NORTH WEST PRIMARY CARE NETWORK NEWSLETTER NOVEMBER & DECEMBER 2026

Our Your Heart Your Move programme, funded by the British Heart Foundation, has been making great progress! Since May, we have delivered 14 community heart health events, engaging over 800 local residents and completing 203 PocDoc cholesterol tests. We've also launched our first two 12-week Women's Heart Health cohorts at Woodlands Library and The Bullcroft Centre, with 11 women taking part in sessions focused on healthy lifestyles and wellbeing. Hannah and Sarah appeared on BBC Radio Sheffield to discuss the programme, and BBC Sheffield also visited our latest cooking session to film a news piece showcasing the positive impact on the women involved. We're proud of what's been achieved so far and look forward to reaching more people across our communities!

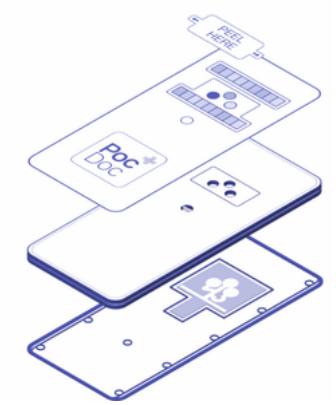






British Heart Foundation

PocDoc



Upcoming event locations

November:

06/11/2026 - Woodlands Library 9AM till 12PM

13/11/2026 - Clock Corner Doncaster 9AM till 4PM





Autumn successes!

Our pharmacy team has been working incredibly hard to support our practices with the Prescribing Incentive Scheme, helping to improve prescribing methods and deliver better outcomes for patients. Their dedication, teamwork and ongoing commitment to reviewing and optimising medicines is making a real difference across our PCN. Thank you to the whole team for all your hard work and continued support!

A huge thank you to our nursing and care coordinator teams for their hard work supporting the delivery of COVID-19 and flu vaccinations to our housebound patients and care home residents. This dedication and commitment ensures that some of our most vulnerable patients are protected throughout the winter months!

Our Care Coordinator team hosted 2 coffee mornings; one at The Lakeside Practice to raise money for Breast Cancer Now & the other at The Homestead Community Hall for MacMillan. Across both event, over £400 was raised for charity- excellent work!



Our Your Heart Your Move programme has been making waves, with Doncaster North West PCN featuring on BBC Radio Sheffield to talk about the impact of the programme and the importance of supporting women to improve their heart health. BBC Sheffield also visited our latest cooking session at Woodlands Library to film the ladies taking part and capture the positive difference the programme is making to their lives. It was fantastic to showcase the hard work, dedication and progress of the ladies involved, and to highlight how our programme is helping women make healthier choices, build confidence and improve their overall wellbeing. A brilliant achievement for everyone involved in Your Heart Your Move!



Community Cuppa

Community cuppa is a chance to drop-in for a chat with our friendly team, have a warm drink & ask questions or learn about health topics. To regsiter your interest, scan the QR code or simply just pop in on the dates below.

Thursday 5th November 2026

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

School nurse attending to talk about child health and immunisations

Thursday 3rd December 2026

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

Christmas celebration and support from Care Coordinator

First Friday of every month

Woodlands Library 10am - 12pm

Sally - Social Prescriber

Make an appointment and 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

Keeping Safe and Well This Winter

As the colder weather sets in, there are a few simple steps you can take to protect yourself and your family and stay safe, warm and well throughout the winter months.

Keep warm: Wear several thin layers of clothing rather than one thick layer to help trap body heat. Use extra blankets to keep warm in bed, and try to heat your home to a comfortable temperature where possible.

Stay protected: If you are eligible, make sure you are up to date with your seasonal flu and COVID-19 vaccinations. These can help protect you from serious illness during the winter months.

Look after your health: If you start to feel unwell, take care of yourself and seek advice if your symptoms worsen or do not improve. Over-the-counter medicines, such as paracetamol or ibuprofen, may help relieve symptoms of common coughs, colds and flu.

Prevent slips and falls: Keep outdoor paths clear of wet leaves and debris, and take extra care when walking in cold weather. Look out for icy surfaces, wear suitable footwear and take your time to help prevent slips and falls.

A little preparation can go a long way in helping you stay safe, healthy and comfortable this winter!

Useful contacts:

Live Inclusive: Support anyone with any kind of disability or long-term health condition, offering advice and information about benefits and energy.
Email: admin@liveinclusive.org.uk Phone: 01302 592 400

Ofgem: Find out if you can get a discount on your energy bill. If you are on a low income or on benefits you might be able to get extra support, visit: ofgem.gov.uk/information consumers/energy-advice-households

Wellbeing Team: Providing access to advice and guidance for people aged 18+ who wish to access free support with mental health and wellbeing.
Email: wellbeing@doncaster.gov.uk Phone: 01302 735 553

Citizens advice:
Call: 01302 243057
Visit our website https://www.cadoncasterborough.org

YourLifeDoncaster:
yourlifedoncaster.co.uk
Offer cost of living support, winter weather and updates, mental health support.
You can also ring the Council's dedicated Winter support phone line on: 01302 736999

Turn2Us: A UK-based national charity that helps people facing financial hardship and poverty gain access to welfare benefits, charitable grants, and support services.
www.turn2us.org.uk/get-support/information-for-your-situation