

Below is a list of websites which we feel patients may find useful. The list is not exhaustive and we welcome new suggestions.

Lifestyle

Leeds has some great programmes in place to help people lead healthy lives there is discounted or free access to a host of activities across the city. To get more information click and visit One You Leeds

The NHS Choices website has got links to a wide range of information to support you. NHS Choices is the online 'front door' to the NHS. It is the country's biggest health website and gives all the information you need to make choices about your health.

Foreign travel

We recommend you access www.fitfortravel.scot.nhs.uk prior to a travel appointment.

Minor ailments

Perhaps the most searched for information regards advice about common conditions - coughs and colds, skin conditions etc. Often it isn't necessary to contact the practice. The most useful website for this is www.patient.co.uk.

Examples of leaflets on here would include:

<http://www.patient.co.uk/health/coughs-and-colds-in-children>

<http://www.patient.co.uk/health/warts-and-verruucas>

<http://www.patient.co.uk/health/cough-caused-by-a-virus>

General information sites

NHS 111 On-line

Online version of the government sponsored 111 for emergency out of hours care

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

Patient.co.uk

A website filled with patient information leaflets on a vast range of health problems. The articles are written by doctors for patients.

www.patient.co.uk

Specialist sites / Support groups

Addiction

Forward Leeds

Forward Leeds are the local NHS service for drug and alcohol related issues. Forward Leeds prefer patients to self-refer. They offer evening clinics.

<https://www.forwardleeds.co.uk/>

Drug and alcohol addiction

<http://www.talktofrank.com/>

Smoking cessation

<http://www.nhs.uk/smokefree>

Allergy

Advice on all aspects of allergy including food allergy such as cows milk protein allergy.

www.allergyuk.org

Alzheimer's Dementia

This website gives advice on all aspects of Alzheimer's dementia for patients and their carers.

<http://www.alzheimers.org.uk/>

Anaesthesia

Many patients, when scheduled for an operation, need answers to questions about their anaesthetic. This site has been developed by anaesthetists. Click the 'for patients' link.

www.rcoa.ac.uk

Cancer

Site managed by Cancer research UK.

www.cancerresearchuk.org/cancer-help/

Carers

This website gives practical advice for carers of people in all different age groups

<http://www.carersleeds.org>.

Diabetes

Diabetes UK <https://www.diabetes.org.uk/>

Domestic Violence

Domestic Violence is currently under-reported. Usually women are the victims although men can also be affected.

Types of Domestic violence include:

Sexual (e.g. rape, grooming)

Physical (e.g. hitting, strangulation)

Emotional (e.g. controlling behaviour, blackmail)

Financial (e.g. not being allowed access to money or a bank account)

Psychological (e.g. constant negative remarks undermining self-confidence)

Domestic violence is never ok and should never be considered acceptable within a healthy relationship. In extreme cases it can result in homicide.

Leeds City Council heads a multi-agency Domestic Violence Helpline and website which can be accessed at the following link:

<https://www.leeds.gov.uk/domesticviolence>

The site also contains links to other related Domestic Violence Helplines.

Hypertension

This document offers advice on monitoring your blood pressure at home and can help you to answer relevant e-Reception questions.

Leeds Mental Health Counselling

Mindwell

Mindwell is a new web resource for patients with mental illness in Leeds. There are contact numbers for counselling services and also patient information leaflets explaining common diagnoses like anxiety and depression.

<https://www.mindwell-leeds.org.uk/>

Leeds mental and wellbeing service

Leeds mental and wellbeing service provide support and psychological therapies for common mental health problems, such as anxiety and depression, which one in four of us will experience in our lives.

They offer a range of evidenced based psychological interventions, including group based and 1:1 therapies, classes, one-off sessions and online support options.

<https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/home/>

Obesity

<http://www.nhs.uk/conditions/Obesity/Pages/Introduction.aspx>

Patients Association

www.patients-association.com

Self help

These websites include some excellent self-help literature and guides on conditions such as sleep disturbance, stress, depression, anxiety, and low self-esteem.

www.patient.co.uk/selfhelp

www.ntw.nhs.uk/pic/selfhelp/

Sexual health

<http://www.leedssexualhealth.com/>

Gives information on testing for sexually transmitted infections including HIV, chlamydia, and gonorrhoea.

There is also information on the website about booking appointments for sexual health tests, contraceptive advice and the timing of drop in clinics.

Teenage health

<http://www.themarketplaceleeds.org.uk/>

The Market Place specialises in issues which affect people between the ages of 13 and 25 and living in Leeds.

Services offered include:

Sexual health: condoms, testing for pregnancy and sexually transmitted infections e.g. chlamydia and gonorrhoea. Run by Leeds sexual health - see link below

Counselling on issues such as bereavement, bullying, sexuality, self-harm is offered by trained and certified counsellors. Significantly the counselling service is endorsed by the local CAMHS (Child and Adolescent Mental Health) team who often refer patients into the Market Place themselves.

<https://www.mindmate.org.uk/>

This is a good website to help teenagers to understand stress or emotional issues which they may experience including advice on self-harm.

Educational resources about microbes and antibiotics

There's a fascinating website known as e-Bug. This provides educational material which teachers can use to educate children about antibiotics and microbes. There are also age appropriate resources for

children to access themselves which educate on topics such as appropriate antibiotic use, antibiotic resistance and childhood vaccinations:

<https://e-bug.eu/>