



Vale of York  
Clinical Commissioning Group

# Stakeholder newsletter

December 2018

**HELP US  
HELP YOU**

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**STAY WELL THIS WINTER**



## **Our Clinical Chair's top tips and winter-related advice**

There are a number of steps you can take to help protect yourself against the cold weather. Dr. Nigel Wells, our Clinical Chair and a local GP, shares his top tips to help you stay well this winter. Click [here](#) to read his winter-related advice.

## Think Pharmacy first

Pharmacies are open to help you treat minor illnesses or ailments over the Christmas holiday period.

While some of the region's GP surgeries will be closed on Christmas Day, Boxing Day and New Year's Day, some pharmacies will be open and they are the place to go for treatments and advice on common illnesses and ailments, including colds, flu, and minor rashes.

A handy timetable of local pharmacies that will be open on Christmas Day, Boxing Day and New Year's Day is attached for you.

### Need help and advice over Christmas and new year?

GP practices are closed on Christmas Day, Boxing Day and New Year's Day but you can get help from your local pharmacy.

Specialist medicines for palliative care are available at some pharmacies – these are highlighted yellow in the table below.



	Pharmacy	Address	Phone	Christmas Day	Boxing Day	New Year's Day
Selby	Rowlands Pharmacy	66 Doncaster Road	01757 702835			12pm – 1pm
	Boots Pharmacy	10 Market Place	01757 703717		10.30am – 3.30pm	
	Boots Pharmacy	Market Cross Shopping Centre	01757 706455	12pm – 1pm		
York	Asda Pharmacy	Monks Cross Shopping Park	01904 689410		9am – 6pm	10am – 6pm
	Lloyds Pharmacy	Monks Cross Shopping Park	01904 613779		9am – 6pm	9am – 6pm
	Boots Pharmacy	Spurriergate	01904 653657		8.30am – 6pm	10am – 5.30pm
	Boots Pharmacy	Monks Cross Shopping Park	01904 656380		9am – 6pm	11am – 5pm
	Boots Pharmacy	5 St Mary's Square, Coppergate	01904 635559		10am – 5pm	
	Boots Pharmacy	66 Clarence Street	01904 622829	3pm – 5pm		
	Boots Pharmacy	86 Clifton	01904 624507			3pm – 5pm
	Bishophorpe Pharmacy	22-24 Acaster Lane, Bishophorpe	01904 707169			11am – 1pm
Living Care Pharmacy	71 Monkton Road	01904 430 805	11am – 1pm			



## Ask today about adding information to your Summary Care Record

Adding more information means health and care staff can make better decisions about you.

Your Summary Care Record (SCR) is a brief, up to date summary of your medical records, which is confidentially stored at your registered GP practice.

If you are registered with a GP practice in England you will have an SCR, unless you have previously chosen not to have one. It tells health and care staff important information about your health, including:

- Medicines you are taking
- Allergies you suffer from
- Any bad reactions to medicines

You can choose to have additional information included in your SCR so that if you are treated by NHS staff who don't know your medical history this information will be accessible to them, for example if you go to hospital. All information is confidential and only accessible to staff with NHS smartcards. You can choose to have the following information added to your SCR:

- your illnesses and any health problems
- operations and vaccinations you have had in the past
- how you would like to be treated – such as where you'd prefer to receive care
- what support you might need
- who should be contacted for more information about you.

If you would like additional information included on your SCR, please complete this brief [consent form](#) and return it to your registered GP surgery.

For more information about SCRs, you can:

- Talk to staff at your GP surgery
- Phone 0300 303 5678
- Go to [www.digital.nhs.uk/services/summary-care-records-scr](http://www.digital.nhs.uk/services/summary-care-records-scr)



**Dr Nigel Wells**  
Clinical Chair

## January Governing Body meeting

Our next Governing Body meetings take place in public on Thursday 3 January 2019 in York.

The meeting begins at 9.30am at West Offices, Station Rise, York YO1 6GA.

Members of the public are invited along to observe and hear about the work the CCG is doing to improve services, quality and the experience of patients in the local area.

Following our Governing Body meetings, our Clinical Chair and local GP, Dr. Nigel Wells and GP members [Drs. Helena Ebbs and Ruth Walker, the GP representatives for the North and South localities](#), share their thoughts on the meeting and the discussions that took place.

[Click here](#) to read a review of November's Governing Body meeting by its GP members. [Click here](#) to read September's meeting review.



### Have your say about our website

As part of continuing efforts to improve the [NHS Vale of York Clinical Commissioning Group's website](#) we want to know how well we are doing to meet your needs and how satisfied you are with your visits to the website.

We are looking at redeveloping the website and it is important to us to know how you use the site and where we can make improvements.

**Please complete our survey** <https://www.surveymonkey.co.uk/r/voyccgwebsite>

If there is anything else you would like to share with us phone 01904 555 870 or email [voyccg.communications@nhs.net](mailto:voyccg.communications@nhs.net)

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