



# January 2025 Newsletter



Welcome to the Doncaster South Primary Care Network January 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 ..

- 5 patients had their initial appointment with the Chronic Pain Support Service this month.
- 66 patients were contacted to arrange their Learning Disability Annual Health Checks.
- This month we sent 115 Cervical Screening reminder text messages to patients. We received 18 responses and have been able to support these patients to book a Cervical Screening.
- 60 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 234 Structured Medication reviews with patients registered with a South PCN practice.
- This month 113 patients were contacted regarding none completion of their FIT Test. 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 130 successful appointments with our ARRS Mental Health Practitioners.
- This month the ARRS dietician saw 156 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 [pcdltd.south-primary-caredoncaster@nhs.net](mailto: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/>





## Cervical Cancer Prevention Week – January 20th – January 26th 2025.

We know that cervical screening isn't always easy, but there are some things you can do to help make yourself more comfortable. Cervical screenings are estimated to save 5000 lives a year in the UK, so we're here to remind you that you always have the power to ask for what you want. Whether it's playing music, bringing a friend, or changing position. After all, when cervical screening saves lives, do whatever gets you going.

[www.nhs.uk/conditions/cervical-cancer](http://www.nhs.uk/conditions/cervical-cancer)




### ARE YOU REGISTERED WITH ANY OF THESE PRACTICES? DO YOU WANT TO BOOK IN FOR YOUR CERVICAL SCREENING TEST?


- BARNBURGH SURGERY
- CONISBROUGH GROUP PRACTICE
- THE EDLINGTON PRACTICE
- MAYFLOWER MEDICAL PRACTICE
- MEXBOROUGH HEALTH CENTRE
- THE NEW SURGERY
- THE ROSSINGTON PRACTICE
- THE TICKHILL & COLLIERY SURGERIES
- WEST END CLINIC



If you're registered with any of our practices and are due your smear test, why not use the link below or scan the QR code to send us your details and we'll be in touch to get you booked in for an appointment at a time and place convenient to you?



[https://forms.office.com/e/\\_lk57TYjAWS](https://forms.office.com/e/_lk57TYjAWS)



### Smoke Free Health Van

#### The Health Van - Smoke Free advice at different sites across Doncaster.

Smoke Free intervention services will now be available on our Health Van. Drop-in clinics to receive advice around smoking and have the Carbon Monoxide Detector test will be available around Doncaster, our Stop Smoking Advisors will be on board to answer any questions you have and have the ability to send a referral in to get you started on your 'Smoke Free' journey.

#### What happens when you quit?

- After 20 minutes, check your pulse! It will already be starting to return to normal.
- After 8 hours, your oxygen levels are recovering and the harmful carbon monoxide level in your blood will have reduced by half.
- After 48 hours all carbon monoxide is flushed out. Your lungs will be clearing out mucus and your sense of taste and smell are improving.
- After 72 hours, your breathing will begin to feel easier and your energy will be increasing.
- 2 – 12 weeks your circulation will have improved meaning your blood is able to pump through your body to your heart and muscles.
- 3 – 9 months any coughs, wheezing or breathing problems will improve as your lung function increases by up to 10%.
- 1 year your risk of heart attack will have reduced by 50% compared with a smoker's.
- After 10 years, your risk of death from lung cancer will have halved compared with a smoker's.

## GET HELP TO STOP SMOKING FOR GOOD...

Did you know you're up to **3 times** more likely to stop smoking for good if you use a combination of stop smoking treatment and receive support from an NHS Stop Smoking Service?

If you would like to access this support please scan the QR code or follow the link below to send us your details and we'll be in touch!



<https://forms.office.com/e/brQX5sxxtQ>



If you're ready to stop smoking in 2025 Click the link below!

<https://forms.office.com/e/brQX5sxxtQ>





**Healthier** insides.  
**Fuller** wallet.  
**Deeper** sleep.  
**Boosted** energy.  
**Sharper** concentration.  
**Mindful** year-round drinking.



Double your chances of a successful Dry January® challenge with the free Try Dry® app [dryjanuary.org.uk](http://dryjanuary.org.uk)

### Love your Liver Awareness Month January 2025!

Throughout the month of January people in Mexborough and Doncaster have been encouraged to hop on Vincent Van Cough, primary care bus and get a free liver scan at the Love your liver roadshow this January.

It's a quick, simple and painless test, it is a great way to find out if you are at risk of liver disease and to check for any early damage, your results will be given to you and information about what to do next.

Anyone can be affected by liver disease, but the good news is that many cases can be prevented or treated if you take action early, with nine in ten cases of liver disease are preventable.

