



September 2024 Newsletter



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

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

- 14 patients had their initial appointment with the Chronic Pain Support Service this month
- 29 patients were contacted to arrange their Learning Disability Annual Health Checks
- This month we sent 215 Cervical Screening reminder text messages to patients. We received 15 responses and have been able to support these patients to book a Cervical Screening
- 119 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 308 Structured Medication reviews with patients registered with a South PCN practice. There were 397 medication reconciliations carried out by the wider ARRS pharmacy team
- This month 189 patients were contacted regarding none completion of their FIT Test. 31 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
- This month there were 228 successful appointments with our ARRS Mental Health Practitioners
- This month the ARRS dietician saw 114 patients

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 pcdlttd.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/>





New Women's Health Service

Our specialist physiotherapist will assess and treat patients with the following conditions:

- Overactive bladder
- Mixed urinary incontinence
- Stress urinary incontinence
- Postnatal pelvic floor concerns
- Pelvic organ prolapse
- Menopausal urogenital concerns

This service is suitable for Patients assigned female at birth and over the age of 18

Pure Women's Health gives patients direct access to a women's health first contact physiotherapist (FCP) who can provide advice and supported pelvic floor exercises to treat patients with various different uro-gynae issues.

GP care navigators / receptionists can book appointments or 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.



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

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

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Out and about in September

Care coordinators Jane and Eden and Clinical Pharmacist Dan visited Rossington Miners' Welfare along with the Primary Care Doncaster Health Bus, Vincent Van-Cough, to speak to patients about their blood pressure as part of Know Your Numbers week.



We also visited The Grainger Centre in Edlington to speak to patients about the network's services as part of the week-long Active Ageing Festival.



Winter vaccinations



There are some things you can do to help yourself stay well in winter. This includes getting your flu and COVID-19 vaccinations if you're eligible. Getting vaccinated every year will top up your protection and reduce your risk of getting severe symptoms.

Who should have the flu and COVID-19 vaccines? You can get both the NHS flu and COVID-19 vaccines if you:

- are aged 65 or over (including those who will be 65 by 31 March 2025)
- have certain health conditions
- are pregnant
- are a frontline health or social care worker
- live in a care home for older adults

Other care home residents, carers and people who live with someone who has a weakened immune system can also get the flu vaccine. Children aged 2 to 17 can get the children's flu vaccine (School-aged children will get their vaccine through their school or a community clinic). Some children with certain health conditions can get the COVID-19 vaccine. Speak to your GP surgery if you are eligible

Likewise let your GP surgery know if you wish to decline any vaccinations you are being offered - you can always change your mind but the sooner they know your preference the better





Other winter vaccinations

You may also be eligible for other vaccinations, including :

- Pneumococcal vaccine (if you're aged 65 or over)
- RSV vaccine (if you're pregnant or aged 75 to 79 – if you turned 80 on or after 1 September 2024, you're also eligible for the vaccine until 31 August 2025)

These vaccinations help protect against serious illnesses that are more common in the winter, including pneumonia. Speak to your GP surgery if you are eligible

More information about winter vaccines can be found at <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well>

Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition



Get advice if you feel unwell

If you're 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell.

You can get help and advice from:

- a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor
- your GP – you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to
- NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you are not sure what to do

The sooner you get advice, the sooner you're likely to get better.

In an emergency, go to A&E immediately or call 999.





Keep warm and get help with heating

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

- Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition. It's best to keep your bedroom windows closed at night.
- Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're working properly. You can find an engineer from the Gas Safe Register website.
- Make sure your home is fire safe. For fire safety advice specific to you and your home, visit the online home fire safety check website to complete a safety check for your home.
- Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

Find out more about ways to save energy in your home from GOV.UK, or call the government helpline on 0800 444 202. You can also find out more from GOV.UK about benefits and financial support if you're on a low income.



Look in on vulnerable neighbours and relatives

Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support.

- Icy pavements and roads can be very slippery, and cold weather can stop people from going out.
- Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling unwell.
- Make sure they're stocked up with enough food supplies for a few days, in case they cannot go out. If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from cold air, and to reduce their risk of chest infections.
- Make sure they get any prescription medicines before the holiday period starts and if bad weather is forecast.

If they need help over the holiday period when the GP surgery or pharmacy is closed or they're not sure what to do encourage them to go to 111.nhs.uk or call 111

If you're worried about a relative or elderly neighbour, contact your local council or call the Age UK helpline on 0800 678 1602 (8am to 7pm every day). You can find your local council on GOV.UK.

If you're concerned the person may have hypothermia, go to 111.nhs.uk or call 111.



VIRTUAL PATIENT PARTICIPATION GROUP

Do you want to join our Virtual Patient Participation Group?

- If you're registered or connected to South Doncaster practice

- Do you want to help shape and improve the services we provide?

If yes, then this group is for you.



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 above for further instructions!

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/>

