

Posterngate Surgery News

Issue 20-05

Message to Patients from Dr Richard Stockley:

We would like to thank everyone for working with us during these unprecedented times, complying with the huge changes we have had made in primary care over the last few months. This has helped reduce the risk of COVID-19 infection throughout the community and we are very grateful for the part you have all played in this.

We have been dealing with patient requests remotely wherever possible by telephone, video calls on mobile phones and by email. We envisage we will continue to do so for some time and this may well lead to permanent changes with more options in how patients consult GPs in the future. We are and always will be open to see patients in surgery, or if needed as a home visit, for when consultations cannot be managed safely remotely.

As COVID-19 infection rates in the area have reduced, we are now re-starting some of our clinics, some will predominantly be via telephone e.g. diabetic reviews but some clinics will be face to face, e.g. immunisations and smears.

Pathways for us to refer patients to hospital are beginning to open to us. We are expecting there to be substantial delays for hospital appointments however we can at least now start the referral process.

Please do get in touch with us if you need medical assistance. We are not closed, just operating in a different way.

We have received many messages of support from patients and we are very grateful for this, we would also like to thank the patients who made scrubs and scrub bags for our staff after we appealed for help in early April.

Thank you again for all the support.



HM Government

NHS



CORONAVIRUS **STAY ALERT** **TO STAY SAFE**

To control the risk of infection:

- ✔ Travel by car or bicycle if possible
- ✔ Keep a safe distance from others
- ✔ Keep washing hands regularly

For more ways to stay safe go to [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Care Guide

Medical

GP appointments: contact Posterngate Surgery 01757 702561

Wellbeing Link worker: contact Beth Hinchcliffe at Posterngate Surgery 01757 702561

Eye problems: are best assessed in a local Optician as they have specialist equipment for comprehensive examination.

Pharmacy: Arc Pharmacy-01757 212120, Boots Pharmacy-01757 703717, Day Lewis-01757 213613, Rowlands Pharmacy-01757 702835, Barlby Pharmacy-01757 707840

Physiotherapy: patients can self-refer via online form on www.yourphysio.org.uk

111 for NHS is a 24hr service for help or advice for urgent but not life threatening situations.

999 is a number for serious or life threatening conditions needing immediate medical attention.

Psychological

Community Mental Health Team: speak to your GP

Cruse: Bereavement support. 0808 808 1677;

COOP Bereavement support group: Ask Link worker for details.

Strive: free, professional and confidential counselling service. 074 986 239 58

Horton wellbeing Café: activities, advice, reduce social isolation. Ask Link worker for details.

Wellbeing Café: reduces social isolation, friendly chat, and mutual support. Ask Link worker for details.

Talk Tonight: support group for people with Mental Health. Ask Link worker for details.

Samaritans: national line available 24 hours a day, tel: 116 123

Mind: help with mental health, 0300 123 3393, Website - www.mind.org.uk

Mental Health helpline: 0800 561 0076

Dementia Forward: support with people who live with Dementia, 01904 692473

IAPT: Self referral 01904 556 820

Rethink_Mental_Illness: 0300 5000 927, Website: www.rethink.org

Anxiety UK - 03444 775 774, Website: www.anxietyuk.org.uk

Every Mind Matters: Website: www.nhs.uk/oneyou/every-mind-matters

Other support

Salvation Army Selby: 01757 702629 groups, Tuesday meal, Food bank, Community Choir

Care Guide

Social

Age UK: day centre, home service, information's and advice, help with benefits, support for older person tel. 01757 704115

Selby AVS: support, advice, signposting and information's, 01757 291111

Community transport: volunteer car drivers. Clients pay the driver a set mileage rate to help towards the running cost of the vehicle, 01757 708036

Silver line: is a free, confidential helpline providing information's, friendship and advice to older people, 0800 4708090

Dinners 4 U: dinners delivered hot and ready to eat, 0800 0182961

Selby Library: groups, information's and advice, 01609 534521

Perennial: occupational Charity for anyone who works or has worked in horticulture and their dependants, 01372 869927

