

# Stakeholder newsletter

April 2019

## Happy Easter!



### Think Pharmacy first this Easter

GP practices are closed over the Easter break but you can get help from your local pharmacy 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 over the Easter break is provided below. Specialist medicines for palliative care are available at some pharmacies – these are highlighted yellow.

Town	Pharmacy	Address	Postcode	Phone	Good Friday 19 April 2019	Easter Sunday 21 April 2019	Easter Monday 22 April 2019
Selby	Day Lewis Pharmacy	23a Gowthorpe	YO8 4HE	01757 213 613	12noon – 1pm	Closed	Closed
	ARC Pharmacy	Portholme Road	YO8 4QH	01757 212 120	Closed	12noon – 1pm	Closed
	Boots Pharmacy	10 Market Place	YO8 4PB	01757 703 717	9am-5pm	Closed	Closed
	Scott Rd. Pharmacy	Scott Road	YO8 4BL	01757 210 133	Closed	Closed	12noon – 1pm
Sherburn in Elmet	Boots Pharmacy	18 Finkle Hill, Sherburn in Elmet	LS25 6EA	01977 682 358	8.30am – 5pm	Closed	Closed
York	Asda Pharmacy	Monks Cross	YO32 9LF	01904 689 410	9am-6pm	Closed	9am-6pm
	Boots Pharmacy	43 Coney Street	YO1 9QR	01904 653 657	8.30am – 6pm	Closed	10am – 5.30pm
	Boots Pharmacy	1 Kings Square	YO1 8BH	01904 671 204	Closed	11am-1pm	Closed
	Boots Pharmacy	5 St Mary's Square, Coppergate Centre	YO1 9NY	01904 635 559	9am-5.30pm	Closed	10.30am – 5pm
	Boots Pharmacy	Monks Cross	YO32 9GX	01904 656 360	9am-8pm	Closed	9am-6pm
	Lloyds Pharmacy	Monks Cross	YO32 9LG	01904 613 779	9am-5pm	Closed	9am-5pm
	Tesco Pharmacy	9 Stirling Road, Clifton Moor	YO30 4XZ	0345 677 9753	12noon – 4pm	Closed	12noon – 4pm
	Huntington Pharmacy	1-3 North Lane	YO32 9RU	01904 721 722	8.30am - 12.30pm	8.30am - 12:30pm	Closed
	Tesco Pharmacy	Askham Bar Tadcaster Rd	YO24 1LW	0345 677 9755	12noon – 4pm	Closed	12noon – 4pm
	Tower Court Pharmacy Ltd	Tower Court, Oakdale Road, Clifton Moor	YO30 4WL	01904 479 191	Closed	3pm-5pm	Closed
Pickering	Pickering Pharmacy	22 Market Place	YO18 7AE	01751 472 550	Closed	11am-12noon	Closed

**HELP US  
HELP YOU**

**KNOW WHAT TO DO**

Using a pharmacy, calling NHS 111 or consulting self-care resources for minor health concerns ensures access to the right care, first time and helps to make sure that A&E departments and staff are free to manage real emergencies.

### NHS 111

You can call the free NHS non-emergency number 111 if you have an illness or injury that needs treatment quickly but is not life-threatening. **Calls to 111, either on a landline or on a mobile, are free of charge.** When you call NHS 111, which is available 24 hours a day, 365 days a year, you will be directed to the most appropriate medical care by a highly trained adviser who is supported by healthcare professionals.

Sign language users can access the NHS 111 service via their computer or mobile device to contact <https://interpreternow.co.uk/nhs111> by video link. Interpreter Now will in turn contact NHS 111 on the individuals behalf.

Copies of easy to read and large print versions of the NHS 111 leaflet information are also available (attached above).

### **Self-care**

Further information about how to self-treat common conditions, using over the counter remedies, is available on our website at [www.valeofyorkccg.nhs.uk/advice-from-local-gps-about-staying-well/](http://www.valeofyorkccg.nhs.uk/advice-from-local-gps-about-staying-well/)



