

**Summer 2025**



**TOLSON**  
CARE PARTNERSHIP  
**NEWSLETTER**

Edition  
13

**PATIENT VIEW-  
POINT GROUP**

**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).

**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.



Our next network-wide Patient Viewpoint group meeting will be held in December 2025 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](mailto: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.

**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.

## PLANNED CLOSURES

Your practice will be closed for the Bank Holidays on;

◇ Monday 25th August 2025

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

Our half day closures for protected learning time are:

- ◇ Tues 17th June 1-6pm
- ◇ Tues 15th July 1-6pm
- ◇ Tues 19th Aug 1-6pm
- ◇ Tues 16th Sept 1-6pm

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



***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.

### 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.

**I use the NHS App to view my GP medical record**

Your NHS, your way  
Download the NHS App 😊



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