



# Welcome to the Spring 2020



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## Newsletter

### **WINCOBANK MEDICAL CENTRE**

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### Social Prescribing Service

We have a new programme running in the surgery where we can offer a wider variety of referrals to social prescribing services for all our patients over the age of 16. These vary from health, lifestyle, money, mental health, employment, housing and training support services.

A list of some of the local referrals are as follows; SOAR, Health Trainer, Why Weight, IAPT, Community Support Worker, Age UK, Stopping Smoking Service, Red Cross, SPARS – Sheffield Physical Activity Referral System, Running Groups, STEP – Short Term Educational Programme, STEPforward (16 – 25 year olds).

Social Prescribing Services can help with some of the following things; Benefits, Housing, Career Training, PIP claims, Employment, Health Training, Life Style training, Social events and gatherings, Volunteering, Exercise classes.

If any of these are of an interest to you, or if you want a referral to somewhere which isn't listed then please contact Kirsty on the number above, where she will be able to assist you.

### Coronavirus

The UK Chief Medical Officers have raised the risk to the public from low to moderate. But the risk to individuals remains low. If you have been to an affected area in the last 14 days or had contact with someone with Coronavirus and have cough, fever or shortness of breath symptoms...please DO NOT come into surgery. Please call 111, and they will be able to advise you on what to do. (These symptoms don't necessarily mean you have the illness. The symptoms are similar to other illnesses such as a cold or flu.) For more information, please visit

<https://www.nhs.uk/conditions/coronavirus-covid-19/>.

### Our Appointments

Majority of our GP appointments are only available on the day. This is to help to try to prevent pre-booked appointments being made and then being missed. Last year we had a total of **2084** appointments missed. However we still have a small handful of appointments that are pre-bookable. To obtain an on the day appointment, you must call us or be at the front desk for 8am. There are different amounts of appointments available each day - if all our appointments have been taken, our receptionists will then guide you to where you can get advice or be seen by the correct healthcare professional.

### Practice Closure Notice

The practice will be closed on Wednesday 11<sup>th</sup> March, 1:00pm – 6:30pm for staff training. If you need assistance during these hours, please call 0114 242 6428 and you will be re-directed to NHS 111.

### MMR Vaccine

Public Health England and NHS England have urged the public to ensure they have had two doses of the measles, mumps, and rubella (MMR) vaccine. Please contact the surgery to ensure you are up to date. For more information please visit: <https://www.nhs.uk/conditions/mumps/>

### **Physiotherapy**

We currently have our own in-house Physiotherapist, Mr Thomas Morgan. Physiotherapists are experts in musculoskeletal conditions. They are able to assess, diagnose and treat a range of complex muscle and joint conditions, preventing the needs for referrals to hospital. They can arrange swift access to further treatment, investigations and specialists when needed.

They can help with; diagnosing and treating muscular and joint conditions, advising on how to manage your condition and referrals on to specialist services.

### **Travel Vaccinations**

Going on holiday this summer? Needing travel vaccinations? Here's a couple of things to remember:

1. You need to fill out a Travel Risk Assessment form, which can either be given to you at reception or downloaded from our website.
2. Our nurses needs at least 6 – 8 weeks' notice before your holiday date so we can see what vaccines you have already have and to find out which ones you will need.
3. There is a charge for some vaccines. The nurse will inform you of this before your appointment and you must bring your money on the day.

### **Ingle Foundation – Connect 5K: Move Against Dementia**

There is now a men's as well as women's running group at Ingles gym. This is not aimed at experienced runners but for people who are looking for a supportive group of all age and abilities. The Ingle foundation has also set up the first Connect 5k event in the country. Move Against Dementia is supported by SOAR and is the first of its kind. This is held once per month as part of the Concord Parkrun (which happens every Saturday) and encourages carers, relatives as well as people diagnosed with the condition themselves to meet up and walk or run, volunteer or even just cheer along and watch. Then there is free tea and coffee in Concord Leisure centre afterwards. We are a dementia friendly practice and we are very happy to be supporting this event.

For more information about the Move Against Dementia group, please visit their Facebook page : 'CONNECT 5K: Move Against Dementia'.

For more information about the Ingle Runners Club, please visit : <https://groups.runtogether.co.uk/IngleRunners>

### **Sheffield is Sweet Enough**

Sheffield is Sweet Enough is a public health campaign to encourage families to look at hidden sugar in their food and cut down. We all want our children to grow up happy and healthy. But, eating too much sugar can start having an impact during pregnancy before our children are even born. Throughout childhood and into adulthood if we eat too much sugar this can put us at risk of developing tooth decay and certain health conditions, including obesity, diabetes and high blood pressure.

There is a group that takes place here at the Practice for adults who want help with weight loss and it is free, called 'Live Lighter'. To join, please contact Kirsty on 0114 242 6428, and she will arrange a referral for you.

For more information about 'Sheffield is Sweet Enough' campaign, please visit:

<https://www.sheffieldissweetenough.org/>

### **Andy's Mans Club**

Andy's Man Club aims to raise awareness of mental health issues among young men. The group has now spread from Yorkshire to Lancashire, with a new group opening in Brinsworth. The groups take place every Monday at 7pm (except Bank Holidays). For more information, please visit the sites below which may be helpful:

- <https://www.facebook.com/andysmanclub/>
- <https://thebookofman.com/mind/mental-health/what-happens-at-andys-man-club/>
- <https://www.sheffieldmentalhealth.co.uk/support/andys-man-club/>