



# KIRKBURTON HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER SPRING 2025

Our Newsletter can be viewed on our website [www.kirkburtonhealthcentre.nhs.uk](http://www.kirkburtonhealthcentre.nhs.uk) or by email upon request.

## WELCOME

We welcome the recent appointments of Helen, Jodie, Tracy and Heather to our Administration and Reception teams.

## FOCUS ON: Helen Ekuase, Business Administrator

Helen joined the Practice as Business Administrator in December. She has a wealth of experience in customer services, contact centre management and tele-sales, gained in her previous roles. Helen supports, and works closely with Julie, our Practice Business Manager, in the provision of a comprehensive administration service to enhance patient care.

Key elements of Helen's role include human resources, business administration, IT support and communications. Helen said: "I love the variety of my role and working with a wonderful, supportive team at Kirkburton Health Centre.



**Kirkburton Health Centre is using Heidi AI (Artificial Intelligence) to help to document our clinical notes.**

Heidi AI (Artificial Intelligence) offers many benefits for patients and allows clinicians to focus on listening to patients without being distracted by taking notes.

Kirkburton Health Centre now offers this technology and with your consent, will be used during your consultation at the Practice. If you prefer the Practice not to make use of this technology in your consultation, please let us know and we will respect your request.

**THE PRIMARY EYECARE ASSESSMENT AND REFERRAL SCHEME (PEARS)** is a scheme for patients registered with a Kirklees or Calderdale GP, with a sudden eye problem, such as red, painful eye, foreign body in the eye or sudden deterioration of vision. Patients can have an assessment, free of charge, at most local opticians, without having to see a GP first. The scheme is for people of all ages. Children under 16 must be accompanied by an adult. The optician will assess and treat the patient or directly refer to a hospital eye clinic if the condition requires.

## SPRING HEALTH ADVICE



### COVID-19 SPRING BOOSTER CAMPAIGN – 1 April – 17 June 2025

**Patients who are eligible will receive an invitation. This year, the campaign will focus on:**

- Adults aged 75 years and over
- People aged 6 months-74 years with a weakened immune system
- Residents in care homes
- If you are 74 years old, but turn 75 by 17 June, you don't have to wait for your birthday to come forward.

### HAY FEVER

Hay fever is usually worse between late March and September, especially when it is warm, humid and windy, as this is when the pollen count is at its highest. Symptoms include:

- Sneezing
- A runny, or blocked nose
- Itchy, red, or watery eyes
- Headache and sinus pain
- Fatigue

### Top Tips

- ✓ Check pollen forecasts and limit outdoor activities when counts are high
- ✓ Shower and change clothes after being outdoors to remove allergens
- ✓ Put petroleum jelly such as Vaseline around your nostrils to trap pollen
- ✓ Consider over-the-counter antihistamines, nasal sprays or eye drops for symptom relief
- ✓ Your community pharmacist can offer advice on how to treat hay fever.

Contact the practice if your symptoms are getting worse, or do not improve after taking medicines from the pharmacy or supermarket.

**For more information visit <https://www.nhs.uk/conditions/hay-fever/>**

### PATIENTS WHO DID NOT ATTEND APPOINTMENTS – JANUARY-MARCH 2025



GP appointment?  
Can't make it?  
Don't need it?

**CANCEL IT!**

	Total No. of Appointments	No. DNA	% DNA
<b>JANUARY</b>	<b>4356</b>	<b>132</b>	<b>3.03%</b>
<b>FEBRUARY</b>	<b>3761</b>	<b>129</b>	<b>3.42%</b>
<b>MARCH</b>	<b>3854</b>	<b>141</b>	<b>3.63%</b>

Patients who fail to attend their appointments and do not inform us, incur significant costs to the Practice and to other patients in terms of lost appointments. **If you do not need your appointment, or simply want to change it, call 01484 602040.** Thank you for your co-operation.