

Weight Management and New Medications

NHS approval of weight loss injections is reserved for a select few who are most likely to benefit.

These medicines are only available through the NHS Weight Management Service and eligibility is set by NHS England.

To qualify, you must have:

- A BMI of 40 or above (or 37.5 for some ethnic groups), and
- At least four of the following: heart disease, high blood pressure, high cholesterol, sleep apnoea, or type 2 diabetes.

Managing weight can be challenging, but even small, consistent changes make a big difference to long-term health. Diets such as the Mediterranean diet, intermittent fasting, and low-carb approaches can all help improve weight and heart health.

There has been growing interest in new weight loss injections such as Wegovy and Mounjaro, which help reduce appetite and support weight loss when combined with healthy lifestyle changes.

For more information or to access the NHS service, visit:

<https://yorkshirehealthpartners.co.uk/weight-loss-management-service>

Small steps still matter — balanced eating, regular movement, and good sleep remain the foundation of a healthy weight. What's the best diet for weight loss?

Recent research shows that there isn't one single "best" diet — the most successful approach is the one a person can follow long-term. Intermittent fasting can be just as effective for weight loss as traditional daily calorie reduction, so people can choose the style that suits their lifestyle best.

Low-energy and structured diet programmes can produce quicker early results, but long-term support is needed to keep the weight off. Healthy weight loss works best when paired with regular physical activity and a focus on nutritious foods.

Our Pharmacy Team and Medication Reviews

You may occasionally get a call or message from one of our pharmacy team members to arrange a medication review. This is a normal part of the care we provide at Springbank Surgery, and it helps us make sure your medicines are safe, effective, and right for you.

Our pharmacy team includes:

- Samee Ahmed, our clinical pharmacist, who works with us Monday to Wednesday. He carries out medication reviews and supports patients with most long term conditions.
- Tracey Isaac and Shamina Kauser, our pharmacy technicians, who help with repeat prescriptions, medication queries, and ensuring your records are up to date.

Together, they're our medicines experts, working closely with our doctors and nurses to make sure you get the best from your treatment. Over the past six months, more than 800 patients have had detailed medication reviews with our pharmacist team — helping us keep our prescribing safe, effective, and efficient.



Dr Joe Bedford

We are pleased that Dr Bedford has joined us as a fully qualified GP here. Joe had really impressed during his stint as a registrar with us last year, so it was an easy choice to welcome him back to Springbank. Joe will be working Mondays, Thursdays and Fridays.



Springbank Surgery Vaccination Update

A huge thank you to everyone who has come in for their flu vaccine this season! So far, we have given over 2,500 flu jabs and 800 COVID boosters, helping to protect from these viruses through the colder months.

If you're eligible, we're also offering the following vaccines to further protect your health. These include:

- Pneumonia – To reduce the risk of serious chest infections, especially for those over 65 or with underlying health conditions.
- RSV (Respiratory Syncytial Virus) – Important for those at higher risk, especially older adults and those with chronic lung conditions.

- Shingles – Offered to adults aged 70-79 to reduce the risk of shingles and its complications.

We are also running catch-up programmes for meningitis and MMR (Measles, Mumps, and Rubella) vaccinations, particularly for anyone who may have missed out on these in the past.

If you are eligible for any of these, you will be contacted soon with further details and an invitation to book an appointment.

Vaccination is a key part of staying healthy, and we encourage everyone who qualifies to take advantage of these important offers. If you have any questions or are unsure about your eligibility, don't hesitate to get in touch with us.

From Springbank to England A cricket international

Previously spotted working in the Springbank Surgery dispensary team, you are now more likely to spot Phoebe Turner on Sky TV plying her trade as a professional cricketer.

Phoebe is an all-rounder who is equally confident with either a bat or a ball in her hand, recently hitting her first century for Durham whilst on a preseason tour in Zimbabwe. Excelling for Yorkshire, Northern Diamonds, and most recently Durham, Phoebe was called up to both the Southern Brave squad and the England A squad in the summer of 2025.

Still only 22 years of age, we will all be wishing Phoebe every success for a long and illustrious career in professional cricket.



Springbank Health Patient Participation Group

The PPG comprises of local volunteers representing the local community. It works collaboratively and positively with the practice with the common goal of improving services and facilities for patients. The PPG acts as a sounding board for practice staff on issues affecting patients, thus supporting the practice and influencing local provision of health and social care.

Meeting every 2 months, there is a dynamic two-way communication, enhancing co-operation between the practice, their patients, other individuals and organisations in healthcare, and the wider community to the mutual benefit of all. There is a common goal of encouraging a spirit of self help and support amongst patients to improve their health and social care.

The group facilitates good relations between the practice and their patients by communicating patient experience, interests and concerns and providing feedback to the practice on current procedures and proposed new developments. The group discuss ideas to improve patient services, providing feedback on patient needs, concerns and interests to inform and influence practice decision making to ensure services are responsive.

The PPG have re-started a programme of delivering CPR and resuscitation training to the community with regular well-attended sessions, if you would like to participate in a CPR training session, please email:

cprshppg@gmail.com

Opening Times

Some appointments are pre-bookable and some are reserved for more urgent problems, bookable on the same day. There is always a duty doctor who is available to help with very urgent problems. This means we can always ensure help when needed. Our nurses are highly experienced and are skilled in triage and urgent care.

