENCOURAGES ALL ELIGIBLE PATIENTS TO TAKE PART IN THIS IMPORTANT SCREENING PROGRAMME.



BROOKROYD SURGERY PATIENT GROUP ARE SUPPORTING THE LOOKING OUT FOR OUR NEIGHBOURS CAMPAIGN.

Looking out for our Neighbours is a community campaign running across West Yorkshire and Harrogate to help people feel better in the place they live and have the peace of mind good neighbours bring. Please ask our reception team for a Free Looking out for Our Neighbours resource Pack. You can also download a pack from their website

<https://ourneighbours.org.uk/campaign-pack/>.

Join the movement: OurNeighbours.org.uk #OurNeighbours

Community News

When it comes to Keeping Well it's not all about visiting your GP, getting out, making friends and doing something creative is really important to our Health and Wellbeing! So why not go along to **All Saint's Church Roberttown, Church Lane, Roberttown**

Monday Movers, every Mondays at 9.45am

Gentle exercise for all ages and all levels of fitness, start the week off with a swing, get a little fitter and meet new friends



Craft and Natter, every Tuesday between 10.00am and 12 noon.

Be creative, learn new skills, have a laugh and a chat

No experience required, no invite needed, just turn up and ask for Yvonne or Yvette



Coffee Morning with cakes, every Thursday from 10.00 to 12noon

Just what you would expect from a village coffee morning, make new friends, catch up with old friends, lots of lovely cakes, lots of chat and fun.

There is a small charge for all the above events.

The above are open to all, you don't need to be a member of Roberttown church.



Why not give it a try? You will wonder why you hadn't been before. If you live in or near Roberttown then it's on your doorstep and the 229 bus passes the door! See you there.

Do you fancy trying your hand at bowling?

In our first Newsletter highlighted the value of regular exercise and social contact to our health and recommended guided **Health Walks** organised by Kirklees Council. But that is only one option. There are many more ways of getting enjoyable exercise, and here are two more.

Heckmondwike Petanque Club meet in Firth Park adjacent to the Surgery. Petanque is the same as boules, a game better known in France in which metal balls or "boules" are thrown underhand towards a target with loosely similar rules to bowls. The club meets on Wednesdays at 1.00pm and Saturdays at 10.00am. Why not visit them at one of these times to see what they do.

Heckmondwike Bowling Club on Green Avenue, off Chapel Lane offers crown green bowling to members on most days in the summer months and some floodlit bowling in the autumn. For more information 'phone 01924 402797 after 7pm Wednesday Friday or Saturday.

In addition both have websites which offer further information and both welcome new members.

<https://heckmondwikepetanqueclub.wordpress.com/>

<https://heckmondwikebowlingclub.wordpress.com/>



Now for a bit of FUN!

Recipe for a Yorkshire Pud

"Tha wants a quarter pahnd o'flahr, a big Yorksher oyster ("egg"), awf a tablespoon o'drippin, awf a pahnt o'milk an' a bit o'sawt ("salt"). Mix t'flahr an' sawt in a basin, mek a oller l't'middle an' breyk yer oyster l' that. Add two tablespooins o'milk an' stir in some o' t'flahr wi' a thible ("wooden spoon"). Keep on till tha's used awf t'milk. Beeat it 5 minits an'ler it stand for 20, then eat t'drippin' in a bakin' tin. Put t'rest o' t'milk into t'batter an' teem it into a 'ot dish. Bake it 30 minits, cur it into two-inch squers an' start gobblin'.

Important— Eyt it afoor t'main coourse. When tha sarves it, say, "Them at eys mooast pudding' 'll get mooast meyt", so as, when they're stowed up ("full") wi' t'pud they'll not want mich else".

This newsletter is published by Brookroyd Surgery Patient Group. If you are interested in becoming a member of our group please speak to our reception team for further information. New Members are always welcome. We also welcome any ideas for our next newsletter. If you are a member of any community groups you think maybe of interest to our patients or have any healthy recipes please let us know.