



August 2024 Newsletter



Welcome to the Doncaster South Primary Care Network August Newsletter! Talking all things Health and Social Care for the patients located in the South of Doncaster.


August round up from our Care Coordinator and ARRS team ..

- 17 patients had their initial appointment with the Chronic Pain Support Service in August.
- 46 patients were contacted to arrange their Learning Disability Annual Health Checks.
- In August we sent 180 Cervical Screening reminder text messages to patients. We received 26 responses and have been able to support these patients to book a Cervical Screening.
- 223 patients were sent messages inviting them to have their blood pressure checked or submit a home reading to reinforce work around Cardiovascular Disease.
- Our Clinical Pharmacists have completed 360 Structured Medication reviews with patients registered with a South PCN practice.
- During August 114 patients were contacted to arrange a FIT Test. 36 follow up phone calls were made to encourage patients to return their FIT Test as a part of the National Non-Symptomatic Bowel Screening Programme.

South PCN Social Media Pages

We'd love you to follow our Facebook, Instagram, X and TikTok where we post lots of handy information from organisations in the local area. If you have any information you'd like us to share, please contact us at pcdltd.south-primary-caredoncaster@nhs.net

 <https://www.facebook.com/DoncasterSouthPCN>

 <https://www.instagram.com/doncastersouthpcn>

 <https://twitter.com/DonSouthPCN>

 <https://www.tiktok.com/@doncastersouthpcn>

Why not check out our website too <https://www.doncastersouthpcn.co.uk/>





Chronic Pain Support Service



REHAB DIRECT **NHS** Working in collaboration with NHS Doncaster South

ARE YOU LIVING WITH LONG-TERM PAIN?



SPEAK TO ONE OF OUR SPECIALIST PAIN EXPERTS

- ✓ Help you understand your pain
- ✓ Support you with Specialist Pain Practitioner and personal Health Coach
- ✓ Support your independence
- ✓ Improve your quality of life

"I would highly recommend this service to others; it has helped me cope with extreme pain and find the strength to live my life"

"I am so grateful for this course to be running and been given the chance to go onto it. It has helped me more that you can ever imagine"

"You have helped me through one of the most difficult times of my life, when I doubted myself and my ability to move forward"

Ask our surgery receptionist for more information or mention it to your GP

The Chronic Pain service is still open and available to patients, referrals can be made to **pcdltd.south-chronic-pain-support-service@nhs.net**



New Dietician Service



Book in for :

- ✓ Weight loss
- ✓ Type-2 Diabetes
- ✓ IBS and Gastric issues
- ✓ Women's health (PCOS, Fertility, Menopause)
- ✓ Paediatrics: Fussy eating, weaning and allergies
- ✓ Frailty and Malnutrition

In August, our new Primary Care Dietician, Genna-Lee joined us. Genna is based across South Doncaster Practices and is able to offer face to face or remote appointments.

Referrals can be emailed to the team of Care Coordinators who will contact the patients and book their first appointment:

pcdltd.south-primary-care-doncaster@nhs.net

The inclusion and exclusion criteria has been shared across all South practices. Please email the Care Coordinators for any further information required.





Active Ageing Festival

FREE
EVENT



Join us for the
5-day Festival
across
Edlington

Edlington
Monday 23rd - Friday 27th
September 2024

Local health and social
care organisations, and
community groups,
coming together to
provide **you** with lots of
helpful **Active Ageing**
hints, tips, and advice

Find out where we will be on the next page

**The Festival is for everyone to find out how you can help yourself and others to age well,
including information about:**

- Awareness of social isolation and how to access social activities
- Information about local leisure centres and activities
- Awareness and how to reduce your risk of some health conditions
- Local community areas and parks information
- Volunteering information and advice
- Safer Mobility
- Community services, groups, and classes
- Nutrition advice
- Physical activity information: benefits and opportunities
- Health services: information, and advice

and more!

Monday
23rd September
09:30 - 14:30
at
The Helping Hands
Centre
Edlington Lane,
DN12 1PL

Wednesday
25th September
10:30 - 15:30
at
The Grainger Centre
Stubbins Hill,
DN12 1JN

Friday
27th September
11:00 - 16:00
at
Growing Together
Education CIC
Bridge Acre Nurseries,
Broomhouse Lane,
DN4 9BW

Tuesday
24th September
09:30 - 12:30
at
Edlington Community
Organisation (ECO)
Yorkshire Main Community
Centre,
DN12 1AB

Thursday
26th September
11:00 - 15:00
at
St John the Baptist
Church
Church Road,
DN12 1AX





**BENEFITS
ADVICE**

Bullcroft Memorial Hall Carcroft

Central Family Hub


Edlington Helping Hands

Stainforth




Mexborough


Denaby Mindful Activities

Civic Office



Our benefits advisors are working across Doncaster providing 121 and workshop sessions for those needing support with benefit applications such as PIP, UC50 and Attendance Allowance forms. We are also able to support with appeals against benefit award decisions.

