



WHITBY, COAST & MOORS
PRIMARY CARE NETWORK

June 2023



Monthly Newsletter

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[Updates from Sleights and Sandsend Medical Practice](#)

Appointments

In the last 4 weeks 24/04/2023—21/05/2023 Sleights and Sandsend Medical Practice has serviced a total of **3409** appointments. **1411** of those appointments were provided as same day appointments. **62.20%** of appointments at Sleights and Sandsend Medical Practice in that period were face to face, which equates to **2134** appointments.

Covid Vaccinations

Spring vaccinations will be offered up to the end of June 2023, if any eligible patients have not yet had a booster and require one, please contact the practice as soon as possible.

Sleights and Sandsend Community Garden Project

Sleights and Sandsend Medical Practice are still looking volunteers to be involved with the garden space that is being created at Churchfield surgery. Alongside this any donations of plants, wood, garden furniture, large stones or anything you feel could be successfully used within a garden would be greatly appreciated.

Anyone who is a dab hand at wood work would be welcome as there is a plan for seating however no one with the expertise to bring the vision to life.

Plans for the garden can be viewed in the foyer at Churchfield Surgery alongside a Facebook page: Churchfield Community Garden. Going forward once the basics are in place the surgery will be accepting plants in memorial of loved ones.

Please contact Suzie or Dee within the surgery for further information.

Cervical Screening Awareness Week

19th - 24th June 2023

Going for your cervical screening isn't always easy, and everyone's experience is different. So many changes in life, from big milestones to how we feel day-to-day, can have an impact.

This Cervical Screening Awareness Week, we're sharing different experiences from women and other people with a cervix: screening after giving birth, after menopause, after transitioning, after receiving the first invitation, and after being refused it altogether. We'll also be sharing information, tips and support on how to make attending your screening a little bit easier.

Join the conversation on social media and use the hashtag **#LetsTalkScreening**

Ordering repeat prescriptions with the NHS App



Step-by-step instructions for patients

Getting started

You can easily choose where your prescriptions are sent and order at a time that suits you with the NHS App.

First, you will need to download and register on the app. Ask a member of your GP surgery's team for the 'Getting started with the NHS App' leaflet or visit: nhs.uk/helpmeapp

Ordering repeat prescriptions

Once you have logged into the app:

1. Select the **'Prescriptions'** icon in the bar at the bottom of the screen.
2. Choose which pharmacy your prescriptions will be sent to. This is called your 'nominated pharmacy'. Look at the 'Choosing your pharmacy' section of this guide to choose or change your pharmacy.

3. Select the green **'Order a prescription'** button at the top of the prescriptions page.
4. The next page asks: 'What type of prescription do you want to order?' You can only order repeat prescription items on the NHS App. So, if you have one, choose **'A repeat prescription'** and select **'Continue'**.
5. Check the prescription is going to the right pharmacy. If not, look at the 'Choosing your pharmacy' section of this guide. If the pharmacy is the right one, select **'Continue'**.
6. The next screen shows the medicines available for you to request. Choose the medicines you need and select **'Continue'**.
7. Check your order and nominated pharmacy are correct. Then select **'Confirm and order prescriptions'**.
8. You are finished. Your request is sent to the GP surgery for approval and then sent to your nominated pharmacy for collection.

Choosing your pharmacy

The pharmacy you choose your prescriptions to be sent to is called your 'nominated pharmacy'. Here's how to change it:

1. Select the 'Prescriptions' icon at the bottom of the screen.

2. Select the 'Your nominated pharmacy' option

3. Select the green 'Change your nominated pharmacy' button.

4. Select High Street pharmacies. It is not possible to nominate an online-only

5. Search using your postcode.

6. Select a pharmacy. Future prescriptions will be sent to this pharmacy.

Viewing your orders

1. Select the **'Prescriptions'** icon at the bottom of the screen.
2. Select **'View your orders'**.
3. Your old and current repeat prescription orders are shown in a list.

#MENSHEALTHWEEK

MEN'S HEALTH AND THE

INTERNET

MEN'S HEALTH WEEK

2023 - JUNE 12-18, 2023

The iPhone was born in 2007. Those born in the same year will turn 16 this year. They've grown up with a high-performance computer in their pocket. What are the implications for men's health?

That's the question we're looking at for this year's Men's Health Week. Clearly there are some health benefits to being able to access health information or deliver and receive health services online but what are the downsides? Read on for full details including on our new resources on internet-fuelled addictions.

Dopamine-delivery device

Dopamine is one of the key chemical messenger in your brain. It creates feelings of pleasure and reward and plays a role in concentration, memory and what we find interesting. In short, dopamine makes us feel good and we like a hit of it from time to time.

The iPhone is a dopamine-delivery device that is always to hand. Every single app you use on it knows this full well and is designed to keep you using it. The potential for addiction is obvious. Even an 'addiction' to a pretty benign app is going to cost us time and the attention we could have devoted to more meaningful things. But what about when it starts costing money, relationships, work... ?

We're interested in hearing what you think and what you'd like to see. Let us know by signing up for Men's Health Week 2023.

Our message to men

If you think you're spending too much time on your tech (and even if you don't), take a screen break and do [the CAN DO challenge](#) instead. The free [CAN DO Manual](#) can help.

Use our social media shares and posters [MHW 2023: men's health and the internet - take a screen break](#) and also [social media shares and posters for the CAN DO challenge](#)

This alone will benefit your mental wellbeing but if you want to give your mind and fuller MOT, get our [Man MOT For The Mind](#) manual.

There's evidence that some addictions which particularly affect men have been made worse by 24/7 internet and smartphones. If you're concerned about your gambling or porn-use, check out our new manuals *Wanna Bet: gambling and men's health* and *Porn Free: pornography and men's health*.

Visit: www.menshealthforum.org.uk for more information on Men's health week 2023.