



JULY - SEPTEMBER 2025

10TH EDITION

DON VALLEY HEALTHCARE NEWSLETTER

BOTH SITES WILL BE **CLOSED FROM 12 PM ON 9TH JULY, 3RD SEPTEMBER AND 10TH SEPTEMBER** FOR STAFF TRAINING. IF YOU NEED CARE DURING THIS TIME, PLEASE CONTACT **NHS 111** OR THE **SAME DAY HEALTH CENTRE ON 0300 123 3103**.

CHILDHOOD VACCINES

You'll usually be contacted by your GP surgery when your child is due for a routine vaccination. This could be a letter, text, phone call or email. It's important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up.

Vaccines for babies under 1 year old

8 weeks

6-in-1 vaccine
Rotavirus vaccine
MenB vaccine

12 weeks

6-in-1 vaccine (2nd dose)
MenB vaccine (2nd dose)
Rotavirus vaccine (2nd dose)

16 weeks

6-in-1 vaccine (3rd dose)
Pneumococcal vaccine

Vaccines for children aged 1 to 15

1 year and 6 months (18 months)

6-in-1 vaccine (4th dose for children born on or after 1 July 2024)
MMR vaccine (2nd dose for children born on or after 1 July 2024)

2 to 15 years

Children's flu vaccine (every year until children finish Year 11 of secondary school)

3 years and 4 months

MMR vaccine (2nd dose for children born on or before 30 June 2024)
4-in-1 pre-school booster vaccine

12 to 13 years

HPV vaccine

14 years

Td/IPV vaccine (3-in-1 teenage booster)
MenACWY vaccine

systemone

OUR NEW CLINICAL SYSTEM

SEE BELOW ON HOW OUR NEW CLINICAL SYSTEM WILL HELP US CARE FOR YOU

- **Improved Access to Medical Records:** It enables healthcare professionals to access a patient's complete and up-to-date medical history quickly and securely, which supports accurate diagnosis and treatment.
- **Better Coordination of Care:** SystmOne allows different healthcare providers (GPs, hospitals, specialists, community care) to share relevant patient information, helping to coordinate care seamlessly and reduce duplication or errors.
- **Faster Appointment and Referral Management:** The system helps book appointments, track referrals, and follow up on care plans efficiently, reducing waiting times and ensuring patients receive timely treatment.
- **Enhanced Patient Safety:** By recording allergies, medications, and previous treatments electronically, SystmOne helps prevent prescribing errors or harmful drug interactions.
- **Patient Access Features:** Some versions allow patients to view parts of their records, request repeat prescriptions, or communicate with their healthcare provider online, empowering patients to be more involved in their care.
- **Data for Population Health:** The aggregated, anonymized data can be used to improve healthcare services, plan public health initiatives, and track disease outbreaks.

SystmOne is much more than just an electronic patient record. It's a powerful tool that connects healthcare providers, supports clinical decision-making, streamlines administrative tasks, and enhances patient engagement – all leading to safer, faster, and more personalised care. We would like to also thank everyone at Don Valley Healthcare for managing the transition of clinical systems in the last month and also our patients for being patient whilst we moved!

FIREFLY WALLYATHON

On 16th August 2025, some of the wonderful staff at DVH will be walking 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 will update our social media and the next newsletter to let you know how much is raised for this great charity! Last year the charity raised £11,058.10!

PODIATRY REFERRALS VIA CANTLEY HEALTH CENTRE

A podiatrist is specially trained healthcare professional who helps people deal with a range of mobility issues, relieve pain and treat infections of the feet and lower legs. The scope of practice of podiatry is much wider than many people realise and includes: Foot Pain (Musculoskeletal Conditions) Skin Conditions Ulceration/ non healing wounds. Infection In growing toenail with discharge Painful corns or callus Nail Removal Our new podiatry referral services sees that we work alongside Cantley Health Centre who provide top grade podiatric care to many of our patients. If you wish to get in touch with Cantley Health Centre, you can to self refer via a form which can be collected from your nearest branch reception. Our administrators can help refer patients if they may struggle to do this themselves. If you have any questions regarding the self referral service to Cantley Health Centre, please contact us at syicb-doncaster.dvh@nhs.net or via the NHS app.

