

DON VALLEY HEALTHCARE NEWSLETTER

ALL PRACTICE SITES WILL BE CLOSED FROM 12PM - 8TH AND 15TH NOVEMBER FOR STAFF TRAINING. IF YOU NEED CARE DURING THIS TIME PLEASE CONTACT NHS 111, 111 ONLINE OR THE SAME DAY HEALTH CENTRE.

STOPTOBER 2023

Did you know that people who stop smoking for 28 days are 5 times more likely to give up completely? When you stop smoking, good things start to happen and you can begin to see almost immediate improvements to your health. This October, join the thousands of smokers committing to quitting which is much easier when you get the right support and there are lots of options out there! Visit <https://www.nhs.uk/better-health/> for more information on quitting for good!

VIRGIN GET WALKING

Staff at Don Valley Healthcare are taking part in the Virgin Go Walking Challenge with Primary Care Doncaster until December. This challenge is made up of different team, each having 7 contestants who work for Primary Care Doncaster and compete throughout the month to be the team with the most steps. This encourages participants to be aware of how many steps they are hitting per day and help lead a more active lifestyle.

BENTLEY BONANZA

On 16th July 2023 Don Valley Healthcare along with Doncaster North Primary Care Network held a stand at the annual Bentley Bonanza to help raise awareness on healthy eating and nutrition to the community. We gave out 96 healthy eating packs to children and with the help of hook a duck and raffle prizes raised an amazing £156 for BEATS which is the UK's eating disorder charity aimed at helping people live free of eating disorders. For more information on BEATS please visit <https://www.beateatingdisorders.org.uk>



FIGHTING THE FLU WITH YOU... FLU SEASON 2023/24

Flu isn't just a heavy cold. Flu occurs every year, usually in the winter, which is why it's sometimes called seasonal flu. It's a highly infectious disease with symptoms that come on very quickly. While flu is unpleasant, healthy people usually recover within 2-7 days but it can be dangerous and even life threatening for some, particularly those with certain health conditions. We help prevent severe cases of the flu with influenza or flu vaccines which are developed twice a year due to the different strains of flu changing rapidly. The best time to have your flu vaccine is in the autumn or early winter before flu starts spreading. But you can get your vaccine later on in the season if you wish. **At Don Valley Healthcare we officially started flu vaccinations at the end of September and will be offering the vaccine up until February 2024.**

Children aged between 2-16 are also invited for the annual nasal flu vaccine which is a spray inserted into the nose which contains weakened strains of the flu virus to help build their immunity. The children's nasal spray flu vaccine is safe and effective as children can catch and spread flu easily. Vaccinating them also protects others who are vulnerable to flu, such as babies and older people. If your child is aged between 6 months and 2 years and has a long-term health condition that makes them at higher risk from flu, they'll be offered a flu vaccine injection instead of the nasal spray.

Alongside the flu vaccine comes the **Autumn Covid-19 Booster** which we are offering to all eligible patients. When it is time to come forward for your vaccine you will receive a text message invitation which contains a self book like to book enabling you to book your appointment yourself or alerting you to contact us and a member of staff can book on your behalf. **Please be aware not all of these appointments will be held at Don Valley Healthcare.** Patients who are housebound and unable to attend the surgery can receive their Covid-19 and flu vaccinations at home by the roving team.

QUARTERLY SPOTLIGHT

Every quarter, we will 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 and September 2023.**

13,967 Total Registered Patients

6802 Appointments Given (Telephone & Face to Face)

466 Did Not Attend Appointments (Non Tel Con)

16,370 Calls Answered

7139 Prescriptions Issued (Non Repeat Dispensing)

85 Home Visits (Non Residential Care Homes)

271 New Patients Registered

A HEALTHY OUTSIDE STARTS ON THE INSIDE

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 1-1 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 to book online or contact us on **01302874551.**

GET YOUR MEDS IN TIME...

Doncaster Local Pharmacy Committee and local GPs have joined forces to raise awareness that regular repeat prescriptions take 7 days from order to collection and up to 10 days for delivery. This does not apply to urgent or acute medication.

Nick Hunter, Chief Officer of Doncaster LPC said "By following the 7 Day prescription order a structure that is supported by all pharmacies across Doncaster, pharmacy teams will be able to respond to acute and urgent prescriptions quicker and reduce waiting times for those patients"

The day-to-day process of the 7-day prescription timeframe is outlined below:

- Day 1:** Patient orders prescription
- Day 2/3:** GP checks and authorises prescription and sends it to the nominated pharmacy
- Day 4:** Prescription is checked by the pharmacist
- Day 5:** Pharmacy orders items
- Day 6:** Prescription is prepared for collection
- Day 7:** Prescription is ready for collection by the patient



EMPLOYEE NEWS

We have had a busy few months at DVH and have recruited two brand new care navigators **Chrissi** and **Samantha**, alongside **Ella**, our newest nurse who joined us permanently at the beginning of October. **Mollie**, a nurse mentioned in our previous newsletter has sadly had to leave Don Valley Healthcare due to personal circumstances, and lastly our care navigator and administrator **Sharon** is retiring in November 2023 after working in the NHS for 35 years!

