

# DON VALLEY HEALTHCARE NEWSLETTER

ALL SITES WILL BE CLOSED FROM **12PM ON 9TH OCTOBER AND 6TH AND 13TH NOVEMBER** FOR STAFF TRAINING. IF YOU NEED CARE DURING THIS TIME PLEASE CONTACT **NHS 111** OR THE **SAME DAY HEALTH CENTRE ON 0300 123 3103**

## STOPTOBER

Smoking tobacco puts you at risk for cancer, stroke, heart attack, lung disease and other health issues. When you quit smoking, good things start to happen – you can begin to see almost immediate improvements to your health. It's never too late to quit and it's easier to stop smoking with the right support. For more information use the NHS Better Health website to check out the free tools and tips to help you stay on track. Never give up giving up! [www.nhs.uk/better-health/quit-smoking](http://www.nhs.uk/better-health/quit-smoking)

## FIREFLIES WALLYTHON

On 10th August 2024, staff members Chelsea and Jessica walked 21 miles from Weston Park Hospital in Sheffield to The Salutation on South Parade, Doncaster to help raise money for Firefly's Cancer Charity. The Firefly Express vehicles provide free transport to local cancer patients and their families in the borough of Doncaster to regional treatment hospitals, using a fantastic team of volunteer drivers. We are still awaiting to find out the total amount raised but will update in the future.

## A MESSAGE FROM DVH

We would like to thank our patients for their ongoing support over the past 12 months. If you need medical support outside of surgery hours please contact NHS 111, the same day health centre as above or if you require medication there are late night pharmacy's available in your local area. On behalf of all the staff at Don Valley Healthcare we would like to wish you all a very Merry Christmas, a wonderful start to the new year and look forward to welcoming you back in 2025!



## SHARE GOOD TIMES, NOT FLU AND COVID-19...

### THE 2024-2025 FLU & COVID VACCINATION PROGRAMME

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (SARS-CoV-2) first identified in 2019. Flu is caused by infection with an influenza virus. You cannot tell the difference between flu and COVID-19 by the symptoms alone because they have some of the same signs and symptoms. Specific testing is needed to tell what the illness is and to confirm a diagnosis.

**THE 2024-2025 FLU VACCINATION COHORTS WILL RUN AS THE BELOW SCHEDULE AND THE SURGERY WILL CONTACT PATIENTS VIA TEXT OR TELEPHONE CALL WHEN PATIENTS ARE DUE - PLEASE WAIT TO HEAR FROM US.**

Don Valley Healthcare are aiming to co-administer both Covid-19 and Flu vaccines to all eligible patients on **Saturday 5th October and Saturday 12th October 2024.**

#### Eligible groups this autumn are:

- adults aged 65 years and over,
- residents in a care home for older adults,
- individuals aged 6 months to 64 years in a clinical risk group and
- frontline NHS and social care workers, and those working in care homes for older people.

We understand that having a weakened immune system (immunosuppression) is a lot less straight forward than the other criteria. Looking online can cause even more confusion, as people might see themselves (and be considered by others) as immunosuppressed but might not fit the immunosuppression criteria for vaccination.

#### Eligibility for the immunosuppressed are:

- Organ, bone marrow or stem cell transplant patients,
- Those being treated with systemic steroids for more than a month,
- Those living with HIV,
- Those receiving immunosuppressive or immunomodulating biological therapy, including children who are about to receive therapy,
- Those undergoing chemotherapy or radiotherapy, Those who require long-term treatment for immunosuppression, Those with a history of haematological malignancy including chronic leukaemia, lymphomas, and leukaemia and Those with genetic disorders affecting the immune system.

**IF YOU WOULD LIKE TO LEAVE FEEDBACK, PLEASE FILL OUT OUR FEEDBACK FORM ON OUR WEBSITE - [WWW.DONVALLEYHEALTHCARE.CO.UK](http://WWW.DONVALLEYHEALTHCARE.CO.UK)**

## QUARTERLY SPOTLIGHT

Every quarter, we release our GP infographics to give you an insight into the goings on at DVH. The infographics below relate to the three month period between **July-September 2024.**

**14,072** Total Registered Patients

**6546** Appointments Given (Telephone & Face to Face)

**409** Did Not Attend Appointments (Non Tel Con)

**18,985** Calls Answered

**7093** Prescriptions Issued (Non Repeat Dispensing)

**92** Home Visits (Non Residential Care Homes)

**252** New Patients Registered

## GOOD FEELINGS START IN THE GUT...

Dieticians are trained individuals who help people take control of their eating and drinking habits. If you're overweight, losing weight has many health benefits. Making small, simple changes to what & how much you are eating and drinking can really help you lose the lbs. Dieticians don't just help people lose weight, they also support with issues like:

- People needing to re-gain weight People experiencing symptoms of a food allergy or intolerance
- People diagnosed with a medical condition, such as diabetes or cardiovascular disease Individuals seeking advice on breastfeeding and weaning.

