

# NORTH WEST PRIMARY CARE NETWORK NEWSLETTER OCTOBER - DECEMBER



## TARGET training for practices

Upcoming closures (Practices will be closed from 12pm for staff training)

5<sup>th</sup> & 12<sup>th</sup> Nov

## October headlines

Flu and covid vaccines administered to patients that were available. Thank you for those that attended.

Stoptober. Quit smoking

Breast Cancer Awareness month

World Stroke day

## Parental Education Sessions -

### Ketamine Awareness

Our PCN Education Lead, Kieran Lockwood delivered two Parental Education Sessions in Askern and Carcroft earlier in the summer. With an increased number of young children presenting to primary care with ketamine bladder syndrome, the session was designed to educate parents around the dangers of ketamine and improve knowledge and understanding.

We're pleased to say there will be another session-hosted online on Monday 15<sup>th</sup> September. Please visit our Facebook to find out more & sign up.

## Community Cuppa

A place where the community can come together, learn new skills, make friends, or simply have a moment to yourself.



Thursday 6<sup>th</sup> November 2025



12pm - 2pm

Homestead Community Hall, Bentley.



Woodlands library.

Norbreck Road Community Hall, Askern.

## Do more with the NHS App!



Order repeat prescriptions

Book appointments

View your records

And much more...

## Find us on



Doncaster North West Primary Care Network



northwestpcn

If you would like to send us information on what could be included in our next newsletter, or send in general enquiries or feedback, please email [pcdlt.d.northwestpcnenquiries@nhs.net](mailto:pcdlt.d.northwestpcnenquiries@nhs.net)



# Practice news



Keep an eye out on Doncaster North West Primary Care Network Facebook page, for news and updates about events we are attending!

## Great North Medical Group

Great North held a walking Cricket event on Sunday 10<sup>th</sup> August. The money raised from this was £1,100 and it will be going to the Yorkshire Air Ambulance.

The event had a great turn out from the public. Thank you to those who all donated and came along!

## Don Valley Healthcare

Don Valley are happy to announce the name of their new practice building in Bentley, named Bentley Primary Care Centre. The building is aiming to be completed by April 2026!



## Lakeside

The MacMillan Coffee morning held in September, raised £188! Thank you for your kind donations. We hope you enjoyed the cakes, buns and hospitality!

On Thursday 6<sup>th</sup> November, Community Cuppa, the wellbeing event, will be held at Norbreck Community Hall, rather than Lakeside practice. The change is for a more relaxed, approachable environment.

## PCN

Bumping Space, now called Community Cuppa, will now be held at multiple venues each month such as libraries or Family Hubs, to give each of the three practices patients the opportunity to attend.

Please follow our Facebook page, **Doncaster North West Primary Care Network**, to find out which guests we have attending every month.

# Keeping safe this winter

During winter, it can become a bit of a challenge for us all. Across the Primary Care Network, we want you to know that we are here to help you. Below are some places to go to, or people to speak to for support and advice.

## **Food banks –**

Askern food bank: Askern, Doncaster, DN6 0PH

Bentley food bank: Bentley Baptist Church, Askern Road, Bentley, DN5 0EW

## **General support –**

Citizens advice: Local general enquiry line: 01302 243057

You can get advice by calling Monday to Friday 9.00am – 4.00pm

Your Life Doncaster – [www.yourlifedoncaster.co.uk](http://www.yourlifedoncaster.co.uk)

## **Support for the elderly –**

AgeUK: Phone number: 01302 812345

Email: [admin@ageukdoncaster.org.uk](mailto:admin@ageukdoncaster.org.uk)

[www.yourlifedoncaster.co.uk/contact-adult-social-care](http://www.yourlifedoncaster.co.uk/contact-adult-social-care)

## **Mental health support:**

- Donny Dot – [www.donnydot.co.uk](http://www.donnydot.co.uk)
- Your Life Doncaster – [www.yourlifedoncaster.co.uk](http://www.yourlifedoncaster.co.uk)  
[www.yourlifedoncaster.co.uk/cost-of-living](http://www.yourlifedoncaster.co.uk/cost-of-living)
- Doncaster Mind – [www.doncastermind.org.uk/](http://www.doncastermind.org.uk/)

Sally, our Social Prescriber can also help you navigate getting support from the council or other services. Contact your GP to enquire about Social Prescribing.



# Upcoming events

## October headlines

World mental health day, 10<sup>th</sup> October. Menopause awareness month.  
Breast Cancer Awareness Month. Liver Cancer Awareness Month

## Local groups

**Andy's Man Club** – Doncaster Central Mind Market Place, Armthorpe  
Community Centre OR Staniforth Youth Centre, 7pm Every Monday

**Menopause Wellbeing Café** – Tuesday's, Woodlands Library, Windmill  
Balk Lane, 6pm–7pm

**B:Friend** – Askern Social Club, Norbreck Rd,  
Wednesday's, 1:30pm – 3:30pm.

**Carcroft art group** – Tuesday afternoons from 1pm – 3pm

**Askern Dementia group** – Every other Tuesday, 1pm – 3pm. Askern  
Community Hub, Station Road, Askern, Doncaster, DN6 0JA

**Forget me not Café** – First Tuesday of every Month, 1:30pm – 3:30pm St.  
Mary's Church Hall, Sprotbrough. Mental health and carers support

**Renew 127** – Monday, Wednesday & Friday at 10am – 2pm. 127 – 129 Askern  
Road, Bentley, DN5 0JH

## November headlines

Lung cancer awareness month  
November – Men's illness  
awareness month.

Pancreatic Cancer Awareness  
Month.

13th 19th – Transgender  
Awareness Week

## December headlines

Practices will be closed on  
Thursday 25<sup>th</sup> December and  
Friday 26<sup>th</sup> December.

Practices will reopen on the 29<sup>th</sup>  
December.

# Community Cuppa, month by month

Starting from October, we will be hosting Community cuppa across two different sites, to facilitate everyone that is wanting to attend in different areas.

We will have a guest at one of the two sites, and rotate this each month.

National Cholesterol Month, Breast Cancer Awareness Month,  
Menopause Awareness Day 18th Oct,  
World Mental health day (10th Oct)

Thursday 6<sup>th</sup> November - 12:30pm to 2:30pm

Lung Cancer Awareness Month. Mouth Cancer Awareness Month  
Movember

**Homestead Community Hall, Bentley.**

**Woodlands library.**

**Norbreck Road Community Hall, Askern**

**Thursday 20<sup>th</sup> November 10am to 2pm**

Movember - Male cancer and mental health awareness.  
Bake sale! Held at Woodlands library.  
Funds raised will be donated to Movember.



Thursday 4<sup>th</sup> December - 12:30pm to 2:30pm

**White Wings**

**Homestead Community Hall, Bentley.**

**Woodlands library:** 2nd - 8th - Grief Awareness Week  
3rd - International Day of persons with Disabilities

# Reducing waste, more recycling

Across the North West PCN, and NHS as a whole, we are striving to do more recycling. Whether this is tablet containers, bottles, boxes or insulin pens and EpiPens.



Return unwanted medicines



Safely dispose of your medications!

Returning unwanted medicines to your local pharmacy is the safest way and protects the environment. You can return prescribed medicines and over-the-counter medications, whether they are pills, patches, liquids, or ointments.

Follow this link for more information.

<https://southyorkshire.icb.nhs.uk/your-health/south-yorkshire-medicine-waste>