



KIRKBURTON HEALTH CENTRE PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER SPRING 2026



Our Newsletter can be viewed on our website www.kirkburtonhealthcentre.nhs.uk or by email upon request.

THE MAST PCN INT LEADING THE WAY WITH COMPLEX HOSPITAL DISCHARGES



Integrated Neighbourhood Teams (INTs) are multidisciplinary, collaborative groups bringing together health, social care, and voluntary sector professionals to deliver seamless, proactive, personalised care to local communities. They are a major government and NHS England initiative, designed to transform community health and care.

The MAST Primary Care Network launched its INT to improve support for patients following complex hospital discharge, on 2 July 2025.

The team is proud to have been nominated as the first accelerator site in Kirklees, leading the way with its innovative model. The model focuses on improving patient support after hospital discharge through weekly meetings uniting multidisciplinary professionals from general practice, hospital, community, social care, mental health, and rehabilitation services to ensure all aspects of care are addressed.

The INT acts as a single point of coordination to make sure patients with complex medical, social or rehabilitation needs can return home with the necessary care packages rather than staying unnecessarily in hospital or being discharged to a nursing home and reduces the likelihood of readmission.

Key benefits for the multidisciplinary team include a better understanding of what each team does, improved collaboration, better communication, and reduced duplication of work, allowing staff to focus on patient care.

Kate Pattinson, Advanced Nurse Practitioner and Clinical Lead for the INT said: “The model offers significant benefits for patients by coordinating services such as physiotherapy, occupational therapy, and social care early in the discharge process. Patients receive a seamless transition from hospital to home. We are incredibly proud of our progress.”

SPRING HEALTH ADVICE



COVID-19 SPRING BOOSTER CAMPAIGN – 13 April – 30 June 2026

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

- Adults aged 75 years and over
- Individuals aged 6 months and over with a weakened immune system
- Residents in care homes
- If you are 74 years old, but turn 75 by 30 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

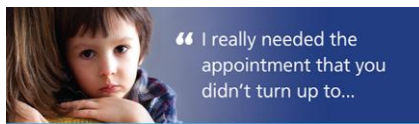
Top Tips

- ✓ 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 2026



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

CANCEL IT!

	Total No. of Appointments	No. DNA	% DNA
JANUARY	1674	95	5.67
FEBRUARY	1109	88	8.00
MARCH	1299	92	7.1

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.