

WACA Newsletter February 2026

Quarterly WACA Patient Network Meeting - Wednesday February 18th 2pm - 3pm

All patients are welcome to join the quarterly WACA Patient Network Meeting. Dr Rayment will be giving a primary care and PCN update and we will be discussing issues PPG's are facing with an update from each PPG. Please email fiona.bashforth@nhs.net for the agenda and joining instructions.

Singing for Lung Health - Spring Course starts February 19th (please see flyer attached)

There are a few spaces available in the Spring 'Singing for Lung Health Course' which is designed for patients living with long-covid or chronic respiratory disease. This is open to all patients living in Wharfedale, please call Grange Park Surgery on 01943 862108 or email jennifer.ward2@bradford.nhs.uk to book a place or for more information.

Ling House Cancer Support Group - started Tuesday 10th February

The WACA Community Cancer Champion has started a Cancer Peer Support Group for Ling House Medical Centre Patients; these will run fortnightly over twelve weeks and are open to any Ling House patient that has been affected by cancer. For more information, please respond to this email.

Lifestyle Medicine Talk - Tuesday 24th February (Online) 6-7pm (open to all patients and staff)

Nutrition plays a powerful role in cancer prevention and survivorship. This talk sets out to explore the current evidence surrounding this topic. It will attempt to explain how

certain dietary patterns can reduce cancer risk and recurrence and may also improve quality of life. It will offer some practical guidance to help people to achieve this .

This talk will be given by GP, Dr Janet Kyriakides(GP with a special interest in nutrition and lifestyle medicine and health coaching)

There will be an opportunity to ask any questions after the talk.

This talk is free of charge, and open to anyone over 16 years of age. To book your place, visit <https://www.eventbrite.com/e/health-talk-reducing-cancer-risk-through-nutrition-tickets-1981995960271?aff=oddtcreator>

Wharfedale SEND Event - Clarke Foley Centre – Thursday 12th March

The WACA GR8 Minds team are holding an event to offer information and advice available for families, carers & professionals to support Children & Young People with Special Educational Needs. There will be organisations that offer support within Wharfedale including Bradford SENDIASS, the LS29 Group, AWARE and Airedale CYP Therapies team.