



NEWSLETTER

WELCOME TO OUR NEWSLETTER

We hope you find this newsletter helpful in keeping you up to date with what's happening in the Network and also some local activities and charities. If you'd like to contribute a picture, a comic, a poem or something else entirely that we could include in our next edition please be sure to send them onto sally.oldbury@nhs.net.

'TIS THE SEASON FOR GETTING POORLY

If you have a long term condition, are over 50, are pregnant or your immune system is suppressed, don't forget to have your flu vaccine this year before you start partying this winter. Family and work get-togethers are the perfect places for viruses and germs to spread and we want our patients to stay as healthy as possible this winter.



PATIENT VIEWPOINT GROUP

Our next network-wide Patient Viewpoint group meeting will be held on 20th January 2023 at 2pm on MS Teams which will help us update you with our projects to date and our plans for the PCN.

We're always looking for people to help shape our services and make them even better! Why not join us – it only takes a few hours a year.

If you are interested, please contact our communications lead, Sally, on sally.oldbury@nhs.net know and we will email you asking for feedback on our plans a few times a year, as well as inviting you to our meetings.



Healthier Together

Improving the health of babies, children and young people throughout West Yorkshire

Healthier Together is a tool that gives clear healthcare advice to parents, carers, young people & professionals.

It will help to identify when, where, and how you should seek help for your poorly baby or child.

Look through the site for practical help such as 'should my child go to school?'

wyhealthiertogether.nhs.uk

WHAT IS A PRIMARY CARE NETWORK?

The Tolson Care Partnership Primary Care Network (Tolson PCN) is based in Huddersfield, West Yorkshire, and we are made up of eight GP surgeries, with a combined patient list size of approximately 50,000. If you are a patient of The Waterloo Practice, The Whitehouse Centre, The University Health Centre, The Almondbury Surgery, Dalton Surgery, Greenhead Family Doctors, The Junction Surgery or Rose Medical Practice you are covered by Tolson PCN.

Please visit www.tolsonpcn.nhs.uk or email kirkccg.tolsonpcn@nhs.net

HOW CAN I HELP THE PROBLEM OF ANTIBIOTIC RESISTANCE?

Most common illnesses, such as coughs, colds, sore throats and stomach upsets, will get better by themselves without the need for antibiotics.

The Health Protection Agency says everyone should think twice before they ask for antibiotics from their doctor for their cold and flu symptoms.

We all seem to forget just how awful you can feel with a bad cold, let alone flu, and this maybe makes us think that we

are more poorly than we really are and that we need antibiotics to get better. But this isn't the case, and using over-the-counter medicines can help to ease headaches, aching muscles and stop your nose running which will make you feel a lot better.

If you don't need them don't take them—that way they are more likely to work when you REALLY need them.

EVENING & WEEKEND APPOINTMENTS

From 1st October we have been offering evening and weekend appointments for all practices in the PCN. So far these are a great hit with patients, especially when they are hosted at their own GP practice.

As expected, they are proving particularly useful to our

patients who are at work, uni, college, or school, who may struggle to make it to daytime sessions.

The Practices hosting are; The University Health Centre, Rose Medical Practice, Waterloo Practice, Almondbury Surgery, Greenhead Family Doctors, Dalton Surgery, and Junction Surgery.



FLU & COVID VACCINATIONS

AVAILABLE NOW!

There are still a few patients who have not yet taken up our invitation to protect themselves against serious illness from Covid & Flu this winter—Why delay?

Book now!

YOUR NETWORK WORKING FOR YOU

We're expanding our local workforce with Dieticians, Physios, Paramedics, Mental Health workers, Nursing Assistants and Pharmacists. This means when you call your GP Surgery, your appointment may be assigned to one of these highly-skilled members of our team to help you with your healthcare needs.

If your problem then requires a GP's expertise, the staff member you talk to will help arrange that for you.

Our extended team members work across all eight of our practices so may be working remotely and contact you by phone, or see you face to face in your practice, or at another local Health Centre. They are fully trained, and qualified members of our Network team caring for you.

PLANNED CLOSURES

Your practice will be closed for the Bank Holidays on;

- ◇ Monday 26th December
- ◇ Tuesday 27th December
- ◇ Monday 2nd January 2023

Please order your medications in good time during busy bank holiday periods.

Our half day closures for protected learning time are:

- ◇ 20th December 1-6pm
- ◇ 17th January 1-6pm
- ◇ 21st February 1-6pm
- ◇ 21st March 1-6pm

When your surgery is closed please call 111 to access a local GP urgently.

I use the NHS App to view my GP medical record

Your NHS, your way
Download the NHS App 😊



Boost your Wellbeing with S2R Support to Recovery

In November, S2R Support to Recovery were pleased to be involved with the Tolson PCN Wellbeing Event. As part of the afternoon, they offered three creative and wellbeing activities for participants to get involved with, including macrame keyring making, origami stars and an introduction to aromatherapy workshop. The purpose of the event was to highlight the importance to all of us of taking time out to have some fun and get involved in activities which can help improve our emotional and physical wellbeing. We had a great time at the event, sharing laughter and learning with those involved.



Their mission is to promote positive mental health and wellbeing to people in our community by offering a range of creative, wellbeing and outdoor workshops ranging from learning how to use a sewing machine, to natural product making, upcycling, allotment skills and much more.



The Five Ways to Wellbeing are: connecting, giving, being active, learning and noticing more of what is around you. S2R can help you find ways to incorporate more of these things into your life by taking part in engaging activities that are usually free or very low cost. Taking part in wellbeing activities may not replace medication but looking after your emotional health can be as important as looking after your physical health and can help you build resilience. This will help you to cope better in times of illness and may even prevent ill-health developing in the first place.

Anyone aged 16+ can join in with S2R's activities and workshops and you don't need to have a referral, come through your GP or wait until you are feeling unwell to take part. For more information about the wide variety of creative, wellbeing and outdoor sessions S2R run every month, visit: www.s2r.org.uk/whats-on and take a look at our activity schedule which is updated monthly. If you'd like to be kept in the loop for upcoming events and workshops, email: contact@s2r.org.uk and ask to join our monthly mailing list - then you'll receive a copy of the latest activity schedule as soon as it is released.

For more information about S2R, visit our website: www.s2r.org.uk or take a look at our Facebook page: @S2RCreateSpace.