



# 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](mailto: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 networkwide Patient Viewpoint Group meeting will be held on Friday 6th December 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](mailto:sally.oldbury@nhs.net) and we will ask for feedback on our plans a few times a year.



## 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](http://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](http://www.tolsonpcn.nhs.uk) or email [kirkccg.tolsonpcn@nhs.net](mailto:kirkccg.tolsonpcn@nhs.net)

## ADVANCED PARAMEDIC'S

Paramedics are experienced clinicians in their own right but Kate and Liz have gone on to do more training to work in GP surgeries seeing patients alongside our GP's. They've been in place a year now and proved to be valuable additions to our PCN team. 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 are both just completing their training to be prescribers too! 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 severe 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 2023 we have been sending patients

who do not attend weekend appointment's a short survey to find out why. Despite reminder texts being sent this remains a higher rate and we're keen for your ideas on how to reduce this. It will be on the agenda to discuss at our next Patient Viewpoint Meeting on 6th December but if you have any ideas of suggestions please email [sally.oldbury@nhs.net](mailto:sally.oldbury@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.***



### PLANNED CLOSURES

Your practice will be closed for the Bank Holidays on;

- ◇ Wednesday 25th December
- ◇ Thursday 26th December
- ◇ Wednesday 1st January 2025

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

Our half day closures for protected learning time are:

- ◇ 3rd December 2024
- ◇ 28th January 2025
- ◇ 18th February 2025
- ◇ 18th March 2025

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