



NEWSLETTER

Edition

2

Summer 2022

PATIENT VIEWPOINT GROUP

We're delighted to have held a network-wide Patient Viewpoint group meeting on 1st April and share some of 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.



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.

FEELING SPORTY?

If you enjoy watching the sport this summer, whether it's the tennis or football, you might even be inspired to give it a go yourself. Phil & Alijca, our Health and Wellbeing Coaches, can give you some ideas on how to get started with exercise, link you to local clubs and community sporting events (even in if its just a walk!) and help motivate you to keep going with your lifestyle changes. Drop your GP reception a line if you'd like to book in.

EVENING & WEEKEND APPOINTMENTS

We will soon be able to offer evening and weekend appointments at other practices in the Network. A variety of staff will be available at these clinics. We hope that these will prove particularly useful to our patients who are at work, uni,

college, or school, and 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.

PROOF OF COVID VACCINATION

If you need proof of your covid vaccinations please download the NHS App, available on android and IOS. If you are unable to access it this way, please call 119 and they will be able to provide a letter for you.



Delicious pizzas made by the children

ITS MY LIFE! PROJECT

We think its vital to invest in the young people in our area to help improve their health now and give them skills to help them stay that way.

Our Network's Dieticians and Health & Wellbeing Coaches have been working with the University of Huddersfield and two local schools, King James and the Netherhall Learning Campus to provide a variety of fun activities.

The sessions are totally free and are delivered by members of our team, University staff and students as an after-school session once a week.

Activities have so far included; cookery classes, DJ classes, Street Dance, Mad Science, Jewellery Making and Self Defence.

"Emma is able to give people the time to chat about what matters to them and uses a whole-person approach to help"

PLANNED CLOSURES

Your practice will be closed for the Bank Holidays on;

- ◊ Thursday 2nd June
- ◊ Friday 3rd June
- ◊ Monday 29th August

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

Our half day closures for protected learning time are:

- ◊ 21st June 1-6pm
- ◊ 19th July 1-6pm
- ◊ 16th August 1-6pm
- ◊ 20th September 1-6pm

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

INTRODUCING EMMA...

Emma is our new Mental Health Social Prescribing Link Worker. She is very enthusiastic about meeting patients with a recognised mental health condition, and supporting them to help improve their health and wellbeing.

Emma is able to give people the time to chat about what matters to them and uses a whole-person approach to help them to navigate other things that might be impacting on their well-being like housing, financial issues, employment, family breakdown, substance/alcohol misuse.

She will also assist people to connect to specialist services and help them have conversations with other agencies and professionals where this is needed.



To be referred onto Emma, please speak to your GP reception team who can arrange a referral onto Emma to discuss your needs and what she can do to help you.

We are really confident that our patients with mental health problems will benefit

THE KIRKWOOD SUPPORT LIFE

LACE UP FOR A NIGHT TO REMEMBER

We're delighted to hear that The Kirkwood's biggest fundraising event of the year is back for 2022! After almost three years away, they're pulling out all the stops to make sure this year's event is bigger and better than ever.

The Midnight Memory Walk will return on Saturday, 2nd July!

Your support will help to make this year's event so much more special. This event brings the community together for a circular six or ten mile walk, setting off from and finishing at the University of Huddersfield.

Walk in the memory of someone you love, and help support the team to keep providing our families with the care they need when it counts most.

To register or find out more visit www.thekirkwood.org.uk/mmw or call: 01484 557 911



Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

HOW TO TREAT HAY FEVER YOURSELF

There's currently no cure for hay fever and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high.

DO

- ✓ put Vaseline around your nostrils to trap pollen
- ✓ wear wraparound sunglasses to stop pollen getting into your eyes
- ✓ shower and change your clothes after you have been outside to wash pollen off
- ✓ stay indoors whenever possible
- ✓ keep windows and doors shut as much as possible
- ✓ vacuum regularly and dust with a damp cloth
- ✓ buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter

DON'T

- ✗ do not cut grass or walk on grass
- ✗ do not spend too much time outside
- ✗ do not keep fresh flowers in the house
- ✗ do not smoke or be around smoke – it makes your symptoms worse
- ✗ do not dry clothes outside – they can catch pollen
- ✗ do not let pets into the house if possible – they can carry pollen indoors

A PHARMACIST CAN HELP WITH HAY FEVER

Speak to your pharmacist if you have hay fever.

They can give advice and suggest the best treatments, like antihistamine drops, tablets or nasal sprays to help with:

- itchy and watery eyes and sneezing
- a blocked nose

You don't need to speak to your GP about hay fever. Your local pharmacy can help advise you on products available and how to take them for maximum symptom relief.

MONDAYS AT THE MUSEUM

FREE WELLBEING ACTIVITIES EVERY MONDAY BETWEEN 11:00AM & 3:00PM

TOLSON MUSEUM, RAVENSKNOWLE PARK, HUDDERSFIELD HD5 8DJ



When? From 6th June—every Monday 11am – 3pm

Where? The Tolson Museum

Cost? FREE

We recognise that during the pandemic people have become more isolated and may have lost their confidence in attending activities they used to enjoy.

The aim of this project is to deliver community activities, inspired by and linked to Tolson museum, to improve health, wellbeing and connections for local people. This will;

- ✓ Provide a day each week where local people can access free advice, activities and social interaction
- ✓ Support individuals to have greater personal control over their health and wellbeing
- ✓ Reduce social isolation and improve community connections, particularly since Covid.
- ✓ Encourage local people to visit Tolson museum and the park
- ✓ Work with the local community to tailor the scheme further

This is a 4-month, pilot collaboration between Tolson Museum, Tolson PCN Social Prescribing team, Huddersfield Lead Anchor (Local Services 2 You) and Tolson Local Anchor (Huddersfield Mission)

WHAT IS A PRIMARY CARE NETWORK?

From 1st July 2019, all patients in England are covered by a Primary Care Network (PCN). A PCN is made up of neighbouring GP Practices and local charities, health & care agencies who have decided to work together to provide and improve healthcare services in the local area.

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 our website at www.tolsonpcn.nhs.uk
or you can email us at kirkccg.tolsonpcn@nhs.net