

DON VALLEY HEALTHCARE NEWSLETTER

ALL SITES WILL BE CLOSED FROM **12PM ON 10TH JANUARY, 7TH FEBRUARY, 6TH AND 13TH MARCH** FOR STAFF TRAINING. IF YOU NEED CARE DURING THIS TIME PLEASE CONTACT NHS 111, 111 ONLINE OR THE SAME DAY HEALTH CENTRE.

HAPPY NEW YEAR!

On behalf of all the staff at Don Valley Healthcare, we would like to start this newsletter by wishing our patients a very Happy New Year!



We would like to take the time to thank you for all of your ongoing support helping us to help you. Wishing you all the best for 2024.

CAN'T ATTEND?

Between October and December we had a total of **548 appointments** not attended at the surgery. On average, an appointment is allocated 10 minutes, which means a total of **9.5 hours** of clinical time went unused. This time is pivotal to patient care and can be managed appropriately if we are aware that you can no longer attend. Please endeavour to let us know if you can't make your scheduled appointment by contacting the surgery as soon as possible.

DO YOU NEED A BOOST?

The practice has been informed that the Covid Booster Season for 23/24 is set to finish on **31st January 2024**. If you are still needing your booster please contact NHS 111 to find your nearest vaccination centre or you can attend the next drop in centre being held by Primary Care Doncaster on:

13th January 2024

**The White Wings Centre, Askern, Doncaster
9am-12pm**



MMR CASES ON THE RISE...

ARE YOU UP TO DATE WITH YOUR VACCINES?

Measles, mumps and rubella are highly infectious conditions that can spread between unvaccinated people that can lead to serious health problems including meningitis, hearing loss and problems during pregnancy. The MMR Vaccine is a safe and effective combined vaccine the protect against these diseases.

At the age of 1, most children will receive their first dose of the MMR vaccine as part of the NHS Vaccination Programme, followed by a second dose at around 3 years 4 months before starting school.

Measles cases are rising with over twice as many cases confirmed in the first half of 2023 compared to the previous year. Due to this the NHS is now running a campaign to offer the MMR vaccine to patients up and down the country that are late receiving or have never received this protection. We know that having the MMR vaccine is the best way to protect our communities and this campaign is therefore aimed at improving uptake in MMR vaccinations and reducing the number of outbreaks in England.

"I've never had an MMR vaccine, what do I do?"

As per the NHS Vaccination Programme, babies will all receive their MMR vaccine at the age of 1 unless the parent has specified otherwise. Children will be automatically recalled for this so there is no need to book in until we have made contact.

For patients over the age of 4yrs, if their medical record states that they are due an MMR vaccine we will be making contact via letter or sending self book links via text message to enable patients to schedule a suitable appointment.

If you are unsure if the upcoming MMR campaign applies to you please contact us on 01302874551 or send a request online via our website www.donvalleyhealthcare.co.uk and a care navigator will be able to advise further.

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 **October and December 2023**.

14,097 Total Registered Patients

7065 Appointments Given (Telephone & Face to Face)

548 Did Not Attend Appointments (Non Tel Con)

17,660 Calls Answered

7458 Prescriptions Issued (Non Repeat Dispensing)

72 Home Visits (Non Residential Care Homes)

370 New Patients Registered

BE WELL & FEEL GOOD IN THE NEW YEAR

Be Well is working with GP practices in Doncaster to provide tailored, one to one support by specialist trained health and wellbeing coaches. The 'Be Well Doncaster Coaches' will utilise motivational interviewing techniques and evidence-based behaviour change tools to support patients in making positive steps to improving their health and wellbeing. Be Well are offering services like...

- Peer Support Groups for Chronic Illnesses
- Telephone Consultations
- Help you achieve your individual health goals
- Appointments delivered by a registered professional with input from cognitive behavioural therapists
- Support to find and utilise your inner strengths

Our Health & Wellbeing Coach Laura holds appointments most Thursdays and can provide 1-1 support for people. If you would like more information or to book an appointment, please visit the Be Well Doncaster Website on <https://welldoncaster.uk/>

ARE YOU JET-SETTING SOON?

