

SOUTH Primary Care Network News

Edition 6 – August 2020.



Welcome to the August newsletter. I hope you are all safe and well.

The South PCN can update you that we have not one but 3 new Clinical Directors! A warm welcome to Dr Mark Boon & Dr David Coleman of the Conisbrough Group Practice and Dr Khaimraj Singh of the Rossington Practice .

They started the role during Covid 19 and have definitely been thrown in at the deep end.

You can meet Dr Coleman at the first South PCN Community Forum on the 24th September – more about this further down!



Have you been caring for someone during COVID19?:

National Carers week's theme this year was 'Making Carers Visible' -a great theme with added poignancy this year given the ongoing battle with Covid19.

So who is a carer? A carer is someone who provides unpaid care and support to a family member or friend who has a disability, mental or physical illness, substance misuse issue, or who needs more help as they grow older.

If this is you, you are a carer but you may say that you are just a husband, a wife, a mum, a dad, a son, a daughter, a friend or a helpful neighbour.

What do carers do? For some a caring role can be sudden, for others, caring responsibilities can grow

slowly over time, for example, your parents can't manage on their own any longer; your partner's or your child's mental or physical health gradually worsens. The support that carers provide hugely varies, ranging from a few hours a week, such as collecting prescriptions and providing meals, helping with finances through to giving significant emotional or personal care day and night.

Many carers are currently dealing with more challenges than ever before in these unprecedented times. It is vital that carers know how to look after their own health and wellbeing, and that we all recognise the contribution that carers make. Caring impacts on all aspects of life, relationships, health, finances, and many carers say they feel lonely or isolated therefore caring should not be underestimated. Thousands of carers are also juggling paid work or careers alongside their caring role.

Is this you or someone you know?

What can you do?

- ❖ **Let your GP practice know you are a carer** –it will help them to recognise you as a carer and support you effectively.
- ❖ **Let your employer know you are a carer** –

1 in 9 working people are carers.

Doncaster Council's partnership with **Employers for Carers**, local businesses are now able to access free practical resources, advice and information online to help support carers in their workplaces. www.efcdigital.org and enter the unique access code #EFC1849 to register.

- ❖ Key partners locally, in health & social care have come together to recognise carers and created a 'Carers Charter' and 'Carers Commitment' in Doncaster. More information at : WWW.yourlifedoncaster.co.uk/carers

Some local support includes:

Doncaster Carers Reach Out Service - delivered by 'Making Space' who support adult carers of adults. Making Space can support people in a caring role, helping to enable carers to be connected in their community and give balance to aid people in their caring roles. - call 01302 986900 email- DoncasterCarers@makingspace.co.uk Making space have recently launched their 'Carer Cards' which can be useful to identify unpaid carers who are supporting a loved one and carrying out essential tasks/duties, get in touch with them to find out more.



Doncaster Parent Voice - is a group of parents and carers of disabled children who work with local authority, education, health and other providers to make sure the services they plan and deliver meet the needs of disabled children and families. Accessible to parents or carers of a child/ren with any type of additional need or disability are welcome to join. Joining does not mean you have to commit lots of time, you can join and receive information only, and then decide if you want to get more involved at your own pace- call 01302 637566

For a Carers Needs Assessment from Doncaster Council- contact Doncaster Adult Social Services and Wellbeing Team us on 01302 737391 between 8.30 am – 5 pm Monday – Friday. The person who takes your call will make contact with the locality team in your area, this team will make contact with

you to arrange a time with you complete your Carers Needs Assessment.

Social Care Institute for Excellence - This video-based resource is designed to help people look after someone safely at home. It will help you care for people in any situation, although this resource may be particularly useful if you are supporting someone during the COVID-19 crisis. Each section has a set of videos designed to give you and the person you care for practical and relevant information to support you day to day.

For more information:



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>



Do you have a long term health condition or care for someone who does?

Please complete this quick 4 question survey to help Public Health understand any support you have or need.

