



June 2024 Newsletter



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


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

- 36 patients had their initial appointment with the Chronic Pain Support Service in June.
- 54 patients were contacted to arrange their Learning Disability Annual Health Checks.
- In June we sent 248 Cervical Screening reminder text messages to patients. We received 24 responses and have been able to support these patients to book a Cervical Screening.
- 219 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 255 Structured Medication reviews with patients registered with a South PCN practice.
- During June 65 patients were contacted to arrange a FIT Test. 46 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/>





Events in June

Yorkshire Smoke Free Doncaster

On 26th June our Care Coordinators and D&T Lead attended training with Yorkshire Smoke Free Service Manager, Zahra, to learn about how to give Very Brief Advice regarding stopping smoking. We also received CO monitors which will allow us to offer patients Carbon Monoxide level checks at community events. These monitors will be able to provide visible proof of the harm caused by smoking.



Our Care Coordinators had a go at using the CO monitor.



If you would like support with stopping smoking please scan the QR code to complete the form and we will complete a referral to Yorkshire Smoke Free on your behalf who will be in contact with you directly.



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/>





Cancer Awareness in July

July is Sarcoma Awareness Month

Sarcoma is a type of cancer that can appear anywhere in the body

Every day, 15 people are diagnosed with sarcoma in the UK. That's about 5,300 people a year.

There are two main types of sarcoma:

- Soft tissue sarcoma
- Bone sarcoma (also known as primary bone cancer)

What are the symptoms?

- The most common symptom of sarcoma is a lump that is growing or changing.

Other symptoms can include:

- Swelling, tenderness or pain in the bone that can be worse at night
- Stomach pain
- Feeling sick
- Loss of appetite or feeling full after a small amount of food
- Blood in your poo or vomit

If you have any worries or concerns regarding any of the symptoms above speak to your GP – finding cancer early saves lives and ruling cancer out early gives you peace of mind



KNOW THE RISKS

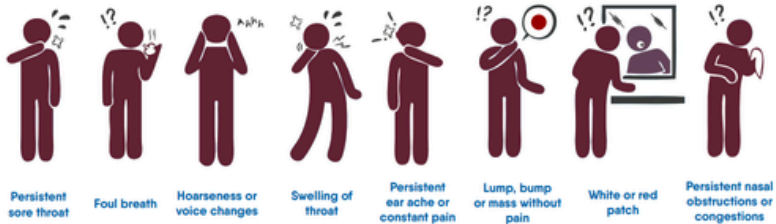


#WORLDHEADANDNECKCANCERDAY



Head & Neck Cancer The Symptoms

Look out for the warning signs



Any one of these symptoms in the head and neck area could indicate Head & Neck Cancer, contact your GP immediately





SHEFFIELD
0344 411 3111

DONCASTER
01302 243057

BARNSELY
0344 411 1444

ROTHERHAM
0808 278 7911



DIGITAL SUPPORT AT YOUR LOCAL CITIZENS ADVICE



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

DIGITAL ADVICE APPOINTMENTS

Book a one-to-one appointment with our friendly digital skills advisors today. Receive assistance with online form completion or discover how to get the most out of your internet usage

1



2

CONNECT AND LEARN DIGITAL SKILLS

Whether you're at the start of your online journey or looking to enhance your digital skills and confidence, these back-to-basics sessions will help you to achieve your online goals



GET CONNECTED

We know that getting online can be expensive. Speak to Citizens Advice about reducing your internet costs and get help accessing free mobile data and technology*

3



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

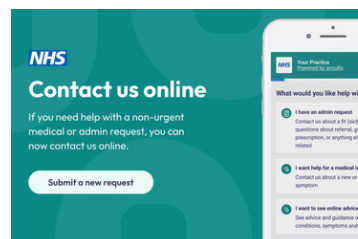
Follow, subscribe and like us on any of the following podcast platforms: Spotify, Amazon music, Apple podcasts and Deezer

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!





VIRTUAL PATIENT PARTICIPATION GROUP

**NEXT MEETING:
THURSDAY 29TH AUGUST
AT 10AM**

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.

Coming Soon to Doncaster South Practices....



Working Win is a free service, which aims to support you if you have a physical and/or mental health condition and would like to find meaningful employment or stay in your current role. We also provide you with ongoing in-work support in both your new or existing role.

To be eligible for the programme, you must be:

- Over 18 years old
- Living in Barnsley, Doncaster, Rotherham, or Sheffield

You can opt out of the service at any time, if you feel it is not right for you.

How does the service work?

A dedicated Shaw Trust Employment Specialist will work with you to provide you with a bespoke service tailored to your preferences and choices, and help you to identify employment goals and create a realistic employment plan.

Once you are in work...

Managing the demands of a job can be challenging. If you're finding your role difficult, Working Win can provide tailored support for every step of your journey to overcome any obstacles – working directly with you, or your employer.