We are part of a team of practices in the Harrogate area and can provide additional appointments at Mowbray Square in Harrogate and Beech House in Knaresborough on evenings and weekends, including for blood tests, cervical smears, dressings and GP appointments. Speak to reception for more information.

Green Hammerton

Monday 8am - 6pm
Tuesday 7.30am - 6pm
Wednesday 7.30am - 6pm
Thursday 8am - 6pm
Friday 8am - 6pm

Tockwith

8.30am - 12pm **2.30pm - 6pm**
8.30am - 12pm **2pm - 6pm**
8.30am - 12pm **2pm - 6pm**
8.30am - 12pm **Closed**
8.30am - 12pm **2pm - 6pm**

Appointments can be booked with reception on 01423 330030 or through our website www.springbankhealth.co.uk if you are registered to use SystmOnline. In order to use online services, you will have to register at our reception. We will ask you for ID when you do this. Our reception team have more information. We also have available econsults, which are query forms you can find on our website, to get advice quickly.

Our clinical team

Please see a nurse or primary care paramedic for:

Family planning and contraception, asthma and COPD reviews, diabetes reviews, immunisations, complex dressings, minor injuries, minor illness.

Please see a healthcare assistant for:

Blood tests, ECGs, blood pressure checks and reviews, health checks, hearing tests, dressings, care plans.

Please see a physio for any joint or musculoskeletal pain.

We have several pharmacists who work remotely and may contact you to review medication.

The receptionists will help you access the best appointment for you. You may also see district nurses, health visitors, midwives and other healthcare professionals who visit the practice from local hospitals.

Doctors:

Dr Angela O'Donoghue
Dr Richard Tatham
Dr Libby Aspden
Dr Andrew Jennings
Dr Kathryn Rudd
Dr Nancy O'Neill
Dr Joe Bedford

Physiotherapists:

Martin and Gareth

Social prescriber:

Heather

Health coach:

Richard

Nurses:

Keri, Helena and Julie

Mental health worker:

Nichola

Healthcare assistants:

Katie and Ellie



If you're at school or college and considering a career in medicine. Why not join our patient group for a year? This would be a good opportunity to gain experience of how the practice works and might help on a personal statement for university applications. Please email us at springbank.surgery@nhs.net if you feel this would be of interest.

Out of hours care

Our normal opening hours are 8am-6pm so if you need medical attention between these times, please call us on 01423 330030.

Outside our opening hours, you should dial 111 if you need to contact a doctor. Calls to this number are free from landlines and mobiles. You will then be directed to the most appropriate service.

If you have a medical emergency at any time, please call 999.

Local urgent care centre

The nearest NHS urgent care centre is located in York hospital. The address is Wigginton Road, York YO31 8HE. Appointments are through calling 111. The centre is open 24 hours a day, 7 days a week.

How to obtain medications in an emergency

In normal surgery hours, please contact the surgery. Out of hours, please contact the out of hours doctor's service or local urgent care

centre. When away from home, a local GP practice will be able to help. Pharmacists are allowed to dispense some medications without a prescription, but will need your GP practice details.

Integrated Care Board

Humber and North Yorkshire integrated care board is responsible for commissioning NHS services in the area. For more information, visit: www.humberandnorthyorkshire.icb.nhs.uk/

Appointments:

Consultations are by appointment. Appointments can be made in person, by telephone or online. An appointment is normally for one person and one problem only and lasts 15 minutes. Please advise us as soon as possible if you are unable to attend or no longer require an appointment. We offer appointments that can be booked in advance and those that can be booked on the day. We try to balance these appointments to meet demand. We aim

to routinely offer longer appointments for people with long term conditions with a care plan as well as those with learning disabilities and dementia.

Urgent Care:

We have a duty doctor and duty nurse who ensure that we are always able to help patients with urgent problems on the same day, either by telephone or in person.

Home Visits:

We offer home visits for housebound and seriously unwell patients. If you require a home visit, please let us know as early in the day as possible. Our practice covers a large area and we need to plan the best use of our resources. A member of the duty team will usually ring back to discuss the problem prior to the visit. This sometimes helps plan investigation of a problem prior to you seeing a paramedic or doctor at a later time.



*you care for them,
we care for you*

<https://www.carersresource.org/>

Carers have a tough job – it can mean unrelenting pressure, little chance to relax and a lot of worry. The system is complicated, and the issue is hidden.

Carers' Resource provides support for carers, no matter what their age, race, religion or needs. Follow the link to discover what support they can offer you as a carer, or as someone who might work with carers. This is for carers of all ages and is aimed specifically at people in North Yorkshire.

Prescriptions and Home Delivery

Prescriptions issued during an appointment will normally be dispensed promptly.

We keep a comprehensive stock of medications at both sites. Requests for repeat prescriptions can be made up to a month in advance.

We normally request 3 working days

to get them ready and sometimes this can take longer if there are national supply shortages.

We now have an established home-delivery service for patients who are housebound or vulnerable. Please let reception know if you or someone you care for would benefit from this service.

Springbank Health
York Road
Green Hammerton

Tel: 01423 330030
www.springbankhealth.co.uk



Springbank
Health