

Whitby Community Hospital – The Minor Injuries Unit has changed to an Urgent Treatment Centre

If you have an injury or illness that requires urgent attention, but is not life threatening, you can go to our Urgent Treatment Centre (UTC) at Whitby Hospital.

Before attending the UTC, please call NHS 111 first. They will be able to book you an appointment, which helps us to reduce wait times and ensure that you get the right help, at the right time. Open 8am–8pm seven days a week.

Adults and children can be treated for minor illnesses here, including:

- Strains and sprains
- Suspected broken limbs
- Minor head injuries

- Cuts and grazes
- Bites and stings
- Minor scalds and burns
- Ear and throat infections
- Skin infections and rashes
- Eye problems
- Coughs and colds
- Feverish illness
- Abdominal pain
- Vomiting and diarrhoea

X-ray opening times are 9am–5pm Monday to Friday and 9am–midday weekends.



Whitby Coast and Moors PCN

Primary care networks (PCN) have been created to help integrate primary care with secondary and community services and provide care at greater scale by sharing staff and some of their funding.

Whitby Coast and Moors PCN includes the following GP practices:

- Danby Surgery
- Egton Surgery
- Sleights and Sandsend Surgery
- Staithes Surgery
- Whitby Group Practice

Together our practices serve a 26,800 patient population. The practices hold both Personal Medical Services and General Medical Services Contracts, and provide a service to residents of Whitby and the surrounding villages. All provide dispensing services.

The practices are keen on developing themselves, their GPs and staff, being innovative training and research practices. There is a total of 23 partners and four salaried GPs, many working part time and maintaining special interests and other medical roles outside of the practices. Whitby Coast and Moors PCN is ideal for those wishing to develop a portfolio career while maintaining a superb work/life balance.



January 2022
STAITHES SURGERY
WHITBY, COAST & MOORS
PRIMARY CARE NETWORK
Monthly Newsletter
Welcome to 2022
It's that time of year again.. considering Dry January?
Dry January means going alcohol-free for the whole month using Alcohol Change UK's tools and resources, and that can bring huge, obvious benefits - but the really good stuff is under the surface...

1. What you'll notice

See your skin get brighter, your wallet fuller, your days busier. Feel your step get bouncier, your mind calmer, your nights sleepier. Most people who do Dry January see a whole host of obvious benefits that make Dry January the *perfect* start to the New Year.

2. On the inside

A month alcohol-free has a lot of benefits: research published in 2018, conducted by the Royal Free Hospital and published in the British Medical Journal, found that a month off.

- Lowers blood pressure
- Reduces diabetes risk
- Lowers cholesterol
- Reduces levels of cancer-related proteins in the blood.

3. Long-term change

The real magic happens when Dry January is over. Dry January **helps people to drink more healthily year-round**. Research conducted by the University of Sussex has found that six months after Dry January more than **70%** of people who take on the month with Alcohol Change UK's Try Dry app or coaching emails are still drinking more healthily. On top of that, they have boosted levels of wellbeing, and much more besides. How can it be that just a month off has a long-term impact? Being alcohol-free for 31 days shows us that we don't need alcohol to have fun, to relax, or to socialise. It helps us learn the skills we need to manage our drinking. That means that for the rest of the year we are better able to make decisions about when we drink and how much, so we can avoid slipping into drinking more than we really want to. That's extra good news, because alcohol is linked with more than 60 health conditions, including liver disease, high blood pressure, depression and seven types of cancer. In fact, alcohol is the biggest risk factor for death, ill-health and disability for people aged 15-49 in the UK. Cutting back on alcohol long-term reduces your risk of developing these conditions.



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Special points of interest

- Dry January
- It's okay not to be okay!
- COVID Booster Clinics
- Cervical Screening Awareness
- Help to stop smoking
- Whitby Community Hospital – The Minor Injuries Unit has changed to an Urgent Treatment Centre

How are you feeling?



Ask at reception to book an appointment with the **First Contact Mental Health Practitioner**

First Contact Mental Health Practitioner

My name is Sarah Godbold and I have just started a new role as a First Contact Mental Health Practitioner. The role is a joint role with the Whitby PCN and Tees Esk and Wear Valley NHS Trust.

I will be working at each of the five practices within the PCN Monday to Friday. This will be for a combination of 30 minute appointments and some on-the-day urgent appointments (these are shared through the week across the PCN).

Patients who are suitable to be seen by the first contact mental health practitioner

- Mild to moderate mental health problems
- 18+
- Depression, anxiety, stress, panic, difficulty with emotions, feeling suicidal, feeling overwhelmed

- Those who are on a waiting list for treatment but feel they need their mood reviewed
- Anyone feeling their mental health is relapsing
- People unable to follow a structured treatment model
- x Not under secondary care services or actively receiving treatment

When would an urgent appointment be necessary?

- People who are in emotional distress
- People who are experiencing thoughts they would be better off dead or hurting themselves in some way
- Appointment will consist of safety planning and liaison with other services if necessary
- x If actively harming or planning to end life contact 999 or TEWV Crisis Service: 0800 0516 171

Its okay to not to be okay!