If you're planning to travel outside the UK, you may need to be vaccinated against some of the serious diseases found in other parts of the world. Vaccinations are available to protect you against infections such as yellow fever, typhoid and hepatitis A.

You may be more at risk of some diseases, for example, if you're:

- travelling in rural areas
- backpacking
- staying in hostels or camping
- on a long trip rather than a package holiday

In the UK, the NHS routine immunisation schedule protects you against a number of diseases, but does not cover all of the infectious diseases found overseas. If you have future travel plans and are unsure if you need up to date vaccinations, please collect a **Travel Vaccinations Form** from your local site and book a telephone consultation with our practice nurse.

We ask that these forms are completed in a timely manner for if vaccinations are required these will have to be completed a minimum of 8 weeks before travel.



EMPLOYEE NEWS

Many will be familiar with the petite Irish nurse with a HUGE personality who bounded through our Bentley practice spreading kindness and positivity wherever she went. After 15 years with the practice, Geri left us at the end of 2023 and we would like to thank her for years of service and wish her all the best for the future. We also welcomed a new receptionist Chloe to the reception team what started at the end of December 2023.

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.

MENS HEALTH

Globally, men die on average six years earlier than women, and for reasons that are largely preventable. It doesn't have to be that way: we can all take action to live healthier, happier and longer lives which is why making you aware of male related health issues is important for preventing ailments in the future.

Testosterone starts to drop in a man's thirties, but if that natural decline causes unwelcome symptoms like low sex drive or trouble concentrating, ask your provider whether you need a blood test to check your hormone levels. Your GP can help diagnose any underlying issues that may be causing the "low-T" and discuss options like testosterone replacement therapy if needed.

Male Infertility is where a male can not start a pregnancy with his female partner. A common cause of infertility in men is poor-quality semen, lack of sperm, sperm that are not moving properly or abnormal sperm. The testicles produce and store sperm but if they're damaged, it can seriously affect the quality of your semen. Other factors are certain medication and drugs such as sulfasalazine, which can affect sperm count or low testosterone. If you have any concerned regarding the possibility of male infertility, please speak to a GP.

In the UK, prostate or testicular cancer affect around 52,000 men every year. Symptoms of prostate or testicular related issues to be aware of are:

- A need to urinate frequently or urgently, especially at night
- Difficulty starting or holding back urination
- Weak, dribbling, or interrupted flow of urine
- Painful or burning urination
- Difficulty in having an erection
- A decrease in the amount of fluid ejaculated
- Painful ejaculation
- Blood in the urine or semen
- Pressure or pain in the rectum or testicles
- Pain or stiffness in the lower back, hips, pelvis, or thighs
- Lumps found in the testicles

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 an appropriate clinician.



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 our Pharmacy Technician, Zartaj to write a few words she would like to share in our newsletter.



My name is Zartaj, known as Zara, I am a Pharmacy Technician for Primary Care Doncaster. My main role is to provide help and support to patients on the legal, safe and secure handling and using their medicines. The purpose of my role is to maximise safe, cost-effective, prescribing to improve the quality of patient care and also to help patients with repeat dispensing which is where your medication can be synchronised for you to collect at the same time every month with no paper prescription to hand in at the pharmacy. I love every single day of my work and am very proud to say that I help bring change in someone's life. I have two lovely girls and a husband. I am very blessed.

SCAWTHORPE SITE CLOSURE

After housing The Nelson Practice and now Don Valley Healthcare for over 20 years, our Scawthorpe site will close its door on 31st January 2024 and we will be operating from our Bentley and Sprotbrough sites only from this date.

This closure has been in talks since the amalgamation of Bentley Surgery and The Nelson Practice back in April 2021 and with our new building on Church Street in Bentley underway we feel now is the right time to make a change.



This closure will allow us to deliver healthcare in more modern and equipped practices that are centred around patient care and wellbeing.

We ask that you approach this process with kindness and respect as it will be a sad loss for both staff and patients alike.

We thank you for your continued support and if you would like more information on our New Build, please see below for updates moving forward as we release our quarterly newsletters.

