

Fibremaxxing - A GPs perspective

You may have seen the term “fibremaxxing” circulating on social media recently. While the name is new, the concept is not — it simply means increasing the amount of dietary fibre in your diet, something that the NHS has been recommending for years.

Most adults in the UK consume around 18–20g of fibre per day, well below the recommended 30g daily intake. This gap matters, because fibre plays a key role in multiple aspects of health.

Why fibre matters

A high-fibre diet is strongly linked to better long-term health. Large studies, including a major review in *The Lancet* (2019), found that people with higher fibre intake had:

- Lower risk of cardiovascular disease
- Reduced rates of type 2 diabetes
- Lower colorectal cancer risk
- Improved chances of living longer

Fibre works by:

- Supporting a healthy gut microbiome

Slowing glucose absorption (helping blood sugar control)

Making us feel full up

Improving bowel function

What does “fibremaxxing” actually involve?

In simple terms, it’s about adding more plant-based, whole foods to your diet:

Whole grains (oats, brown rice, wholemeal bread)

Beans and lentils

Fruit and vegetables

Nuts and seeds

Even small changes help — for example:

Switching to wholemeal bread

Adding a handful of beans to meals

Including fruit with breakfast

A note of caution

If increasing fibre, do so gradually and drink plenty of fluids. A sudden increase can cause bloating or discomfort.

While “fibremaxxing” may be a trend, it reflects strong, evidence-based advice. For many patients — particularly those with pre-diabetes, cardiovascular risk, or digestive issues — improving fibre intake is one of the simplest and most effective lifestyle changes available.



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, our pharmacy technician, and our team of dispensers 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.

So if one of our pharmacists or pharmacy technicians contacts you, please don’t worry — they’re here to help you get the most from your medicines.

Nichola - mental health practitioner

My role as Advanced first contact mental health practitioner is to support patients aged 18 and over who are struggling with any aspect of their mental health. Patients who are struggling with mood, anxiety, trauma, loss or bereavement, stress, autism/ ADHD, psychosis can be seen by myself instead of a GP initially. Patients are offered a mental health assessment, support and signposting/ referral for longer term or ongoing support as needed.

Appointments generally last around 20 minutes- with up to 6 appointments being able to be used to provide short term intervention or further assessment and monitoring until the patient's mental health improves. They are a safe supportive space for people to explore and make sense of any difficulties they are having.

Nichola - Mental health practitioner



Springbank Surgery Vaccination Update

The NHS is currently offering a spring COVID-19 booster to those at higher risk, including:

Adults aged 75+, people in care homes, people with immunosuppression.

Immunity from previous vaccines and infections can reduce over time, so this booster helps maintain strong protection against severe illness and hospitalisation.

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.

Physiotherapy at Springbank

Martin and Gareth - first contact practitioner

A First Contact Practitioner (FCP) is a healthcare professional based at a GP surgery, serving as the initial point of contact for patients. Patients with musculoskeletal (MSK) issues can directly consult an FCP without needing a GP referral. FCPs perform specialised assessments, offer tailored advice, and develop appropriate management plans.

Physiotherapists functioning as FCPs are skilled musculoskeletal clinicians with expertise in evaluating and treating conditions related to bones, muscles, nerves, or joints. FCPs deliver evidence-based care following NHS best practice guidelines and can refer for investigations and to other services when necessary.

Martin - Physiotherapist



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, Ellie, Nicola and Ginny



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.

Social prescriber

We have a dedicated Social Prescriber, Heather, available every Wednesday by appointment (telephone or face to face).

Heather can help with non-medical support such as:

Loneliness or social isolation

Financial or housing concerns

Accessing local groups and activities

If you feel you could benefit, please contact reception to book an appointment.

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