Call reception and ask to be booked in to an appointment with Sarah

COVID Booster Programme

Patients may be contacted by the National Booking Service and invited to book their booster vaccination at a vaccination site or alternatively they can wait to hear from their GP if they would prefer. If feasible, patients may receive their flu and COVID booster vaccinations at the same time but if you are invited for one or the other please don't wait – come forward to receive the vaccination that you have been offered to ensure maximum protection. Some patients will be due a third dose as part of their initial vaccination programme particularly those who are immunocompromised. Hospitals and GP practices are working together to identify those patients that are eligible for a third dose. This will be at least eight weeks following their second dose and they will then be offered a booster six months after the third dose. The Pfizer vaccine is being used for all third doses unless there has been an allergic reaction to it previously. This group of patients is complicated to identify and they will be contacted as soon as possible.

Please do not contact the surgery.

We will contact you when it is your turn to come forward.

Vaccinations for 12–15 year olds

You will have seen that as well as all adults, 12 year olds and older are now being offered the vaccination. Healthy 12–15 year olds are being vaccinated through school immunisations team and this programme is subject to full consent protocol which is being managed by schools. Healthy 12 to 15 year olds will be offered one dose of the vaccination. 12 to 15 year olds with underlying health conditions have been offered vaccinations through their GP practice. This group of young people will be offered two doses of the vaccination. 16 and 17 year olds can now book through the national vaccination booking service or by visiting a drop in or walk in centre. This group will be offered one dose of the vaccination.

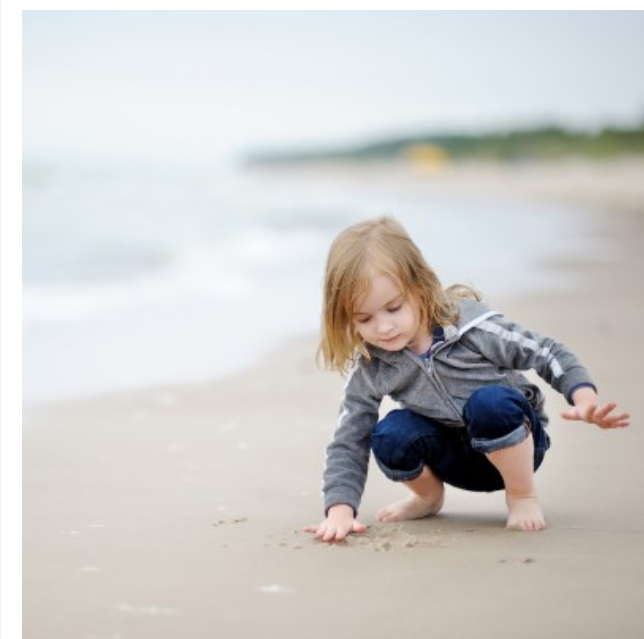
We will be running numerous Booster clinics throughout January. Whitby, Coast and Moors Primary Care Network use a web-based solution to help us manage our appointment system for the COVID-19 vaccination clinics. We send text messages to invite patients to book an appointment for their COVID-19 vaccine. The message you receive will come from 'accurx.thirdparty.nhs.uk' We realise there are lots of scams out there at the moment and wanted to reassure you that if you receive a message from 'accurx.thirdparty.nhs.uk' inviting you to click on a link to book your appointment that it is a legitimate text message from your GP practice.

Cervical Cancer Screening Awareness

Did you know cervical screening (a smear test) looks for HPV, the human papillomavirus?

If you've been invited for cervical screening you might have heard about HPV. Maybe you saw it on your invitation letter, or perhaps those three letters appeared on your results. If you don't know what it is, you're far from alone. HPV is the topic we hear about the most through our support services, with callers who are confused, anxious and upset about what it means to have HPV. For lots, the first time they even saw the word was in their results. Cervical screening and waiting for results can be difficult, if you don't have the facts or know where to find support, it can be even harder.

Five million women and people with a cervix are invited for screening every year. We don't want anyone to be in the dark.



Is quitting smoking one of your New Year resolutions?

Okay, it's a challenge but now there's more help available than ever. Follow our guide and these 5 steps:

1. Motivate yourself

Jot down your incentives. For instance, after a year of quitting, your heart attack risk will have halved, while in 15 years it will be the same as that of someone who's never smoked. But wanting stain-free teeth can work equally well.

2. Go Public

Fill in an online form on the [NHS Smokefree](#) website and promise to quit on a set date – being prepared is proven to boost your chance of success. Email it to a loved one or list it on the website. Not online? Grab a pen and paper and stick it somewhere prominent.

3. Get the right help

Try [NHS Smokefree's Quit Kit](#), which contains an addiction quiz plus info on quitting aids. Your local NHS Stop Smoking Service offers free counselling, either in a group or one-to-one. The Smokefree Together Programme offers telephone and email support, motivational texts and mail packs. Call the Smokefree Helpline on **0800 022 4332** or visit [NHS Smokefree](#).

4. Think like a non-smoker

Rid your home of ashtrays and lighters and practise saying, "No thanks, I don't smoke." This may help convince you as well as others.

5. Do the maths

If you smoke 20 cigarettes a day, giving up will save you slightly more than £2,700 a year.

Online Services

NHS launches new online support for people with diabetes

New online tools for people living with diabetes are now available on the NHS to help people manage their condition during the coronavirus pandemic.

Three new services will allow people to manage their condition online, with a range of online videos and training available on each app for children and adults.

Recent findings show that people with diabetes face a significantly higher risk of dying with COVID-19 but better management of the condition can help improve control and lead to better outcomes. Find out more on the NHS website.

You can visit the surgeries website and from here you can book and manage your appointments, use our online consultation service, order your prescriptions, access your medical records and gain more information regarding our service and any other services offered by the Whitby Coast and Moors Primary Care Network.