<https://www.surveymonkey.co.uk/r/GGT2GYF>

Black, Asian and Minority Ethnic Communication Survey

Doncaster Public Health are trying to make sure that everyone in Doncaster has the information they need to keep themselves and others safe from Coronavirus. Please complete this survey if you are from a minority ethnicity or you were born in another country and are now living in Doncaster.

Please also share the link with friends and family who live in Doncaster. If you want more information about Coronavirus and local help and support please go to the link below. You will find a translate button at the top of the page.

<https://www.doncaster.gov.uk/services/health-wellbeing/coronavirus-covid-19>.

Access the survey here:

<https://www.surveymonkey.co.uk/r/DXKR3W8>

Your views are really important and help design better services. Your details remain confidential and we don't share any personal information. You cannot be identified by giving us your feedback. Please feel free to share this survey with your friends and family members to give us more feedback, thank you.



Doncaster stands by our Veterans

Age UK are working with SSAFA to support veterans 65+ to provide low level support and the opportunity to talk with someone on a regular basis if they are feeling isolated.

Contact:

Age UK Doncaster: 01302 812345 or

email: helpline@ageUKdoncaster.org.uk

Type Veteran in the subject box

SSAFA: 01302 855518

Email : doncaster.division@ssafa.org.uk

Type Age Uk is subject box



Face masks for babies and children



Citizens Advice Doncaster have launched an online advice

Citizens Advice Doncaster are providing online debt advice by video. This can be accessed anywhere. To join the waiting room follow the link <https://buff.ly/348lm74>

The waiting room is open 10am to 1:30pm weekdays.

Our face to face services may be closed, but our team is still here to help you with **free, impartial advice**



Get in touch:

Phone **Mexborough - 01709 572402**

Thorne - 01405 741457

Stainforth - 01302 846745

Email advice@citizensadvice-doncasterborough.org

Website <http://citizensadvice-doncasterborough.org/>



Citizens Advice
Doncaster Borough

Creative activity to help you feel good.

Doncaster Community Arts (Darts)@ The Point:

Artists, musicians and dancers from darts (Doncaster community arts) have put together activities to do whilst we're all staying at home.

You could improve your drawing skills, dance in your living room, learn some new songs, make your own poems with the help of an amazing poet, learn a new craft and lots more. Get inspired.

There is something for everyone, of all ages. You can try at home, or share with others if you want. There really is no experience necessary and it doesn't matter if you're not sure you'll be good at it.

We have activity especially designed for people living with dementia, activities to help maintain good mental health and activities to get you moving.



Darts work closely with Doncaster Social Prescribing and would love you to help spread the word further, so do let everyone know about these resources, and try something yourself!

If you have any questions or would like to find out more contact Amy at

amy@thepoint.org.uk.

<https://thepoint.org.uk>

Or find them on 

Images: Gavin Joynt & James Mulkeen



Diabetes Support

Keep up to date on advice and support with the North of England Diabetes UK Facebook Support group:

<https://www.facebook.com/groups/193410685443622>

Doncaster South Primary Care Network Community Forum

The first Doncaster South Community Forum will take place in September!

We are very excited to launch our Community Forum.

The forum is an opportunity for the South Primary Care Network to connect with our patients and community and look at ways to work together to develop improved services and health for us all.

Please Join us!



 **Doncaster South**
Primary Care Network



**JOIN YOUR
LOCAL PEOPLE & COMMUNITIES
ONLINE FORUM**
24 September 12 - 1.30pm

Our Community Forum 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.

**Come along and chat with
Dr David Coleman**
Clinical Director.

Please join us on the day
– you will need to download  here: <https://zoom.us/> or from the App Store. You will then be able to join using the login details:
Meeting ID: 828 4695 4287
and Password: 321078.

Please let us know you are coming or if you have any questions in advance by emailing: Julie.magee4@nhs.net or call Julie on: 07387 885207

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