CISWO: welfare service for ex-mineworkers and their families, 01977 703384

NY Horizon: alcohol and drug recovery, 08000 141480

Selby District Vision: service for people with visual impairment, 01757 709800

Castle Communication: BSL and deaf awareness, 079 15157317

Food Bank: 07413 374750

Selby Hands of Hope: 01757 705 855

Horton Housing support: 01757 241051, Email: selbystaywell@hortonhousing.co.uk

Carers Count Selby: 0300 012 0415, Email info@carerscount.org.uk

Benefits

PIP claims – 0800 917 2222 www.gov.uk/pip

Universal credit – 0800 328 5644 www.gov.uk/universal-credit

Relationship support

IDAS Selby: support for victims and survivors - 01757 708 956

Kyra: 01904 632332, Email: contact@kyra.org.uk

Survive: 01904 638813, Helpline: 01904 642830, Email: survive@survive-northyorks.org.uk

Relate Selby – 01904 625 971, www.relate.org

Debt and Money support

Citizens Advice Bureau: 0300 3309 036, www.citizensadvice.org.uk

The Money Advise Service: 0800 138 7777, WhatsApp +447701342744
www.moneyadviceservice.org.uk

Energy doctor: Kate Urwin 01757 249100 / 07738 818391

kate@yorkshireenergydoctor.org.uk, Website www.yorkshireenergydoctor.org.uk

Care Guide

Housing

Selby District council: 01757 705 101

Together_Housing: 0300 555 5561

Broadacres: 01609 767900

Legal

Citizen Advice Bureau: provide the advice people need for the problems they face.
01757 701320

www.citizensadvice.org.uk/law-and-courts/

www.gov.uk/browse/justice

Advocacy Yorkshire: 0845 4747120

Website: www.advocacyyorkshire.co.uk

Local Authority

North Yorkshire County Council: 01609 780 780

North Yorkshire Children's services: 01609 780 780

Website - www.northyorks.gov.uk



Vaccination is important at all times but especially at this time.

- Vaccinations to help protect against pneumonia are available to those patients over the age of 65 years and also those in certain at risk categories. For most patients this is a one off vaccination.
- Shingles vaccination is also available for adults aged between 70-79 with some exceptions and again is a one off vaccination and still applicable if you have had shingles itself.
- It is important as well, when it comes to flu season for all eligible patients to receive their flu vaccination.
- If you wish to discuss any of the above vaccinations please contact the nurses who will be happy to advise

Vaccines protect us throughout our life



The NHS Vaccination programme protects babies from

8 weeks onwards

Is your child starting school?

1 in 7 five year olds have yet to be fully immunised against measles, mumps and rubella



 Public Health England

#ValueofVaccines

Vaccines protect your children

Measles vaccination alone has prevented

20 million

measles cases

4,500 deaths

in the UK



Combined Contraceptive Pill

New Regime from Faculty of Sexual and Reproductive Health



The combined pill can now be taken continuously for up to 9 weeks.

3 packs of 21 pills = 9 weeks / 63 days.

Then have a 7 day break.

The regime may also be convenient for when you want to avoid bleeding e.g. on holidays or special occasions.

There is no medical benefit to having a monthly bleed with the traditional (standard) method.

This new regime may reduce the frequency of bleeding and reduce problems such as period pain, headaches and more that comes with the monthly 7 day break.

REFURBISHMENT

The Surgery is undergoing a programme of renovation.

PHASE 1 – First floor. Creating 3 new consultation rooms and a patient waiting room.

PHASE 2 – Front desk reception area & reception office.

We plan to keep disruption to service delivery to a minimum and apologise for any inconvenience caused during this programme of refurbishment.



The word "WELCOME" is spelled out in large, colorful 3D block letters. Each letter is held by a small, white, stylized human figure with arms and legs. The letters are: W (red), E (orange), L (yellow), C (light green), O (yellow-green), M (yellow), and E (green).

- **Dr Christine Johnston – Starting in July**

The word "GOODBYE" is displayed on a colorful banner. Each letter is on a separate rectangular piece of fabric with a different color: G (purple), O (orange), O (blue), D (green), B (pink), Y (light blue), and E (orange).

- **Jean Fulcher - Cleaner for Hemingbrough Surgery**

We wish her well in her retirement