We are currently recruiting for a new care navigator to join our team! If you or someone you know are interested, please apply online via NHS Jobs or contact us on 01302 874551 to speak with a member of management.

WOMENS HEALTH

Patients who were assigned female at birth, regardless of how they identify now, are eligible for certain health checks that can help prevent diseases such as cervical & breast cancers in future life.

From the ages of 25-64, people with a cervix within the UK are offered a cervical screening test. Often referred to as a "smear test" these screenings check the health of the cervix which is the opening to the womb from the vagina. These screenings check for certain types of human papillomavirus (HPV) which can cause changes to the cervix and form ovarian cancer.

It is important to note that a smear test is not a test for cancer, but a test to help prevent cancer.

Checking your breasts is important to monitor any changes that may be a cause for concern. While all women's breasts are different its important for you to know how your feel and look on a daily basis in order to spot changes.

Please notify the GP if you have any of the following -

- a change in the size, outline or shape of your breast
- a change in the look or feel of the skin on your breast
- a new lump or swelling in the breast
- a discharge of fluid from either of your nipples
- any change in nipple position, such as your nipple being pulled in or pointing differently
- a rash, crusting, scaly or itchy skin or redness on or around your nipple
- any discomfort or pain in one breast

In addition to smear tests and breast checks we also provide whooping cough injections for pregnant patients, post-natal checks for new mums and many forms of contraception for eligible patients who are wanting to prevent pregnancy.

If you have questions or concerns related to any of the above, please contact the surgery on 01302 874551 and our care navigator will be happy to arrange an appointment with the GP or Nurse. In next quarter's Don Valley Healthcare Newsletter we will be sharing information regarding men's health.



The next PPG meeting will be held at our **Sprotbrough site on 9th January 2024 at 3pm.**

If you wish to be a part of our patient participation group, please join us at the next meeting.

Don Valley Healthcare New Build

The proposals, developed by the NHS South Yorkshire Integrated Care Board, include the move of patients and staff from the existing Don Valley Healthcare Centre and the Ransome Practice to new premises on the site of the former community library on Chapel Street, Bentley. We would like to make clear that both Don Valley and Ransome will remain separate GP surgeries, both having a home inside the new build.

As of the end of September our contractors officially broke ground at the site of the new Health Hub on Chapel Street. This is very exciting news to everyone involved as unforeseen circumstances with asbestos caused a delay in the demolition of the old library. Many patients have mentioned the works on their visits to the surgery so it seems the new build has brought a buzz to Bentley! See our next issue for a further update!



HELLO DVH, 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, we asked Care Navigator Chelsea to write a few words she would like to share in our newsletter.



Hello, my name is Chelsea Marie Rodwell

I am one of the Care Navigators/Admin Staff at Don Valley Healthcare. I joined the team in October 2022, after 10 years of working in the fast-food industry. My role within the practice is quite varied, you will see me across all three sites, working reception, taking calls and coding secretarial letters.

I am very lucky out side of my job & have a good network of friends and family who support me in all aspects of my life. I like a good party and am a bit of a karaoke queen! My go to song is 'Third finger, left hand - The Marvelettes' !

A RECALL FROM YOUR MEDICAL RECORDS...

Every month we contact patients with birthdays within said month when they are due annual reviews, a recall or follow up from their medical records. These are for continuity of care and to keep the surgery up to date with the patients health. These invites may come in the form of a self booking link text message or a letter asking patients to contact us at the surgery.

Annual reviews are for patients diagnosed with chronic illnesses such as, Hypertension, Asthma, COPD, Stroke, Heart Failure and Diabetes.

Being diagnosed with a chronic illness means the patient will then be reviewed every year and may call for routine tests such as bloods and blood pressure be taken to measure the stability of the disease.

A recall, much like a review, is a continuation of care which consists of routine tests or treatments that a patient is due at the GP's request such as a repeat blood test or treatment injection. When a patient has a consultation, they may be asked to have a follow up blood test in 6 months time, which would mean they will be recalled when that blood test is due, or if a patient is on the contraceptive injection, which are only given every 3 months, means the patient will be recalled when their next injection is due.

If your birthday month has passed and you have not been invited for an annual review but have previously been diagnosed with a chronic illness, please contact us on **01302 874551** and a care navigator will be happy to check your medical records.