



OCTOBER-DECEMBER 2025

11TH EDITION

DON VALLEY HEALTHCARE NEWSLETTER

BOTH SITES WILL BE **CLOSED FROM 12 PM ON 8TH OCTOBER, 5TH NOVEMBER AND 12TH 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**.

COVID WINTER VACCINES 2025

The COVID-19 vaccine helps protect against COVID-19, which can be a serious or life-threatening illness for some people. It's usually offered on the NHS in spring and early winter to people who need extra protection from COVID-19.

You may be offered a COVID-19 vaccine in early winter if you:

- are aged 75 or over
- are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults

The NHS will contact you if you're eligible for the COVID-19 vaccine.

The clinics are 4th & 11th October



HAPPY HOLIDAYS!

Please note that the surgery will be closed over the Christmas period on 25th and 26th December and then 1st January 2026.

If you need medical help during this time:

- Call NHS 111 for non-emergency advice
- In an emergency, call 999
- You can also contact your local pharmacy for minor ailments



The enhanced access for Sprotbrough for 24th December and 31st December is provisionally being moved to Monday 22nd and 29th instead of the Wednesday. Please note that this change is subject to confirmation and may change.

If you take regular medication, please ensure you order your repeat prescriptions in good time to avoid running out over the holiday period.

FLU SEASON 2025

THE FLU VACCINE IS RECOMMENDED FOR PEOPLE AT HIGHER RISK OF GETTING SERIOUSLY ILL FROM FLU.

THE 2025/2026 FLU VACCINATION COHORTS WILL RUN AS THE BELOW SCHEDULED AND THE SURGERY WILL CONTACT PATIENTS VIA TEXT OR TELEPHONE CALL WHEN PATIENTS ARE DUE - PLEASE WAIT TO HEAR FROM US

It's offered on the NHS every year in autumn or early winter. You can get the free NHS flu vaccine if you:

- are aged 65 or over
- have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system

These clinics are on 4th, 11th and 25th October

Children can catch and spread flu easily. Vaccinating them also helps protect others who are at higher risk of getting seriously ill from flu, such as babies, anyone who's pregnant and older people.

Who should have the children's flu vaccine

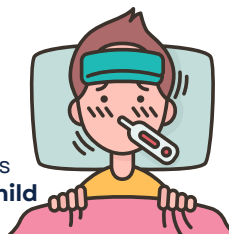
The children's flu vaccine is offered on the NHS every year in autumn or early winter.

It's recommended for:

- children aged 2 or 3 years
- school-aged children (Reception to Year 11)

children aged 6 months to 17 years with certain long-term health conditions

These clinics are in October and you will receive a booking link for your child



RSV VACCINE 2025

The RSV vaccine helps protect against respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill.

The RSV vaccine is recommended if:

- you're pregnant - the vaccine is recommended during every pregnancy (from 28 weeks onwards) to help protect your baby after they're born
- you're aged 75 to 79

If you're aged 80 or over - If you turned 80 after 1 September 2024, you're eligible for the RSV vaccine until 31 August 2025.

You're not eligible for the RSV vaccine if you turned 80 on or before 1 September 2024.

Please contact the surgery if you have been notified or believe that you are eligible for the vaccine.

COMMUNITY CUPPA

Free brews, biscuits and a warm welcome! Come and chat with Care co-ordinator Kelly and get local support with day to day health and social worries!

Thursday 2nd October 12:30pm - 2:30pm Homestead Community Hall. Scan the QR code for more info!



NEW STAFF

We have welcomed some new staff to our team! Care Navigator and Receptionist Tammy, Care Navigator Gemma, Pharmacist Seddy and our new GPs Dr Hameed, Dr Akpakpan and Dr Khan, make sure to say hi and give them a warm welcome!

DIETICIAN AT DVH

Whether you need help managing diabetes, losing weight, gaining weight, improving digestion, or tackling other nutrition-related health issues, a dietitian can provide expert, personalised advice.

Booking an appointment with the dietitian through your GP surgery means tailored support to help you reach your health goals and manage long-term conditions with diet and lifestyle changes.

We have been asked a lot about 'Mounjaro' for weightloss on the NHS. South Yorkshire ICB have confirmed that these are not currently available on the NHS through local GP surgeries. They are on the red (non-prescribable) list until a full NHS service is launched to support and monitor treatment. This means we cannot prescribe Mounjaro or similar medications for weight loss at the surgery right now. **Who will be eligible when the new service starts?**

In the first 12 months, only a small number of patients will qualify. You must:

Have a BMI over 40 and meet at least 4 of these 5 conditions:

Type 2 diabetes - High blood pressure - Sleep apnoea - Heart disease or stroke - High cholesterol/triglycerides

We'll keep you updated when the new service goes live

BENTLEY PRIMARY CARE CENTRE

Our new build is well underway! We're thrilled to share the vision for our new surgery centre! We can't wait to see it come to life and welcome you all there soon!



