



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.



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

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PATIENT VIEWPOINT GROUP

Our next nationwide Patient Viewpoint Group meeting will be held on 12th April 2024 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, by email on sally.oldbury@nhs.net know and we will ask for feedback on our plans a few times a year.

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

ADVANCED PARAMEDIC'S

Paramedics are experienced clinicians in their own right but Sarah and Liz have gone on to do more training to work in GP surgeries seeing patients alongside our GP's. They are able to assess patients of any age and always have a GP on hand to help with anything beyond their scope.

Both our paramedics are experienced in in-depth clinical assessment and history taking and able to see, treat, and refer patients. They can also refer you to other services such as social prescribers, district nurses, health and wellbeing coaches, and talking therapies.

Your GP reception team will offer you an appointment with one of our paramedics if your symptoms indicate that they would be able to help you. Our paramedics also do home visits where they can assess patients who are unable to make it to the GP surgery due to their illness.

MISSED APPOINTMENTS ON A WEEKEND

We are concerned that our weekend hub clinics appointments have a higher rate of patients not attending than our normal practice appointments . In order to find out why this was since September we have been sending patients who do not attend an appointment at

the weekend a short survey to find out why. So far 30% of respondents say they forgot about their appointment to tackle this we are working with our system provider to send reminder text messages to patients who have weekend appointments. We will let you know how it goes in the next edition.

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.



PLANNED CLOSURES

Your practice will be closed for the Bank Holidays on;

- ◊ Monday 25th December
- ◊ Tuesday 26th December 2023
- ◊ Monday 1st January 2024

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

Our half day closures for protected learning time are:

- ◊ 19th December 2023
- ◊ 30th January 2024
- ◊ 20th February 2024
- ◊ 19th March 2024

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