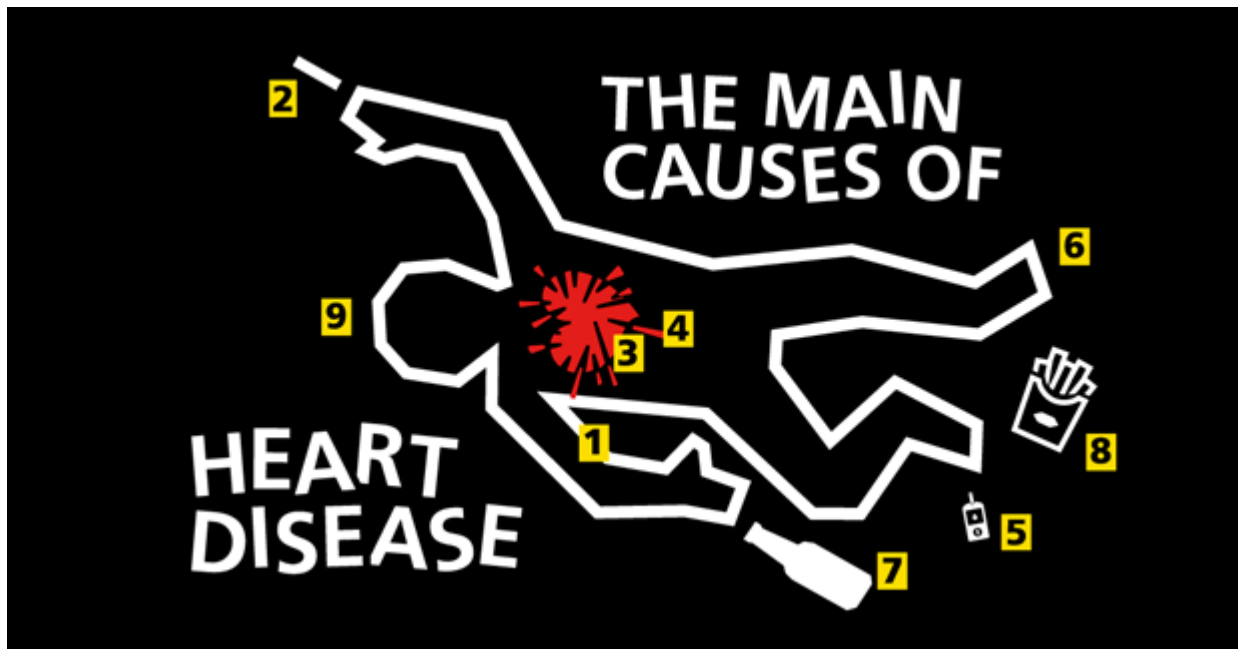
**Dr Nigel Wells**  
Clinical Chair

### **May Governing Body meeting**

Our next Governing Body meetings takes place in public on Thursday 2 May 2019 in York.

The meeting begins at 9.30am at The Bar Convent, Blossom Street, York YO1 6GA.

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 the recent reviews of Governing Body meetings by the GP members.



### Our work to combat a silent killer

Our [Healthy Hearts website](#) aims to reduce the number of people dying prematurely from heart disease or other circulatory disease. The ambitious project, which aims to reduce the number of people who die from cardiovascular disease by at least 10% in the next five years, focuses on three main areas:

**Reducing cholesterol** – By ensuring patients are on the most effective statin to lower blood cholesterol levels, which helps to reduce their risk of having a heart attack or stroke.

**Detecting high blood pressure (hypertension)** – High blood pressure can lead to heart attacks and strokes if untreated, so it's particularly important to detect those who don't know they have it. Patients already identified with high blood pressure will be treated with the most effective medication available.

**Atrial fibrillation and heart failure** – Atrial fibrillation is a heart condition that causes an irregular and often abnormally fast heart rate. Better treating patients with atrial fibrillation will help to reduce the number of strokes.



### Heart and blood pressure facts for the Vale of York

- Nearly 50,000 people are affected by high blood pressure
- 1 in 10 people have undiagnosed high blood pressure

- 7,000 people have an irregular heartbeat (atrial fibrillation)
- More than 6,000 people have experienced a stroke or mini-stroke.
- Circulatory disease is one of the main causes of death each year.

## Diabetes Prevention Week – helping local people to identify the risks

At the start of this month we took part in Diabetes Prevention Week. We spoke to over 500 local people, including staff at some of York's largest employers, to help raise awareness of the risks of developing Type 2 diabetes and what people can do to prevent it.



As part of the road show we promoted [the Healthier You: Diabetes Prevention Programme](#) which is a free personalised programme to help people reduce their weight, eat well and increase the amount of physical activity they do - reducing their risk of developing Type 2 diabetes.



## Are you experiencing depression, anxiety, worry, panic attacks or phobias?

One in four people will experience difficulties in their mental health at some point in their lives.

Significant events, or a build-up of stresses such as work place problems, a change in life circumstances, a traumatic event or a specific phobia could lead to difficulties managing our mental wellbeing. Problems with low mood, depression and anxiety can develop and make it difficult for us to cope with life's daily demands.

If you, or someone you know, is experiencing depression, anxiety and worry, panic attacks, health anxiety, social phobia, specific phobias, post-traumatic stress disorder (PTSD) or obsessive-compulsive disorder (OCD), the Improving Access to Psychological Therapies (IAPT) service in York and Selby could help.

<https://yorkandselbyiapt.co.uk>

## If you were rushed into hospital, how much would the doctor know 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. 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. 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 – i.e. where you would prefer to receive care

- What support you might need
- Who should be contacted for more information about you.

For further information, go to <https://www.valeofyorkccg.nhs.uk/your-health/summary-care-records/> or contact your GP practice to discuss further.

This e-newsletter is produced by the Communications and Media Relations Team.

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