



Edition
10

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.

MARCH IN MAY

We were delighted to be able to use our March in May event to raise funds for the Kirkwood. This local charitable organisation is close to our hearts with its work supporting all our patient population in their times of need.



PATIENT VIEWPOINT GROUP

Our next networkwide Patient Viewpoint Group meeting will be held on 1st November 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.



New moves. New foods.
New habits. We've got ideas
to get you started today.
Get help and support at
[nhs.uk/BetterHealth](https://www.nhs.uk/BetterHealth)

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

SEASONAL AFFECTIVE DISORDER

As the evenings get darker earlier and the weather changes many of us can be affected by seasonal affective disorder (SAD). It's sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. Symptoms can include decreased energy, difficulty concentrating, changes in sleep or appetite, physical aches or pains, persistent low mood, or trouble thinking clearly.

The main treatments are ;

- **lifestyle measures** – including getting as much natural sunlight as possible, exercising regularly and managing your stress levels
- **light therapy** – where a special lamp called a light box is used to simulate exposure to sunlight
- **talking therapies** – such as cognitive behavioural therapy (CBT) or counselling—you can self refer on 01484 343700
- **antidepressant medicine** – such as selective serotonin reuptake inhibitors (SSRIs) - make an appointment with your Practice

See more top tips at NHS.uk <https://tinyurl.com/5n6bcmtv>

EVENING & WEEKEND APPOINTMENTS

We've been offer evening and weekend appointments at other practices in the Network for a while now and the uptake is good. Sadly more patients fail to attend these appointments compared to appointments at their own practice. As this service is valuable we are

keen to reduce the number of wasted appointments and would like to hear from patients who didn't attend as to why that was. If you receive a questionnaire link about a missed appointment, it is from us, so safe to click on, and we'd like to know how to make it easier for people to attend and find out the reasons why they may not.



FLU & COVID VACCINATIONS BEGIN OCTOBER 2024

Watch out for messages from your practice about their arrangements for vaccination clinics SOON!

NEED HELP WITH BILLS?

Times are tough so our Social Prescribing Team are working hard helping patients with ensuring they are claiming all the benefits they are entitled to, help with accessing food banks and free activities for families.

They can also help with filling out forms, housing

and furniture needs, as well as advising on local walking groups, luncheon clubs and volunteering opportunities.

If you think you'd benefit from a chat with our Social Prescribing Team, Kulvinder and Emma, please ask your reception team to refer you.

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 Tuesday half day closures for protected learning are:

- ◇ 15th October 1-6pm
- ◇ 19th November 1-6pm
- ◇ 3rd December 1-6pm
- ◇ 28th January 1-6pm
- ◇ 18th February 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

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