



December 2022 Newsletter



Welcome to the Doncaster South Primary Care Network December Newsletter! Talking all things Health and Social Care for the patients located in the South of Doncaster. In this month's newsletter you can read all about our new Social Media, the PCD Health Bus, Warm Spaces and much more...

Highlights this month...

- In conjunction with the ARRS pharmacists in November 2022 there were 25 structured medication reviews carried out across the South practices - Tickhill/Colliery have completed 1, The Nayar Practice have completed 11 and The Edlington Practice have completed 13.
- 41 patients on our Learning Disability registers were contacted by Care Coordinators to offer an Annual Health Check
- Around 20 patients at 7 Care Homes visited for final Autumn Covid Booster mop-ups & flu vaccinations
- 6000 patients have been contacted to advise them on the Working Win Service (flyer will be sent along with this newsletter)
- The team have completed 8 referrals to our Health & Wellbeing Coaches, 25 Social Prescribing referrals and 26 referrals to the NHS Digital Weight Management program.

South PCN Social Media Pages

We'd love you to follow our Facebook, Instagram and Twitter where we post lots of handy information from organisations in the local area. If you have any information you'd like us to share, please contact us at pcdltd.south-primary-care-doncaster@nhs.net

<https://www.facebook.com/DoncasterSouthPCN/>

<https://www.instagram.com/doncastersouthpcn/>

<https://twitter.com/DonSouthPCN>



See you there!

Health Bus

Did you know about Primary Care Doncaster's Health Bus?

It's available for everyone, regardless of whether you're registered with a GP in Doncaster and it's staffed by clinicians such as GPs, nurses or physiotherapists and you don't need an appointment.

To find out more info, and to see when the Health Bus is next in a location near you, please visit <https://www.primarycaredoncaster.co.uk/services/health-bus/>





Warm Welcome



Warm Welcome's Website

(<https://www.warmwelcome.uk/#find-a-space>) collates free warm spaces available to the public during this winter where you can find venues near you.

We've pulled together just a few of the options in our area but please check Warm Welcome's website or the venue itself for up-to-date information and opening times.

Barnburgh - Goldthorpe Library, S63 9NE
Bawtry - Bawtry Library, DN10 6NE
Conisbrough & Denaby - The Ivanhoe Centre, DN12 3JX and South Locality Family Hub, DN12 4HZ
Edlington - Helping Hands Community Centre, DN12 1PL and Edlington Library, DN12 1JD
Mexborough - Mexborough Library, S64 9HS
Rossington - Holmescarr Ark & Crafts, DN11 0LP
Tickhill - Northgate Community Hub, DN11 9HZ and Tickhill Community Library, DN11 9QU

Job Vacancies



If you're looking for a new job in the NHS, or know someone who is, take a look at our current vacancies in the South Doncaster PCN

For more info and to apply, here's all the links:

Nursing Associate - closing date 20th December 2022 -

<https://beta.jobs.nhs.uk/candidate/jobadvert/M0011-22-1742>

Pharmacy Technician - closing date 20th December 2022 -

<https://beta.jobs.nhs.uk/candidate/jobadvert/M0011-22-2374>

Clinical Pharmacist - closing date 12th December 2022 -

<https://beta.jobs.nhs.uk/candidate/jobadvert/M0011-22-7024>

All our current vacancies are on our website at

<https://doncastersouthpcn.gpweb.org.uk/job-vacancies>

Other opportunities in our sister PCNs are listed Primary Care Doncaster website at

<https://www.primarycaredoncaster.co.uk/vacancies/>

Rethink Your Drink



With England currently at the World Cup in Qatar and Christmas just around the corner, it's nice to have a few pints with friends.

But drinking most days can have an adverse effect on your health. Cutting back could help you reduce the risks of alcohol related diseases.

Keep a check on what you drink & spread your drinking over 3 or more days. Try to have several drink-free days each week.

For advice on reducing your alcohol consumption, you can call Rethink Your Drink on: 03000 213900 or visit their website <https://rethinkyourdrink.org.uk/>

Star of The Month



We're very pleased to tell you that for the second month running, one of our lovely team has won Primary Care Doncaster's Star of the Month.

Jane Gills takes the title this month with her nominator explaining "Jane is our Covid Lead and a Care Coordinator in South Doncaster and does a fab job keeping track of all things Covid for South Doncaster as well as all the work our team does on Care Coordinator projects. She is always on hand if I have any worries or queries, or to have a chat if you're having a bad day. She is definitely deserving of a Star of the Month award!"

Special mentions also go to Jodie Watts and the South Care Coordinator team as a whole, who each received a nomination too.





Mental Health Support Services



This time of year can be difficult, but help is out there if you need it.

Thrive

Thrive service is specifically for people who often seek support for emotional and mental wellbeing from their GP, A&E, 111, crisis and emergency services.

You can contact their team via telephone or email to find out more information:

Telephone: 01302 812190

Email: thrive@doncastermind.org.uk or refer yourself at <http://ow.ly/i5UH50lwepP>

IESO

Join over 100,000 people who've used IESO one-to-one typed online therapy. If you feel overwhelmed, anxious, stressed, are having trouble sleeping, or experiencing feelings of depression, you can sign up for a free course of online therapy with ieso.

A course of online therapy treatment with ieso is free for NHS patients in Doncaster. To be eligible for online therapy, you must be registered with a GP in Doncaster and be aged 18 or over.

You can refer yourself directly to this free service. Self-referring allows you to access online therapy quickly and easily without the need to visit your GP.

Follow the link to check suitability of the service for you - <https://my.iesohealth.uk/check-eligibility>

Doncaster IAPT

You can self-refer to Doncaster IAPT & Doncaster IAPT LTC.

They provide talking therapies for adults over the age of 18 who are experiencing common mental health problems.

If you have experienced any of the following for more than two weeks, please contact them:

- Depression
- Anxiety
- Phobia
- Panic
- Post-traumatic stress disorder (PTSD)
- Obsessive compulsive disorder (OCD)

They can also help if your mental health is being affected by a long term condition such as those listed in their poster below.

Their website is <http://iapt.rdash.nhs.uk> but you can also call them on: 03000 211556

Andy's Man Club

ANDYSMANCLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. They want to end the stigma surrounding men's mental health and help men through the power of conversation.

Andy's Man Club Doncaster meet 7pm-9pm every Monday. Their Doncaster venues are Hilton Garden Inn, Doncaster Racecourse, Leger Way, DN2 6BB and Doncaster Mind, 35 Market Place, Doncaster DN1 1NE. For more info, visit their Facebook page: <https://www.facebook.com/profile.php?id=100070522321811>

If you need to talk urgently, RDaSH's 24 hour urgent mental health helpline is 0800 804 8999. You can call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

