



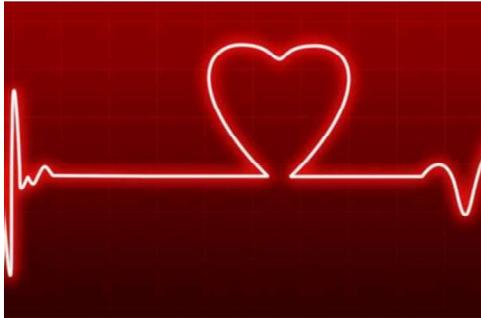
ALMONDBURY SURGERY NEWSLETTER

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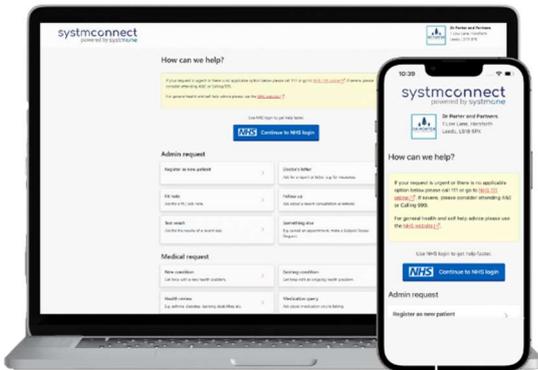
Website: www.thealmondburysurgery.co.uk

National Heart Month, observed throughout February.



This month encourages people to take proactive steps toward maintaining a healthy heart. Prioritise cardiovascular health and take small steps every day to protect your heart. Whether it's through regular exercise, reducing stress, or having your blood pressure and cholesterol checked, National Heart Month empowers individuals to take control of their heart health. We have a blood pressure machine in our reception waiting room; pop in, take your blood pressure and pass the reading provided to one of our Reception Team to update your medical record.

COMING SOON TO THE PRACTICE systemconnect



We are bringing in a new way of booking appointments.

We will be using Systemconnect as YOUR new way to book appointments.

You can access Systemconnect via your mobile telephone, laptop/handheld device.

Systemconnect will be available via our website:

<https://thealmondburysurgery.co.uk/>

The transitioning to this new booking system will be throughout March GOING LIVE on 13th April; so we would ask that during this time you kindly show patience with our reception team.

If you need to ask any questions; please do speak to our Reception Team.



BOWEL CANCER SCREENING in England is improving.

FIT kits, sent to everyone aged between 50 and 74, will now be checked at a lower threshold. This means smaller amounts of blood in poo samples can be spotted – helping to find signs of cancer earlier, treatment can be more successful. It's the same simple test, just better at picking things up even earlier. Most people who use their kit won't

need further tests. **When your kit arrives, put it by the loo.**

Don't put it off. Read more about bowel cancer screening:

<https://www.nhs.uk/tests-and-treatments/bowel-cancer-screening/>



Are you an unpaid carer?

Join the Carers Wellbeing Sessions – a friendly, supportive space to connect with others who understand what caring is really like. **SHARE** experiences. **LEARN** ways to manage stress. **FOCUS** on your own wellbeing. Sessions are running in Huddersfield, Mirfield and Dewsbury, with a focus on resilience and supporting people affected by memory deterioration. For further information and to book your place on a session just contact the Wellness Service:

Call: **01484 234095**

Email: wellness.service@kirklees.gov.uk



Children's Mental Health Week 9-15 February 2026

You can self refer to children's mental health services in Kirklees

- **Contact Kirklees Families Together Gateway – You can request support using their online form or by calling 01484 456823**
- **Visit Thriving Kirklees**
- **Kirklees Keep in Mind**

SURGERY CLOSING DATES:

Practice Protected Time (PPT) Training on 27th January 2026, 17th February 2026, 17th March 2026, 21st April 2026 - We will be closed at 1:00pm on the above days for our Practice Protected Training Time for staff. The practice will reopen again at 8am the following day. **ALL DATES FOR 2026 can be found on our practice website.**

Upcoming Bank Holiday Closure Dates:

The Practice will be closed on Friday 3rd April and Monday 6th April 2026.

The Practice will reopen again at 8am on Tuesday 7th April 2026.

OUR NEXT NEWSLETTER WILL BE IN APRIL 2026.