

Inspected and rated

Good



Todmorden Group Practice

Practice Newsletter Spring 2025

Partners:

Dr Vasuki Vivekanathan

Dr Caroline Mahon

Dr Martin Dransfield

Dr David Budd

Practice Manager:

Ms Tracy Wilson

*Website:

www.todmordengrouppractice.nhs.uk

E-mail:

todmorden.grouppractice2@nhs.net

Address:

Lower George Street,
Todmorden West Yorkshire
OL14 5RN

Tel: 01706 811100

Out of Hours: Call '111'

Emergencies: Call '999'

Other Useful Numbers:

Healthy Minds (mental health)
01422 345154

MIND Infoline

0300 123 3393

Domestic Abuse Helpline
01422 323339

Citizens Advice Bureau
0808 278 7879

Age Concern Todmorden
01706 817926

Carer's Wellbeing Service
01422 369101

Social Services
01422 393000

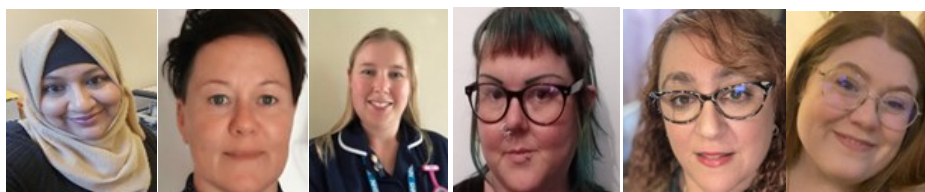
Calderdale Safeguarding
Children: 01422 393336

Adults: 01422 393000

Calderdale Royal Hospital
01422 357171

District Nursing Service
01422 652291

Meet the Upper Calder Valley Personalised Care Team



Social prescribing and personalised care started in Calderdale in August 2019.

In February 2020, a full-time Social Prescriber started working at Todmorden Group Practice, followed by a Care Coordinator in June 2020. In May 2020 and June 2021, we welcomed an Ageing Well Nurse and Advanced Clinical Practitioner to the Team. Since then, the Team has grown in strength bringing a breadth of skills, knowledge and experience to support patients at Todmorden Group Practice.

Social Prescribing Link Workers who cover Todmorden are able to look at gaps in a patient's wellbeing that could be impacting on their health, such as financial support, lifestyle changes, befriending, bereavement, housing concerns, mental wellbeing, low mood etc, to ensure that they can focus on what matters to patients, connect them to what is happening in their community, refer or signpost them to the right organisations that can support their needs. Link workers typically work with patients for up to 6 months and offer face-to-face, telephone or home visit appointments.

Advanced Clinical Practitioner (Occupational Therapist) who covers Todmorden and Hebden Bridge, works with patients to change their routine, helping to increase health and wellbeing and to live as independently as possible.

Ageing Well Nurse who covers Todmorden and Hebden Bridge, supports patients over the age of 65 years. The aim of the role is to take a proactive approach to providing person-centred care, helping patients to age well within their own home and feel more activated in managing their own health and wellbeing.

Care Coordinators who cover Todmorden and Hebden Bridge, work with the nursing, residential and learning disability care homes, providing support with health reviews, to have holistic conversations with patients, work alongside the West Yorkshire Cancer Alliance to raise awareness of cancer screening, health and wellbeing.

Have You Tried the NHSApp?

Did you know, the NHS App allows you to:

1. Order repeat prescriptions
2. Book appointments
3. View your health records
4. Get health advice using the health A-Z on the NHS website
5. Find out what to do when you need help urgently using NHS 111 online
6. Choose your organ donation preferences
7. Choose whether the NHS uses your data for research and planning
8. Show others the details of your COVID-19 vaccine (or vaccines) when travelling abroad

To set up the NHS App, you need to:

1. Search for 'NHS App' on your favourite 'app store' on your smartphone and select 'install'
2. After installing, open the App
3. Enter your email address and select 'continue'
4. Set up a new NHS login by providing your NHS number or name, date of birth, and postcode.

Further information is available via the following link: [Getting started with the NHS App - NHS App help and support - NHS](#)

Treating Hay Fever

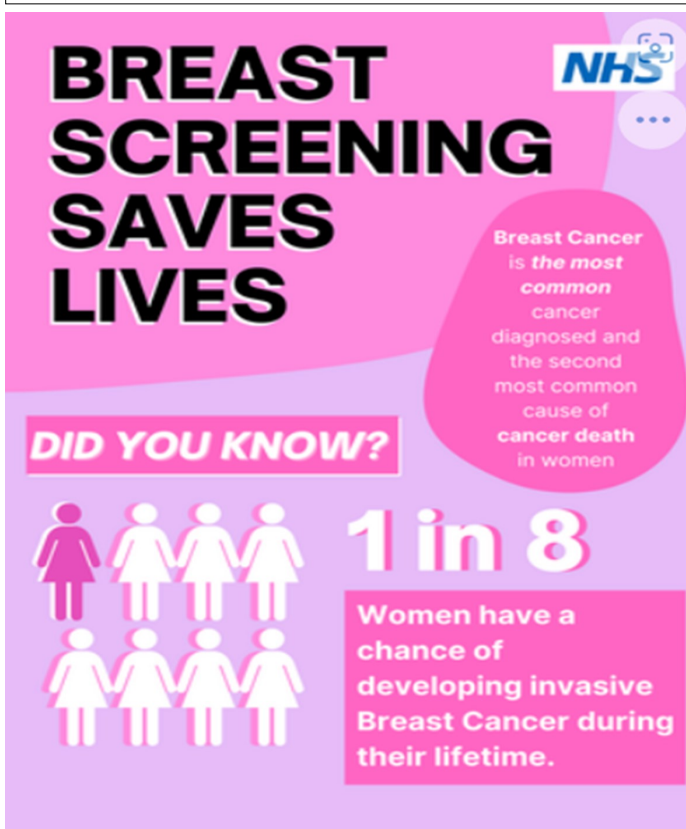
The majority of treatments for hay fever are now available to purchase at your local pharmacy or supermarket without a prescription. GPs will no longer be able to give routine prescriptions for hay fever treatments. It is better to get over-the-counter treatment now than wait for an appointment to be told you need to go to a pharmacy and pay for the medication. We want to support you to get the right care at the right time. Please do not be offended if we refer you to a pharmacy.



Breast Screening at Todmorden Group Practice

We've all heard of breast cancer and most of us know someone who has been affected. Around 55,000 women are diagnosed with breast cancer every year in the UK. Overall, the breast screening programme finds cancer in around 9 out of every 1,000 women. Breast cancer survival is improving and has doubled in the past 40 years.

When invited for a breast screening you will have two x-rays taken of each breast – this is called a mammogram. The appointment is likely to be 30 minutes, although the screening itself only takes a few minutes. Eligible patients will be invited for screening over the next few months. Find out more, including common questions, myths and fears by visiting their website: www.breastscreeningaware.co.uk



BREAST SCREENING SAVES LIVES

NHS

Breast Cancer is the most common cancer diagnosed and the second most common cause of cancer death in women

DID YOU KNOW?

1 in 8

Women have a chance of developing invasive Breast Cancer during their lifetime.

COVID Booster Vaccinations

COVID booster vaccinations are available at the Practice at special COVID booster clinics on Saturdays 12 & 26 April. Eligible patients will be contacted by the Practice to book their appointments.

Practice Newsletter: We hope you like the new Todmorden Group Practice quarterly newsletter. If you would like to receive copies of future newsletters by e-mail, please send your request including your e-mail details to: todmorden.grouppractice2@nhs.net.