

Jan-March
2024

Doncaster North Primary Care Network

NEWSLETTER



Welcome to Doncaster North Primary Care Network's Jan-March 2024 Newsletter.

This Newsletter is for ALL patients, carers & the communities connected to **North Doncaster**.

We support our GP Practices' & local community with local Health & social care.

What is a Primary Care Network (PCN)?

A Primary Care Network coordinates care between their local populations and GP Practices, focussing on personalised care. We support the local community and focus on prevention and care that is personalised to the patient's needs. This means supporting patients to make informed decisions about their own health and care, connecting them to a wide range of services to ensure they can access the care they need.

Changes to **Doncaster North** From 1st April 2024

3 x GP Practices will move from **Doncaster North** to create the **North West** Primary Care Network.

Doncaster North – Arksey Lane Surgery, Askern Medical Practice, Denaby Medical Practice, Park View Surgery, Petersgate Medical Centre, Scawsby Health Centre, The Ransome Practice.

North West - Don Valley Healthcare, The Great North Medical Group and The Lakeside Practice.

We will update you on our website and social media as changes happen. These positive changes will allow each practice to focus on their patients needs.

What is Enhanced Access?

Enhanced Access are extra appointments provided with GP's, nurses and other health professionals at your practice. Please check with your GP Practice to find out which type of enhanced access they offer: morning, evening or Saturday appointments.

Enhanced Access appointments are via appointment only. *This is NOT a walk in emergency service.*

Ways to book a non-urgent appointment:

- Via NHS App (please contact us if you need support to get set up or use)
- Practice Website / Florey/Accurx link
- Your GP Reception via phone or in person

Enhanced Access 2024	January	February
Extra appointment Hours provided	341	311
Extra appointments provided	1307	1241
Total DNA	57	77

*DNA = did not attend

Patient Participation Group (PPG)

We NEED YOU! Join our PCN North People & Community Forum (PPG). It is a way to share your experience and knowledge and work with us to help improve the way health services are delivered for you, your family and others living in your local community.

Join us and let us work together to improve health care locally.

If you are interested in being part of this exciting development you can do this by:

- Completing the on line form:
<https://doncasternorthpcn.gpweb.org.uk/join-the-community-forum>
- Passing your details to your GP Receptionist.
- **Contact Us** on our website, facebook, e-mail or telephone
www.doncasternorthpcn.gpweb.org.uk



Doncaster North Primary Care Network

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#Primary Care Doncaster

Self examination – Can Save Your Life!

Cancer Alliance provided our Network with this self check awareness kit to be shared between the North GP Practices. This kit enables patients to gain a better idea of what a cancerous lump or skin lesion may look and feel like.

These kits have proved a great resource, especially in the Learning Disability community and care homes, as they can be used in conjunction with easy read material and demonstrations of how to check our own bodies for changes.

If something feels different and you are concerned, please contact your GP Practice and ask to see an appropriate clinician (GP or Nurse).



Following on from CRUK's Talk Cancer Workshop in January where members of our community came together to learn more about the importance of early cancer diagnosis, myth busting and how to reduce the risks of cancer. Our Care Co-ordinators Lisa and Tracie raised awareness at **'Let's Talk about Cancer Event, held on 23rd February in partnership with NDDT** to raise awareness of talking about Cancer.



We understand Cancer can be scary, but by sharing knowledge, experiences and by attending available screening, exercising more, eating higher fibre foods, lower processed red meat, lower calorie food and drink we can work together to reduce the risk of Cancer.

Thank you to all who joined us and for sharing your personal Cancer journeys.

Why Sign up to use the NHS App?

- You can request repeat prescriptions,
- nominate a pharmacy to receive electronic prescriptions,
- view referral appointments,
- view test results,
- request a fit note (sick note), and much more.

Would you like support to open a NHS App account or support to use the app? You can leave your name and contact number with your GP Practice Reception for our PCN Care Co-ordinator to contact you.

*Please note you will need access to your own e-mail address and a suitable device

*Some exceptions may apply.

Need help?
Get support in the app or visit
nhs.uk/helpmeapp

NHS App

Download on the App Store | GET IT ON Google Play

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New Bumping Space "Every tea bag is a conversation"

Thank you to all that attended the initial set up meeting for the New Bumping Space, within The White Wings Centre, Askern and the first 2 dates, which took place on Thursday 14th & 21st March. We are so grateful for all involved, this is a safe space for ALL to enjoy whilst having a drink and meeting others from our community. Please look out for future posters and social media updates. #Stronger Together

FANCY A CUPPA?

THE 'BUMPING SPACE'
THE WHITE WINGS CENTRE
DN6 0HZ

THURSDAY 14TH MARCH
12-2PM



WHAT IS A BUMPING SPACE?

IT IS AN INFORMAL SPACE WITHIN OUR COMMUNITY WHERE WE MIGHT 'BUMP' INTO OTHER PEOPLE. A SPACE WHERE WE CAN COME TOGETHER TO CHAT & MORE IMPORTANTLY, LISTEN TO EACH OTHER. TO LEARN NEW SKILLS, MAKE FRIENDS, SHARE OUR THOUGHTS AND FEELINGS, TO EMPOWER AND BE EMPOWERED.



Introducing the new Pharmacy First Service.

Your pharmacy will offer a private space to talk about your symptoms and can get you quicker treatment without the need of a GP Practice appointment.

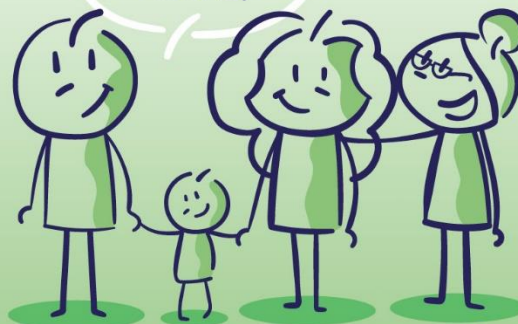
Pharmacy First

for help with everyday health conditions

For **FREE** confidential advice and treatment ask your pharmacist **FIRST**

- ✓ Acne
- ✓ Athlete's foot
- ✓ Diarrhoea
- ✓ Ear Wax
- ✓ Groin area infection
- ✓ Haemorrhoids
- ✓ Head lice
- ✓ Mouth Ulcers
- ✓ Oral Thrush
- ✓ Scabies
- ✓ Threadworms
- ✓ Vaginal Thrush
- ✓ Verrucae

SAVE TIME
AND AVOID
WAITING TO
SEE A GP



HSC Health and Social Care

- *Sinusitis
- *shingles
- *sore throat
- *earache
- *infected bites
- *impetigo
- *UTI in women

Pop into your local pharmacy or give them a call.

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