

Tollerton Surgery Newsletter – Autumn 2025

This is the first newsletter on behalf of Tollerton Surgery Patient Participation Group. Its aim is to give updates on key news and changes at the surgery, and to provide you with guidance on further health developments affecting our neighbourhood.

Patient Participation Group (PPG)

A **Patient Participation Group** (PPG) is a group of patients, carers, and GP practice staff who collaborate to improve the services and patient experience at a GP practice. PPGs discuss practice issues, offer the patient perspective, and help implement changes based on feedback and surveys. They are a key way for patients to get involved in shaping their healthcare services.

Here at the Tollerton Surgery we have had a PPG for some years which meets at least 4 times a year and has an Annual general Meeting (AGM) which you can attend.

Surgery Information

There has been a medical practice in the village for more than a hundred years, providing health services to the villages of Tollerton, Aldwark, Alne, Flawith, Huby, Newton on Ouse, Linton on Ouse, Shipton by Beningbrough and Tholthorpe. Its boundaries extending as far as into Easingwold, up to the River Ouse, and down to the Ring Road.

The practice is part of a wider Primary Care Network (PCN) known as SHaR (South Hambleton and Ryedale) and it serves a patient population of more than 3500 patients.

Patients can request to see a named GP but may have to wait until an appointment is available. For more acute medical needs, patients will be triaged, and the duty doctor, who may not be the patient's regular doctor, will arrange a telephone or face to face appointment with the patient if necessary or the patient may be referred to the **Urgent Care Service** (Urgent Care refers to medical services for illnesses and injuries that need prompt attention but are not life-threatening). The Urgent Care Service is a small and friendly team of local doctors and advanced nurse practitioners based at Easingwold health centre. This service frees up regular GP appointments at the surgery to be used for patients with more complex needs.

Blood tests are available at the 'walk-in' services at York Hospital and the Community Stadium, Monks Cross, or make an appointment at the surgery. When attending a 'walk-in' service you will need an A4 form from the surgery which contains a Bar Code that will be scanned at your visit. These can be collected from reception or may be handed to you during your appointment.

Vaccinations

Respiratory Syncytial Virus (RSV) is a common virus that can make babies and older adults seriously ill. The vaccination may be given at any time of the year.

Who can get the RSV vaccine?

Pregnant individuals: If you are 28 weeks pregnant or more, you are eligible to receive a single dose of the vaccine to protect your baby in the first few months of life.

Older adults: You are eligible if you are aged 75 to 79.

Flu Vaccinations

TOLLERTON FLU CLINICS

BOOK YOUR APPOINTMENT NOW!!!

Pregnant Ladies 2 / 3 year olds on 31.8.25	From Monday 15th September From Monday 15th September
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All other Patients in a NHS Clinical at Risk Group*

Wednesday 1st October (this is the first date this is allowed to be given)

Thursday 2nd October

Friday 3rd October

Saturday 4th October

If you cannot make these clinic dates, please book in with the practice, in a standard nurse appointment as soon as possible for a clinic after the 6th October.

(*You are eligible if you are in a Department of Health identified risk group or aged over 65)

Booking appointments/prescription guidance

Booking appointments is quite straightforward, either by telephone or visiting in person (see Surgery Information above).

Additionally, you can use a link on the practice website (see below) to consult a doctor online. This takes you through a range of questions and the duty doctor reviews the form and can advise on the most appropriate treatment.

Due to long term shortages of many common medicine supplies coming into the UK, which is affecting Pharmacies and Dispensing Doctors, remember to allow a **minimum 5 full working days to process your routine repeat prescription**. You can order up to 10 days in advance. If the surgery has your mobile number on record, it will send you a text message when your medicines are ready.

Outside Help

Easingwold Men's Shed: This started almost 2 years ago as an EDCCA initiative and is open to men 18 and over. The Shed provides members an opportunity to make or mend things or simply call in for a coffee and chat. It is not necessary to have any particular practical skills but if you want to learn how to make something, there are members to help.

The Shed is open Monday from 10am and is located in easy reach of the town centre.

For more information contact Shed@edcca.org.uk or phone 01347 822875

Newton Walking Group: This is a new group. The organiser indicates the distance and terrain, and where they stop for lunch or a cuppa when planning the walk. A good way to get fit and meet new friends

For info contact brendanelson1948@btinternet.com

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