The main causes are alcohol, obesity and viral hepatitis. Although the liver is remarkably resilient, if left until symptoms appear, the damage is often irreversible. If you think you could be at risk of liver disease to not wait until you have symptoms to get help.

Many people will not get any symptoms until they are already very unwell. So it is important to find out if you could be at risk, and what you can do now to help your liver.

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

### Re-think your drink this January with Alcohol Change!

Alcohol is a part of many of our lives. We use it for celebration, for comfort, to socialise, to wind down, to cope. We treat it differently to other drugs; it's legal, socially acceptable, even encouraged.

Yet in the UK one person every hour dies as a result of alcohol. Alcohol harm – mental health problems, liver disease, one of seven forms of cancer, economic difficulties, and so much more – can affect any one of us, from any walk of life.

Finding the right support can be tough, that's why Alcohol Change is there to support you through it, offering interactive tools, tips for cutting down and support.

To find out about what services and support are available please visit the link below.

<https://alcoholchange.org.uk/>



To find out more please visit

<https://britishlivertrust.org.uk/love-your-liver-month/>

Or for advice on reducing your alcohol intake please visit <https://www.rdash.nhs.uk/services/drug-and-alcohol/> <https://project6.org.uk/sober-social/> or call **03000 213900**.

**#LoveYourLiverMonth raises awareness of liver disease and provides tips to improve liver health.**







### #Brew Monday: A Simple Brew for Better Health

This year, on Brew Monday (20th January), we're joining Samaritans in reminding everyone of the power of a friendly chat over a cuppa. It's easy to get caught up in the busyness of life, but taking a moment to check in with someone can make a world of difference for their mental health.

In healthcare, we know how important social connections are to overall well-being. Whether it's reaching out to a colleague, a patient, or a loved one, don't underestimate the impact of a simple conversation. If you haven't caught up with someone in a while, why not send them a message and invite them for a virtual or in-person brew?

Remember, your healthcare team is always here to support you with any physical or mental health concerns. If you're feeling down, stressed, or simply need someone to talk to, don't hesitate to reach out to your practice. We're here for you!



**GOING THROUGH A STORM OR JUST BEEN THROUGH ONE?**

ANDYSMANCLUB are talking groups for men to **HELP YOU** through those storms.

**FIND OUT MORE** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk) #ITSOKAYTALK

**ANDYS MAN CLUB DONCASTER**

- DONCASTER ARMTHORPE**  
Armthorpe Community Centre,  
Wellfare Park, 20 Church St,  
Armthorpe, Doncaster DN3 2AD
- DONCASTER CENTRAL**  
Coo Power Stadium,  
Stadium Way, Doncaster  
DN4 5JW
- DONCASTER STAINFORTH**  
Stainforth Youth Hub,  
Church Road, Stainforth,  
Doncaster, DN7 5AA
- DONCASTER BENTLEY**  
Bentley My Place (Youth Hub)  
Askara Rd, Bentley,  
Doncaster DN5 6ND
- DONCASTER ROOST**  
Donisbrough Library, Old  
Road, Donisbrough,  
Doncaster DN12 2BD

ANDYSMANCLUB is a national charity  
of support and advice for men's health  
problems. Registered and Charitable  
Company No. 1042800

Mental health is for everyone, and that includes men too. If you've ever felt like you're carrying a heavy load or just need someone to talk to, Andy's Man Club is here to help. It's a place where guys can get together, chat openly, and support each other without judgment. Whether you're dealing with something tough or just want to connect with others who get it, Andy's Man Club offers a safe space for real conversations. They meet up weekly, and it's all about being there for each other, no pressure, no stigma. If you think this could help you or someone you know, don't hesitate to check them out. You're not alone—reach out, start a conversation, and take that first step.

Find a group near you or learn more at <https://andysmanclub.co.uk/>

Did you know evening and weekend appointments are available in Doncaster, to book an appointment, call your GP practice and discuss an appointment time that better suits you.

The receptionists will be able to see all the options available in your local area and book an appointment for you.

#DoncasterHealth #MoreChoiceMoreAppointments

**EVENING & WEEKEND APPOINTMENTS**

Evening and Weekend Appointments are available in Doncaster so you get the care you need when it's more convenient for you.

**HOW TO BOOK**

Call your GP Practice and ask specifically for an evening and weekend appointment.

Availability varies across Doncaster. Your GP Practice will be able to see all the options available in your local area and book an appointment for you.

### Social Prescribing...Coming soon!

We are thrilled to share that we are nearing the completion of our social prescribing course! It's been an insightful journey, and we're excited about the positive impact this will have on our community.

We will be opening up for referrals soon, providing a valuable resource to support health and wellbeing through social prescribing.

Stay tuned for more details on how to get involved!

Zoe & Victoria