 **COMMUNITY FUND**

citizens advice Doncaster Borough

Contact us for more information at
01302 846 745

scan the QR Code or make a self referral at
cadoncasterborough.org/online-referrals/



Citizens Advice Doncaster

Call your local Citizens Advice Office for more information. Alternatively you can use the QR code below to go to the Digital Support page and fill in the Enquiry Form at the bottom of the page for Digital Support



Where to find Citizens Advice throughout Doncaster South

The Rossington Practice
Grange Lane
Rossington
DN11 0LP
Tuesday 9.30am - 4.30pm
(Appointment & drop in)

Conisbrough Group Practice
Stone Castle Centre
Gardens Lane
Conisbrough
DN12 3JW
Monday 09.30am - 4.30pm (appointment only)

Helping Hands Community Centre
Edlington Lane
New Edlington
DN12 1PL
Wednesday 10am - 2pm

Citizens Advice Office
18A Adwick Road
Mexborough
S64 0DB
Monday - Friday 9am - 4pm





A New podcast led by Dr Cayetano Rebora and Bex Cottey from Conisbrough Group Practice.

How To Hack The NHS is a brand new podcast with one simple goal – to make modern healthcare work for you. Subscribe to our socials to keep updated.

howtohackthenhs.com

Follow us on social media (TIKTOK, Twitter/X, and Instagram) using the name @howtohackthenhs

Follow, subscribe and like us on any of the following podcast platforms: Spotify, Amazon music, Apple podcasts and Deezer

Did you know you can contact your GP Practice Online? If you need help doing this please send us a message!

Benefits of using the online consultation tool:

- It saves you time by providing faster access to services.
- It stops the 8am rush for appointments as you can contact the practice at any time, and up to 4.30pm get a response, and be seen if needed the same day!
- We are encouraging everyone who has access to a computer, smart phone or tablet to use Accurx across Doncaster South.



Links can be found on each practice website. If you would like help with patient triage please send your Doncaster South Care Coordinators an email and we will be more than happy to point you in the right direction. Please scan the QR code below for further instructions!

Introducing the NHS-accredited apps Daylight – designed to help with worry and anxiety – and Sleepio – a digital sleep improvement programme.



Both apps featuring Cognitive Behavioural Therapy (CBT) techniques – have been developed by digital therapeutics company Big Health. This partnership builds on a recent announcement by NHS England to provide free access to Daylight and Sleepio to all NHS staff.





VIRTUAL PATIENT PARTICIPATION GROUP

NEXT MEETING:
TBC

Do you want to join our
Virtual Patient Participation Group?
If you're registered or connected to South Doncaster
practices. Do you want to help shape and improve the
services we provide? If yes, then this group is for you.



GRIEF
Do We Just
Have To
Get On With It?

Not unless
you want to.....

Found My Niche
LOSS DOESN'T HAVE TO BE LONELY

Life After Loss Cafe
Loss doesn't have to be lonely.
meetings at various times and
locations throughout Doncaster

To find out more contact Tracy
07876 022343
tracy@foundmyniche.co.uk
www.foundmyniche.co.uk

Life After Loss Cafe

Loss comes in many forms from the death of a person or pet for example or the loss of a job or relationship perhaps. The feelings we experience are all equally valid. Being able to talk with others having gone through similar situations, sharing those emotions is powerful.

As they say "It's good to talk"

Found My Niche offer peer support in a relaxed environment with no agenda other than to be there for each other. The sessions are also available to attend on Zoom with links available by request only. There is also an option to join a members WhatsApp group for ongoing support in between meetings.

Health Bus - Vincent Van Cough

The Health Van offers drop-in GP clinics at different sites across Doncaster.

If you have a minor ailment or illness that's been troubling you and we're in the neighbourhood, come and see us.

Our Health Van Service makes stops in communities so that everyone, regardless of whether you're registered with a local GP practice or not, can access high-quality healthcare. The Health Van is staffed by GPs, nurses and other healthcare staff who work locally in Doncaster.



We post Vinnie's locations and times every Monday from our social media accounts. These can also be found at

<https://www.primarycaredoncaster.co.uk/services/vincent-van-cough-2/>