Follow our Facebook page for more updates on the build!



DVH ARE GOING GREEN!

Between 1st April 2024 and 5th February 2025, the practice sent 1,674 DNA letters, costing the surgery a total of £1,389.42.

• **1,644 letters could have been sent via AccuRx**

• **30 letters required postal delivery due to missing patient contact details**

We have since sent letter via AccuRx not only saving money but saving paper, envelopes and stamps also. In case you have not been told about AccuRx before, AccuRx is an online system for contacting the practice for remote advice with medical or admin issues.

➡ This insight clearly supports our shift to digital-first communications, highlighting the environmental and financial benefits.

If each patient that missed their appointment had a minimum 10 minute slot, this would mean that we have lost 279 hours worth of appointments between April 2024 and February 2025!

To reduce utility costs and environmental impact, we implemented practical steps across all DVH sites:

- Introduced shared washing bowls for staff kitchen areas
- You could if you wanted to add we boil the kettle and make drinks for all on shift instead of boiling for one cuppa at a time.
- Staff now clean all dishes using one bowl of water per cycle, minimising waste
- All non-essential equipment are turned off when not in use
- Staff reminded to turn off lights in unoccupied rooms
- Where possible, natural ventilation is prioritised over air conditioning
- Lowered boiler and thermostat temperatures
- Radiators are turned off when windows are open to avoid heat loss

PHARMACY FIRST REFERRALS

Did you know your local pharmacy can be your first stop for minor health concerns? The Pharmacy First service offers free, easy access to advice and treatment for common ailments without needing a GP appointment.

You can contact your pharmacy for:

- Earache - 1 to 17 years
- Impetigo - 1 year and over
- Infected insect bites - 1 year and over
- Shingles - 18 years and over
- Sinusitis - 12 years and over
- Sore throat - 5 years and over
- Uncomplicated urinary tract infections - Women 16 to 64 years

Pharmacists are trained to assess your symptoms, provide treatment, and if necessary, make referrals to your GP or other NHS services. This helps you get the right care quickly and reduces pressure on other healthcare services. Next time you feel unwell, visit or call your pharmacy first for fast, expert help!



BREAST CANCER AWARENESS MONTH (OCTOBER)

Breast Cancer Awareness Month in the UK takes place every October. It's a dedicated time to raise awareness about breast cancer, encourage early detection, support those affected, and fundraise for research and treatment. During this month, various campaigns, events, and activities happen across the UK, often organised by charities like Breast Cancer Now, Cancer Research UK, and Macmillan Cancer Support. **Anyone can get breast cancer!** It's important to check your breasts or chest regularly (around once a month) for symptoms of breast cancer or other conditions. A good way to remember to check is to do it on pay day or on the 1st of the month! Not sure on how to check? Scan the QR code for more information!



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. Please ask if you wish to book an enhanced access appointment.

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): 11th October, 25th October, 8th November, 22nd November, 6th December and 20th December. Don't forget we also offer some physio appointments on some Saturdays too! Dates for physio are Saturday 11th October, Saturday 8th November, Saturday 6th December



OUR NEXT PPG MEETING WILL BE HELD AT OUR BENTLEY SITE ON 13TH OCTOBER AT 5PM AT BENTLEY. IF YOU WISH TO JOIN OUR PATIENT PARTICIPATION GROUP, WE WELCOME YOU TO ATTEND OUR NEXT MEETING. IN 2026 THE PPG MEETINGS WILL BE HELD ON TEAMS ON THE FOLLOWING DATES JANUARY 19TH, APRIL 6TH, JULY 13TH, AND OCTOBER 12TH, PLEASE EMAIL THE SURGERY AT SYICB-DONCASTER.DVH@NHS.NET IF YOU WISH TO BE APART OF THE MEETINGS

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 ACP Gemma has provided some words to share with our newsletter readers:

Hi, I am Gemma. I have worked at this practice for a little over three years. My experience in healthcare, includes 10 years at DRI, with eight of those years focused in the renal department, before moving into general practice. I started as a Healthcare Assistant at DVH and recently completed a Nursing Associate (NA) degree with the University of Sheffield via a two-year apprenticeship. The role of an NA was regulated in England by the Nursing and Midwifery Council (NMC). NA's are registered professional member's within the healthcare team that bridges the gap between healthcare assistants and registered nurses. Delivering person-centred care and support to patients, across a variety of healthcare settings, assisting with core nursing duties, allowing registered nurses to focus on more complex clinical care. I am looking forward to advancing my skills in this new role, providing more complex support to our nursing team.

