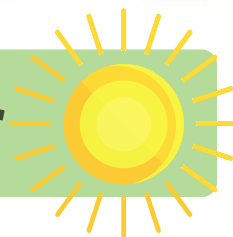




Summer Newsletter



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


This spring our Care Coordinator and ARRS team ..

- 65 referrals made to our newly launched Social Prescribing Service.
- 40 patients were contacted to arrange their Learning Disability Annual Health Checks.
- We sent 321 Cervical Screening reminder text messages to patients.
- 129 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 over 280 Structured Medication reviews with patients registered with a South PCN practice.
- During June over 500 patients were contacted to arrange a FIT Test and 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/>





New Social Prescribing Service

Our Social Prescribing Service is here to support your well-being by connecting you with local activities, support groups, and community resources. Whether you're looking to improve your mental health, build social connections, or enhance your overall quality of life, we're here to help.



Social Prescribing



About Us

Welcome to our Social Prescribing service! We are here to help you access the support and resources you need to improve your health and wellbeing. Whether you're looking for social connections, practical advice, or lifestyle support, we can guide you to the right services.

What can Social Prescribing support with?



Mental Health and Wellbeing:

Mild to moderate anxiety, depression, stress management, and emotional support.



Lifestyle and Wellbeing:

Encouraging physical activity, healthy eating, and general wellbeing through tailored support.



Social Isolation and Loneliness:

Helping individuals connect with social groups, befriending services, and community activities.



Employment and Financial Difficulties:

Connecting individuals with job training, employment support, and financial advice services.



Long-Term Health Conditions:

Support for individuals managing chronic illnesses such as diabetes, hypertension, and chronic pain.



Housing and Practical Support:

Guidance on housing-related issues, legal support, and other essential services.

To find out more about South Doncaster Primary Care Social Prescribing or to make a referral. Contact the team at pcdltd.social-prescribing-south-pcn@nhs.net, speak to your practice reception team or scan here:



This service is not suitable for individuals under 18, those requiring urgent medical or psychiatric intervention, individuals with severe mental health conditions needing specialist care, or those experiencing an acute crisis or requiring emergency support. It is also unsuitable for individuals with active substance misuse issues, those unwilling to engage with phone services, or patient not under the South Primary Care Network.

South Network Practices: Edlington Health Centre, Barnburgh Surgery, New Surgery, Mexborough Health Centre, Conisbrough Group Practice, Tickhill & Colliery Surgery, West End Clinic, and The Rossington Practice.

If you are not a patient at one of these practices, please check with your GP for similar services in your area.





Our Social Prescribing Link Workers and Care Coordinators recently came together for a team-building lunch.



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





Important update about cervical screening invitations!

From 1st July 2025, if you're aged 25-49 and have a cervix, you'll now be invited for your cervical screening (smear test) every 5 years instead of every 3 years.

You might be offered another test sooner if:

HPV is found at your next smear

You have had a positive HPV test in a previous test, or recent tests have found any changes to cells

If you received an invitation before 1st July, you can still get your screening now as planned. The change to 5-yearly invites will only happen after you have your next test.

Ready to book? Why not contact your practice via the NHS App.

We know having a smear can be worrying or embarrassing, but it's just a few minutes and could save your life! So don't delay, get it booked today!

Changes to cervical screening in England for those aged 25-49

NHS

Cervical screening is moving from 3 to 5 year intervals for those who are at low risk. This decision is based on strong clinical evidence and recommended by the UK National Screening Committee.



NHS
South Yorkshire
Integrated Care Board

Return your unwanted medication

TO YOUR PHARMACY



Return your Medications Safely

Every Unit Counts!

Alcohol units...National guidelines

Men & women are advised not to regularly drink more than 14 units a week.

Rethink your Drink
DONCASTER

Alcohol units



For help to reduce your drinking call: 03000 213900





Doncaster
Borough

Are you in receipt of Universal Credit?

You might be missing out on social tariffs—discounted rates to help with essential bills:

Here's what you may be able to access:

- ✓ **Broadband & Phone** – Get internet for as low as £10-20/month from some providers.
- ✓ **Water Bills** – Many water companies offer capped rates or help schemes.
- ✓ **Energy Support** – While energy social tariffs aren't widespread yet, check for grants and support funds.
- 📞 **Contact your providers and ask about social tariffs – you might be eligible and save £100s a year!**

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





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!

Well Doncaster

Be Well

Diabetes Peer Support Group

08/07/2025 13:00 - 14:00

Guest Speaker: The Sleep Charity

**Swallowdale Activity Room, Thompson Avenue
Edlington, DN12 1EX**

No need to book - free to attend

We provide a welcoming space to chat without judgement.
Share your experiences, make friends and learn from guest speakers.

*"It's your mental health, I don't know about anybody else, but
my mental health is a lot better when I've been to a group"*

For more information contact:

01302 736440 / BeWellDoncaster@doncaster.gov.uk



Well Doncaster

Community Led Health and Wealth
Empowering people in Doncaster to live better, healthier, and happier lives.
www.welldoncaster.uk





July Awareness Days



Sarcoma Awareness Month

This month, we recognize and support those affected by sarcoma, a rare cancer of the bones and soft tissues. Awareness helps promote early detection, better treatments, and support for patients and families.

Sarcoma UK provides a whole host of support.

National Minority Mental Health Awareness Month

Raise awareness for the mental health struggles faced by minority communities.

Make July a month for solidarity and education for those who feel unheard.

People are encouraged to share pictures, poems, and videos on social media using [#DepthOfMyIdentity](#).



Disability Pride Month

Celebrating the achievements of people with disabilities, fostering understanding and inclusivity.

Disability Pride Month is an opportunity to raise awareness of disabilities, start positive conversations and celebrate the diversity and differences of the disabled community.

