

Spring 2024



Edition
8

NEWSLETTER

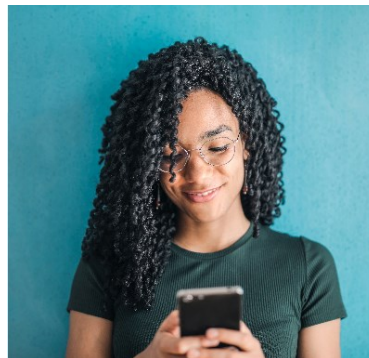
WELCOME TO OUR NEWSLETTER

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.

IT'S EASY TO ORDER ONLINE

If you have regular medication to order you can use the NHS app, Airmid or Patient Access app to order your medications and take the legwork out of requesting your medications. No need to wait in a telephone queue or visit your practice each month. It's accessible 24hrs a day 7 days a week.

Visit your GP reception with photographic identification to get your log in details to order medications, see your test results and more.



PATIENT VIEWPOINT GROUP

Our next network-wide Patient Viewpoint group meeting will be in September 2024 on MS Teams which will help us update you with our projects to date and our plans for the PCN. To gather community feedback we also attend occasional Mondays at the Museum, Tolson Museum.

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.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

QUIT SMOKING—HELP AVAILABLE

Stopping smoking is one of the best things you will ever do for your health. Quitting is much easier when you get the right support and there are lots of options to choose from.

Even if you've tried before, maybe more than once, you can still succeed. What you've already learned will help you reach your goal of becoming an ex-smoker.

If you're looking for more motivation to quit - in just one week you could have an extra £38 in your pocket to spend? With costs of living going up this could be a great way to get in control.

- ✓ **NHS Quit Smoking App**
 - ✓ **NHS Pharmacy**
 - ✓ **Kirklees Wellness Service**
 - ✓ **NHS Better Health site**
- Visit www.nhs.uk/better-health/quit-smoking for more support

EVENING & WEEKEND APPOINTMENTS

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.

PLANNED CLOSURES

Your practice will be closed for the Bank Holidays on;

- ◇ Friday 29th March
- ◇ Monday 1st April
- ◇ Monday 6th May
- ◇ Monday 27th May

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

Our half day closures for protected learning time are:

- ◇ Tuesday 19th March 1-6pm
- ◇ Tuesday 16th April 1-6pm
- ◇ Tuesday 21st May 1-6pm
- ◇ Tuesday 25th June 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 📱



DID YOU KNOW?

Monday morning is the busiest time to call your GP practice. So if you are calling about a sick note, test results, or something else routine—you'll get through easier and talk to a less stressed member of the practice team by calling later in the day.

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.

BACK PAIN? KNEE PAIN? OUR FCP TEAM CAN HELP!

Our FCPs or musculoskeletal first contact practitioners are physiotherapists with enhanced skills. They can help patients with musculoskeletal issues such as back, neck and joint pain by:

- assessing and diagnosing issues
- giving expert advice on how best to manage your condition
- referring you onto specialist services if necessary.

Patients with back and joint pain, including conditions such as arthritis, will now be able to contact their local physiotherapist directly,

rather than waiting to see a GP or being referred to hospital. Patients can also see a physiotherapist by speaking to the GP practice receptionist or by being referred by their GP.

By making it easier for patients to access physiotherapists, patients will have quicker access to diagnosis and treatment, helping them to manage their conditions more effectively and recover faster, so they can get back to normal life quickly.

Your GP reception team can help you book an FCP appointment.

COST OF LIVING

With the cost of living rising, we've put together some information on our website with links to support available for homes in Huddersfield. Visit our website at www.tolsonpcn.nhs.uk and click on **Cost of Living Support** to see if any of the services listed can help you and your family.

SPRING BOOSTERS

The NHS will soon be in touch if you are eligible for a Spring Booster of the Covid Vaccine. Clinics will be held at various practices and pharmacies. Arrangements will be made by your practice or pharmacy to visit you at home if you are housebound or live in a care home.

Please take up this invitation when you get it and keep up your protection from the Covid virus topped up.