Our dietician Natalie holds appointments at our Bentley site most Wednesdays and can provide one on one support for people struggling with their diet If you would like more information or to book an appointment, please visit our website [www.donvalleyhealthcare.co.uk](http://www.donvalleyhealthcare.co.uk) to book online or contact us on 01302874551.

# YOUR GUIDE TO THE RSV VACCINE FOR OLDER ADULTS...

From 1 September 2024, those who turn 75 and those age 75 to 79 will be eligible for a free vaccine to protect them from respiratory syncytial virus (RSV). RSV is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold:

- Cough
- Sore throat
- Sneezing
- A runny or blocked nose
- Wheezing, Shortness of Breath which can lead to pneumonia if untreated.

There is no specific treatment for RSV, and most infections will get better by themselves. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system and is most common in babies and older adults.

**Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine because older adults are more at risk of serious complications from the virus.** However you will still be able to get the vaccine up to the day before you turn 80. For the first year of the programme, the vaccine will also be offered to those who are already aged 75 to 79 years on 1 September 2024 as part of a catch-up programme.

If you are not yet 75 the NHS will invite you for vaccination once you turn 75. The protection offered by the RSV vaccine The vaccine has been shown to reduce the chance of you suffering from RSV disease. As with all medicines, no vaccine is completely effective, and some people may still get RSV despite having a vaccination. If you do get RSV, it should be less severe due to the vaccine provided.



## HELLO, HOW CAN I HELP?

**Every quarter we are shining a spotlight on a member of our team for our patients to better know the staff that help take care of them medically. This quarter DVH Nurse, Amy has provided some words to share with our newsletter readers.**

Hello, my name is Amy. I am a Practice Nurse at Don Valley Healthcare. I have worked with the team since January 2024. Before Don Valley, I was a Community Nurse in the north of Doncaster.



A typical day for me includes phlebotomy, wound care, smears, injections, health reviews, ECGs, health promotion and general tasks associated with these. In my personal life, I enjoy spending time with my family. I also like walking, travelling and home improvement. At DVH we have a shared goal of improving patient care and providing the best service we can. I look forward to meeting you if I already haven't.

## BREAST CANCER AWARENESS

**Every year, the month of October is dedicated to breast cancer awareness. In 2020, 576,337 women were diagnosed with breast cancer and 157,111 lost their lives to the disease.**

### What should you be aware of?

- Early detection affects survival rates. It is therefore important for all women to be breast aware – that is, to “know their normal” – and for women in target populations to be screened through high-quality, screening programmes.
- Treatment for breast cancer can be highly effective, especially when the disease is identified early.

### Who can help?

- You should see your doctor if you notice a change that isn't normal for you. Or if you have any of the possible signs and symptoms of cancer.

If you or somebody you know has been affected by breast cancer, please visit [www.macmillan.org.uk](http://www.macmillan.org.uk) or [www.cancerresearchuk.org](http://www.cancerresearchuk.org) for advice regarding the disease, information or further support.

## MENTAL HEALTH MATTERS...

**The festive season can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us. Don Valley Healthcare mental health Practitioner Julie offers appointments on Tuesdays at our Bentley site for patients who wish to engage in discussing their mental health.**

Julie is non-medical prescriber who can initiate, stop and monitor patients medication. Her role includes telephone reviews and face to face appointments where she can triage patients and create referrals to appropriate services who will be able to support a persons specific mental health needs. Julie can carry out short term, focused work with patients who need interventions to support their mental health.

Julie is holding face to face and telephone appointments from our Bentley site on Tuesdays between 8.30am and 4.30pm. If you wish to book an appointment, please call us on 01302 874551 or request an appointment online via our website.



The next PPG meeting will be held at our **Sprotbrough** site on **14th October 2024 at 5pm**. If you wish to be a part of our patient participation group, please come along and join us at the next meeting.

## A GENTLE REMINDER REGARDING OUR DNA POLICY

**Our DNA or Did Not Attend policy purpose is to reduce the number of appointments being missed by patients registered within the practice, through failing to attend with no explanation for non-attendance. We have recently seen a rise in the non attendance of appointments at the surgery resulting in wasted clinical time in a time where patient demand is higher than ever.**

**We would like to reiterate our DNA policy is that “If two appointments are missed in a row or three appointments missed in a year with attempted verbal contact then patient may be asked to register at another Practice.”**

Any patient that has not attended an appointment will result in a DNA letter being generated and sent on behalf of the GP Partners. The letter will advise of the DNA Policy above. If non attendance reoccurs, a 2nd and subsequent 3rd letter will be sent as per policy guidelines and the practice manager will be notified. A fourth letter is then generated advising the patient to make contact within 10 days to discuss their frequent non attendance with an admin lead/manager. If the patient does not make contact within 10 days, a final removal letter is sent to the patient informing them that they have not contacted the surgery and will now be removed from the practice register and find another surgery for their healthcare.

If you are unable to attend a scheduled appointment, please contact us on **01302 874551** or via our Accurx platform online to ensure the time can be used for fellow patients who need it.