



TOLSON
CARE PARTNERSHIP
NEWSLETTER

Edition
9

Summer 2024

**PATIENT VIEW-
POINT GROUP**

Our next network-wide Patient Viewpoint group meeting will be held in September 2024 on MS Teams which will help us update you with our projects and our plans for the PCN. To gather our local community feedback we also attend occasional Mondays at the Museum, at the 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, on sally.oldbury@nhs.net and we will email you asking for feedback on our plans a few times a year, as well as inviting you to our meetings.

Our last meeting was May 10th 2024 and we reviewed the survey report of patient feedback, did not attend rates and GP enhanced services.

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 & Tyler, 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.



MARCH IN MAY

During May 2024 the 8 practices making up the Tolson Primary Care Network had a step challenge. Each team member gave a donation to The Kirkwood to join in and the winning practice, with the highest average step count, won a coffee machine bundle.

This helped improve the wellbeing of our teams, increase our physical activity in an accessible way, get us out and about in the bit of good weather we had and create a bit of healthy competition.

We managed a total of **18,747,560 steps** between all participants and the winning practice was The University Health Centre. The donation from the PCN practices to The Kirkwood was **£125**.

“We want to celebrate the things people with a learning disability bring to society.”

PLANNED CLOSURES

Your practice will be closed for the Bank Holidays on;

- ◇ Monday 27th May
- ◇ Monday 26th August

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

Our half day closures for protected learning time are:

- ◇ Tues 25th June 1-6pm
- ◇ Tues 16th July 1-6pm
- ◇ Tues 20th Aug 1-6pm
- ◇ Tues 17th Sept 1-6pm

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

DO YOU SEE ME?

Learning Disability Week will be running Monday 17th— Sunday 23rd June 2024.

This year’s theme is Do You See Me? and focusses on people with a learning disability being seen, heard and valued.

"Do you see me?" is all about challenging the barriers people with a learning disability face.

We want to celebrate the things people with a learning disability bring to society.

An EasyRead version of the guide is available at mencap.org.uk



Practices will be publicising the campaign week individually and looking for ways to make their practices and our services as a PCN more Learning Disability Friendly.

Please let us, or your practice know if there are ways they can help support you or your loved one with their individualised needs.

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 2024.

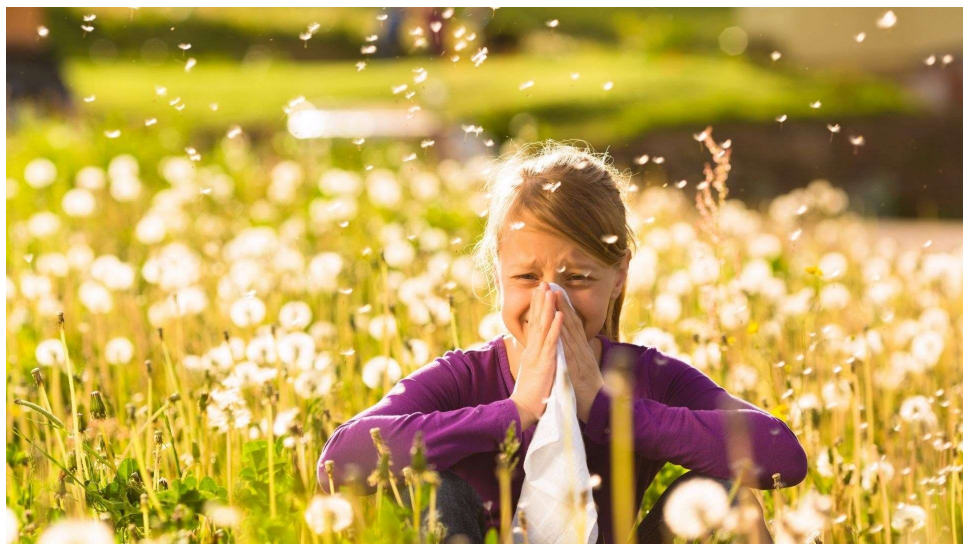
The Midnight Memory Walk will return on Saturday, 22nd June !

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 John Smith's Stadium.

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
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