SOUTH Primary Care Network News

Edition 5 – May 2020.

COVID 19 continues to affect our everyday lives and how we interact with family, friends, work colleagues and the wider community - stay safe. We can get through this together!

How the South Primary Care Network GP Practices have adapted to COVID19:

COVID 19 has brought with it massive challenges for GP practices and how they continue to function on day to day basis and support their patients. They have risen to this challenge and adapted how they work and support patients in their local community.

GP practices have experienced a reduced footfall due to the risk of infection and changed the way they consult with patients –increasing the use of technology - including telephone and video consultations as well as seeing those patients who needed to be seen in person.

GP practice staff has been working tirelessly to undertake welfare phone calls to their most vulnerable patients, ensuring repeat prescriptions are in place for patients via the electronic ordering service, supporting Care Homes in the area and even working Easter Bank Holidays to support patients.

As well as this, some practices have been supporting the CCHUB – GP's, nurses & HCA have volunteered to work in the COVID 19 CCHUB where suspected cases of COVID 19 are managed once a GP has assessed them. Others have managed this themselves- increasing workloads for all staff- some practices receiving around 150 phone calls per day!

This has been done with greatly reduced staffing levels due to the impact of the virus- staff have been adaptable in the most difficult of circumstances- working from home and pulling together.

Well done and thank you to all our GP practices, along with each and every staff member in the South Primary Care Network!

DMBC COVID 19 Support Resources:

Information and links to all the Doncaster Council COVID 19 resources can be found here: https://www.doncaster.gov.uk/services/health-wellbeing/list-of-groups-offering-support-during-the-coronavirus-outbreak

Please contact Julie Magee, Neighbourhood Project Coordinator (South) on email julie.magee4@nhs.net or call 07387 885207

Mental Health Awareness Week 18th -24th May 2020.

This week is Mental Health Awareness Week .

The theme for Mental Health Awareness Week in 2020 is kindness.

Something which is now more important than ever with COVID 19.

The Mental Health Foundation has conducted a new survey into kindness, which has found almost two-thirds of us say that when people are kind to them, it has a positive impact on their mental health.

The results also found that almost two-thirds of people find that being kind to others has a positive impact on their mental health and almost three-quarters of us say it is important we learn from the coronavirus pandemic to be more kind as a society.

Being kind can significantly improve our physical and emotional wellbeing - whether we are giving or receiving it

There have even been scientific studies into the effects of kindness, showing that acts of kindness help your immune system, reduces stress, gives you energy and are good for your heart!

For more information check out:
https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

Why not take up the kindness challenge as part of Mental Health Awareness Week?

Your Health & Wellbeing- 10 days of happiness:

The Covid-19 crisis is a big challenge for our mental health. So a new on line coaching programme to boost your wellbeing during the crisis has been launched.
Click on the link below:

https://10daysofhappiness.org/

Please contact Julie Magee, Neighbourhood Project Coordinator (South) on email julie.magee4@nhs.net
or call 07387 885207

Relationship Matters:

It's normal for families to argue at home (especially when we've hardly left the house for 2 months! BUT if they are becoming a problem then help is at hand.

A new website called Relationship Matters is here for you and your family if you think you're struggling.

Whether couples are together or separated, disagreements are completely normal but evidence shows that regular conflict can have a big impact on children.

The website is full of useful advice and how you can access support. It can help you see how your behaviour might be making things worse in your home. Stay calm and work it out.

Visit the website: www.relationshipmatters.org.uk

Doncaster and Rotherham Mental Health Self-Referral Services are here and Waiting to Help.

NHS workers are urging people in Doncaster and Rotherham to contact them directly, if they are experiencing common mental health problems -as the usual self-referral support services continue to be provided during the Coronavirus outbreak.

Improving Access to Psychological Therapies (IAPT) staff has switched to remote working to enable them to keep in touch with patients. This includes telephone and video consultations and signposting people to internet therapy sessions.

In these very difficult times, people are understandably worried about many matters, from their health, work and financial situations, to friends and family. It would be unusual to NOT be affected by what is happening around us. Feeling anxious, worried and possibly scared is normal in our current circumstances. Doncaster IAPT can help with psychological therapies, as and where there is an identified and appropriate need.

In addition to telephone and video calls, they recently launched an online support programme, called **Mind District**, which offers a range of strategies, skills and techniques to help people manage their psychological difficulties. Anyone with a smartphone, tablet or computer can access it immediately after talking to us.

Self-referrals to the Doncaster Talking Shop and IAPT service can be made by ringing 01302 565556.

There is also a separate IAPT service for Doncaster people who live with long-term health conditions. Please ring them on 01302 566999.

