

NORTH WEST PRIMARY CARE NETWORK NEWSLETTER AUGUST AND SEPTEMBER

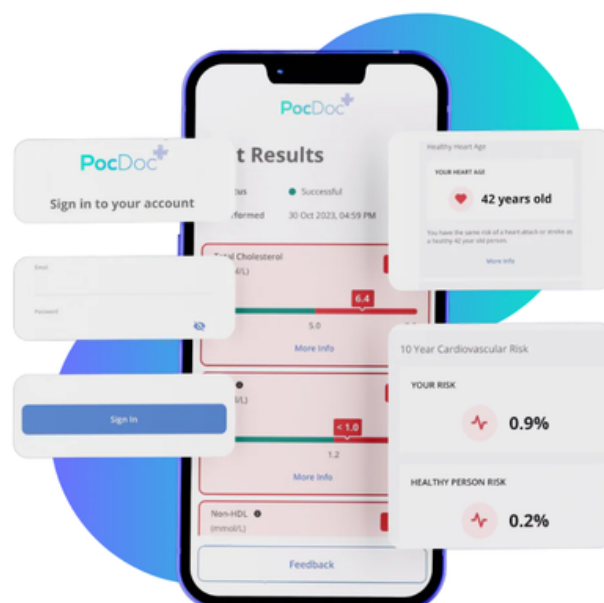


North West PCN has recently launched a new exciting project funded by British Heart Foundation called YourHeartYourMove!

Over the last few months, we've been busy laying the foundations for the programme while also getting out into our communities. So far, we've delivered 6 community heart health events, engaging 300+ local residents and completing 100 heart health assessments using PocDoc technology. From Bentley Women's Wellbeing Day and Askern Town Summer Gala to community events at Bentley and the local mosque, it's been fantastic to see so many people taking the opportunity to learn more about their heart health.

What's next? Over the coming months we'll be launching our first women's wellbeing cohorts, delivering even more community heart health events in places like supermarkets, libraries and football stadiums, and continuing to help local people understand their cardiovascular risk.

Contact Hannah to find out more- hannah.popple@nhs.net



Find us on

Doncaster North West Primary Care Network

northwestpcn

Community Cuppa

Community cuppa is now live across three different sites, to support all residents having access to support!

To register your interest, scan the QR code or simply just pop in on the dates below.



Thursday 6th August 2026

Homestead Community Hall, Bentley. 12:30pm to 2:30pm

Kelly - Care Coordinator

Askern library 10am to 11:30am

Daniel - Care Coordinator

First Friday of every month

Woodlands library 10am - 12pm

Sally - Social Prescriber

Drop in sessions for everyone. Get help from Citizens Advice, Be Well Doncaster and Sally, who works for all three practices and can help with signposting to mental health, social groups and more support services.

Websites to visit for support

Donny Dot - www.donnydot.co.uk Various services for support

Well Doncaster - <https://well-doncaster.uk> Health and Wellbeing support

Your Life Doncaster - www.yourlifedoncaster.co.uk/ Local Community Support

Doncaster Mind - www.doncastermind.org.uk Mental Health support

Community Cuppa May and June successes!

May: At Homestead Community Hall in Bentley, hosted by Kelly, the group participated in chair exercises! The group thoroughly enjoyed the session and would be open to participating again!

Daniel went to Askern library, and joined in with a coffee morning group. Discussions were had about the services what were available. The group shared an interest in having our PCN dietitian attend soon, to talk about managing diabetes and cholesterol.

June: This month, Kelly hosted a patient participation group, where patients registered with Don Valley Heathcare could attend to share their experiences and feedback

Community Cuppa funding

Special thanks to James Church (Bentley Councillor) who has kindly agreed to provide some funding to support the Community Cuppa in Bentley with refreshments and guest speakers.

Find us on socials



Doncaster North West Primary Care Network



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Keeping safe during the summer

Stay Hydrated

- Drink plenty of water throughout the day, even if you don't feel thirsty.
- Keep a reusable water bottle with you when you're out and about.

Keep Cool

- Stay in the shade during the hottest part of the day (11am–3pm).
- Wear loose-fitting, light-coloured clothing and a wide-brimmed hat.
- Keep your home cool by closing curtains during the day and opening windows when it's cooler outside.

Protect Your Skin

- Apply sunscreen with at least SPF 30 and reapply regularly, especially after swimming or sweating.
- Wear sunglasses with UV protection to protect your eyes.

Look After Older and Vulnerable People

Older adults, young children and people with long-term health conditions can be more affected by hot weather. Check in on family members, friends or neighbours to make sure they are keeping cool and drinking enough fluids.

Know the Signs of Heat Exhaustion

Symptoms include: feeling dizzy or faint, headache, excessive sweating, muscle cramps, feeling sick, tiredness or weakness.

Move to a cool place, drink plenty of water, and cool your skin with a damp cloth or cool shower.

If worried, phone 111