STAY SAFE THIS SUMMER

Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- not drinking enough water (dehydration)
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- heat exhaustion and heatstroke

Symptoms of heat exhaustion

The signs of heat exhaustion include:

- tiredness
- dizziness
- headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a heat rash, but a change in skin colour can be harder to see on deeper skin tones
- cramps in the arms, legs and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- weakness

Tips for coping in hot weather

Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down.

Who's most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people – especially those over 75 and female
- those who live on their own or in a care home
- people who have a serious or long-term illness including heart or lung conditions
- those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with Alzheimer's disease
- people who spend a lot of time outside or in hot places – those who live in a top-floor flat, the homeless or those whose jobs are outside

ENHANCED ACCESS OPENING

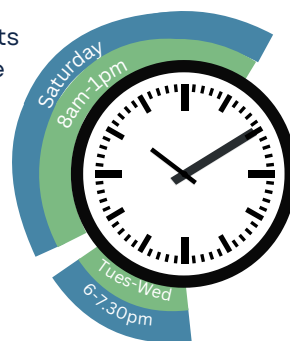
We are now open on alternating Saturdays each month (one Saturday per site) throughout the year. In addition, we offer enhanced access appointments on Tuesday and Thursday mornings as well as Tuesday and Wednesday evenings. If you would prefer an enhanced access appointment, please be sure to request this when booking your appointment.

We will update our website and social media to let patients know the dates we are offering. On the following dates we are open between 8am and 1pm (Please note this is for booked routine appointments only we will not be running triage on this day):

26th July	30th August
2nd August	13th September
16th August	27th September

Don't forget we also offer some physio appointments at Woodlands and Carcroft on some Saturdays too!

Dates for physio are **9th August** and **23rd August**



At the end of June Primary Care Doncaster shared their stars of the month. Nurse Ella Greenwood was chosen as one of the stars in June! They shared Ella is described as a ray of sunshine, admired for her dedication, leadership in diabetes care, and the warm supportive presence she brings to her busy clinic every day. Well Done to Ella, I'm sure you'll agree that she is a brilliant part of the DVH team!



OUR PATIENT PARTICIPATION GROUP

Our patient participation group consists of patients who wish to be involved in our practice whilst taking an active role in developing local health services.

The purpose of the group is to enable patients and practice staff to work together to share ideas and help improve the services offered at the practice in addition to sourcing any local community services that would help enhance patient's lives. The group also offers an avenue for patients to have a say in how services are planned, developed and build good working relationships with practice staff and GP's alike.

Our recent meetings have given patients an insight behind the scenes at DVH, such as how we have improved our telephone system, staff updates and new changes to some of the services we provide such as ear syringing and minor operations.

If you would like to join our patient participation group, we invite you to attend our next meeting as advertised below. We would love to have your insight and help us strive to make Don Valley Healthcare a pinnacle of healthcare within Doncaster.

OUR NEXT PPG MEETING WILL BE HELD AT OUR BENTLEY SITE ON 14TH JULY AND 13TH OCTOBER ALL AT 5PM AT BENTLEY. IF YOU WISH TO JOIN OUR PATIENT PARTICIPATION GROUP, WE WELCOME YOU TO ATTEND OUR NEXT MEETING.

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 Mental Health Nurse Samantha has provided some words to share with our newsletter readers:

Hi, I am Sam, I am a mental health nurse within the North West PCN and I am based at the Bentley site of DVH. I qualified as a mental health nurse 20 years ago and have been based in Doncaster for the whole of my career. I have worked on the acute mental health wards, within the crisis team and also in the Community Mental Health Team in the North of Doncaster. I feel very passionate about helping people navigate some of their most difficult moments, I truly believe in the power of empathy, understanding and accessing the right support to change lives. If you are struggling with your mental health, please know that you are not alone- reaching out is the first and most important step.

