



**WHITBY, COAST & MOORS**  
PRIMARY CARE NETWORK

January 2023



# Monthly Newsletter

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### Updates from STAITHES

#### **Appointments**

In the last 4 weeks 21/11/2022 — 18/12/2022 STAITHES has serviced a total of **1467** appointments.

**546** of those appointments were provided as same day appointments.

**88.5%** of appointments at STAITHES in that period were face to face, which equates to **1298** appointments.

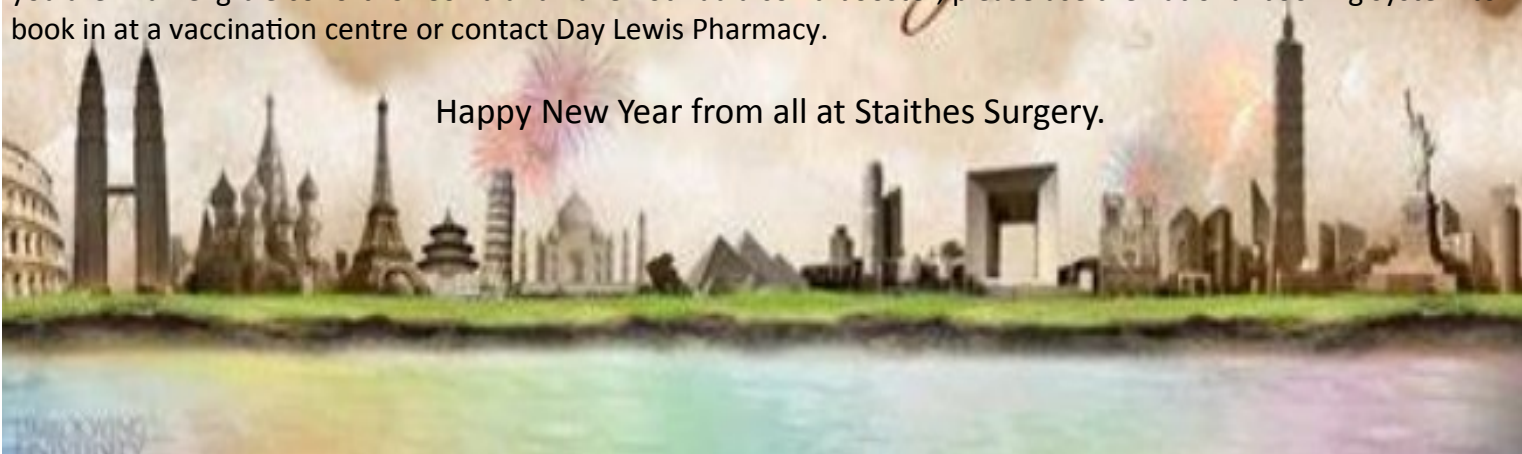
#### **Website**

Have you seen all that is available on the practice website? We have a new FAQ sections which covers the information our patients most frequently enquire about both online and via telephone. There is information on repeat prescriptions and booking appointments alongside a downloadable travel questionnaire , which is perfect if you are going abroad and potentially require travel immunisations.

#### **Covid**

All surgeries in the Whitby Coast and Moors Primary Care Network have been hard at work vaccinating both Flu and Covid since September. If you are in an eligible cohort for flu and require your vaccine please contact the practice. If you are in an eligible cohort for Covid and have not had a covid booster, please use the national booking system to book in at a vaccination centre or contact Day Lewis Pharmacy.

Happy New Year from all at Staithe's Surgery.



# Gender Outreach Workers



Leeds and York Partnership  
NHS Foundation Trust

Supporting trans, non-binary and gender diverse people on the Leeds Gender Identity Service waiting list and care pathway.

You may have questions. You may have heard conflicting information. You might want to talk with someone with lived experience. Gender Outreach Workers can offer advice and support from the point of your referral to Leeds Gender Identity Service. We can also provide advice and information to people thinking about referral to the service.

## Gender Outreach information and advice line

You can call our Information and Advice Line on **0800 183 1486**. We can help with a range of needs related to your transition, including practical advice on name change, document updates, learning more about the gender service, and signposting to other organisations and support near you. We can arrange a one to one session if you need more time to talk.

## Peer support and social groups



People tell us that groups can be a good way of accessing information and support



from peers who share similar lived experience. We offer a variety of groups in-person and online. Groups can provide an opportunity to receive support or just listen to other people's journeys and life experience. This has helped people on their own personal journey. You can take things at your own pace and involve yourself as much as you like. The groups have sometimes helped people make new connections, increase confidence, and sense of wellbeing. Contact a Gender Outreach Worker to learn more or check out our FaceBook page for more information.





## 1-2-1 support sessions



We offer one to one support sessions by online video, by telephone or in person. We can provide practical advice and discuss your individual needs and support available. Feel free to ask questions. Contact us to learn more.

 A VERY BIG THANK YOU for ALL your help and support 

 It's easy to bottle things up when they're floating around in ones own head. I feel like I made some progress towards me working things out 

Gender Outreach Workers aim to support people accessing Leeds Gender Identity Service across the NHS England area. We are pleased to work in close partnership with Yorkshire MESMAC, Lancashire LGBT and others, to bring peer support to you. This is what some people have said about Gender Outreach:

 When I attended my first session I felt I was at a low point. As the sessions progressed my health and wellbeing has improved 

 Extremely helpful, relieved some of my anxieties about progressing. Great information. Feeling secure about myself and my future 


## Contact us

Gender Outreach Worker Information and Advice Line

Tel: **0800 183 1486**

You can also email [genderoutreachworker.lypft@nhs.net](mailto:genderoutreachworker.lypft@nhs.net)

Check out our Facebook page for general events and information:

 [facebook.com/GenderOutreachWorker](https://www.facebook.com/GenderOutreachWorker)

Gender Outreach Workers are based at:

**Yorkshire MESMAC**

[www.mesmac.co.uk](http://www.mesmac.co.uk)

Tel: **0113 244 4209**

 [facebook.com/YorkshireMESMAC](https://www.facebook.com/YorkshireMESMAC)

**Lancashire LGBT**

[www.lancslgbt.org.uk](http://www.lancslgbt.org.uk)

Tel: **07788 295521**

 [facebook.com/lancashirelgbt](https://www.facebook.com/lancashirelgbt)

Leeds GIS web page contains useful information about the service, waiting times, and care pathway treatment for you and your GP.

[www.leedsandyorkpft.nhs.uk](http://www.leedsandyorkpft.nhs.uk)



# DRY JANUARY

**Dry January. Are you in?**

31 days alcohol-free, a break and a total reset for the body and mind with Alcohol Change UK. Sleep better and have more energy, improve your mental health and concentration, look fabulous and get brighter skin, save money and feel an amazing sense of achievement.

**It's about you taking a break, living better, feeling better. Starting your new year, the right way.**

## **WHY DRY JANUARY IS IMPORTANT**

Stopping drinking suddenly can be very dangerous, and can even kill you, if you are dependent on alcohol. If, after a period of drinking, you experience any of the following symptoms, you may be dependent on alcohol and you should NOT suddenly stop drinking completely:

- seizures (fits)
- hand tremors ('the shakes')
- sweating
- seeing things that are not actually real (visual hallucinations)
- depression
- anxiety
- difficulty sleeping (insomnia)

But you can still take control of your drinking. Speak to a GP who will be able to get help for you to reduce your drinking

**We want to be more aware**

**We need a break**

**We want to be healthier**