COVID 19 and Frequently Asked Questions:

Information is updated regularly at:

https://www.doncaster.gov.uk/services/health-wellbeing/frequently-asked-questions-on-coronavirus

Please contact Julie Magee, Neighbourhood Project Coordinator (South) on email julie.magee4@nhs.net
or call 07387 885207

Useful Websites and Numbers

- **IAPT (Improving Access to Psychological Therapies)**
  http://iapt.rdash.nhs.uk
  Doncaster: 01302 565556
  Free for people who feel they need help and support for anxiety

- **Doncaster Talking Shop**
  Call: 01302 565650
  Free for people over 18 who need knowledge and support about talking therapies, which include cognitive behavioural therapy (CBT) and IPT/ Counselling

- **Doncaster Mind**
  Call: 01302 812190 or email: office@doncastermind.org
  Support for people experiencing mental health difficulties, including personal wellbeing and recovery advice and information

- **Doncaster Rethink**
  http://rethink.org
  Call: 0808 8010442
  24/7 emotional support and information to people effected by mental illness, age 16 and over who live in Doncaster

- **Doncaster Samaritans**
  Call: 01302 327474 or call free on 116 123
  Open 24/7. If you need someone to talk to we listen. It's a safe space to talk, anytime you like

- **Doncaster Community Hub**
  www.dncommunityhub.org.uk
  Call: 01302 430300
  If you need help and have no other support you can ring the helpline 7 days a week from 8am-8pm.

- **Doncaster Adult Social Services and Wellbeing**
  www.yourlifedoncaster.co.uk
  Call: 01302 737391
  If you need assistance or advice with support and care arrangements you can contact us between 8.30am- 5pm Monday – Friday.

- **Doncaster Single Point of Access**
  Call: 01302 566999
  A 24/7 service providing assessments to identify the most appropriate needs and services to support individuals.

- **Doncaster Alcohol Services**
  https://www.doncasteralcoholservices.co.uk
  Call: 01302 360090
  Support available to help you or someone you know Monday to Friday between 9am – 5pm

- **Aspire Drug & Alcohol Services in Doncaster**
  Call: 01302 730956
  A single point of access designed to provide advice, support and signposting.

Support for Children and Young people:

- **Doncaster Children's services trust**
  Call: 01302 734 100
  If you have a concern about a child call: 01302 734100 between 8.30am – 5pm Monday-Friday

- **CAMHS (Child and Adolescent Mental Health Services)**
  Call: 01302 796191
  Providing assessment, therapy and interventions for children and young people up to the age of 18.

- **Doncaster School Nursing (Age 5-19)**
  Call: 01302 566776 or Text 07917 031891
  Offering support and advice for young people

- **Young Minds**
  https://youngminds.org.uk/
  Text: YM to 85258
  Providing 24/7 urgent and crisis support, helping you to take the next steps to feel better.

Bereavement Support:

- **AMPARO**
  https://listening-ear.co.uk/amparo
  Call: 0330 088 9255
- **Listening Ear (South Yorkshire and Bassetlaw)**
  Call: 0800 048 5224 or email: helpline@listening-ear.co.uk

What to do in an emergency:

If you have concerns about your immediate health use the following contact methods to get the help you need:

- Phone your GP
- Call the mental Health Access Team: 01302 566999
- Call the Samaritans on 116 123

ONLY call 999 when someone requires serious or life-threatening immediate emergency or physical health assistance.

Useful Self-Help Resources:

- **Reading Well:** https://reading-well.org.uk/
  Reading Well supports you to understand and manage your health and wellbeing using helpful reading.
- **Anxiety online support:**
  http://www.moodjuice.scot.nhs.uk/anxiety.asp
  Do you have or are you worried that you have mild to moderate symptoms of anxiety?
  This guide aims to help you to understand more about anxiety and to find ways to manage and overcome anxiety
- **Depression online support:**
  http://www.moodjuice.scot.nhs.uk/depression.asp
  Do you have or are you worried that you have depression?
  This guide aims to help you to understand ,manage and overcome depression.

Making Space

Doncaster Carers Card Available now

Carer's cards identify unpaid carers who are supporting a loved one carrying out essential tasks and are available at Making Space.

Contact: 01302 986900

Doncastercarers@makingspace.co.uk

https://twitter.com/CarersDoncaster

https://www.facebook.com/DoncasterCarersReachOut/

On line support for people living with Long Term Health Conditions:

Well Doncaster

Well Doncaster has launched peer support groups online for any people who live with **Diabetes**, **Fibromyalgia and chronic pain** or **COPD**. COVID-19 has brought a lot of changes to our lives which can be hard to manage, especially if you are already trying to manage a long term condition. It is really important to stay connected during the lockdown measures so join these **free**, fortnightly online groups and find ways to improve and maintain your wellbeing through various speakers and mindfulness and movement sessions.

Date for your diary - 27th May –

For more information contact:

WellDoncaster@doncaster.gov.uk or via Facebook or twitter.

Please contact Julie Magee, Neighbourhood Project Coordinator (South) on email julie.magee4@nhs.net or call 07387 885207

Your Primary Care Network needs you!

Last but not least!

As we continue to develop our Primary Care Network in South Doncaster – we want to hear from you!

We are setting up the South PCN Community Forum and invite you to work with us to develop the way local health services are delivered for you, your family and local community.

Why not join us?

If you are not sure if it's for you – get in touch with us -there are lots of ways to be involved.

All that we ask is that you are positive with your ideas.

Contact details on the flyer or find us on:

Doncaster South Primary Care Network

Remember …..

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