



WHITBY, COAST & MOORS
PRIMARY CARE NETWORK

June 2023



ESK VALLEY MEDICAL PRACTICE

Monthly Newsletter

Inside this newsletter

Updates from Esk Valley	1
Prescriptions & the NHS App	2-3
Men's Health Week	4

Updates from Esk Valley Medical Practice

Appointments

In the last 4 weeks 24/04/2023—21/05/2023 Esk Valley Medical Practice has serviced a total of **1837** appointments. **507** of those appointments were provided as same day appointments. **88.90%** of appointments at Esk Valley Medical Practice in that period were face to face, which equates to **1634** appointments.

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**

The NHS has issued a call for anyone eligible for cervical screening to come forward for a

potentially life-saving appointment, with nearly a third, around 4.6 million, not taking up their latest test. Screening helps prevent cervical cancer by using a highly effective test to check for high-risk human papillomavirus (HPV), which is found in over 99% of all cervical cancers and which may cause abnormal cells to develop in the cervix. These abnormal cells can, over time, turn into cancer if left untreated.

Around 2,700 women are diagnosed with cervical cancer in England each year, but the NHS screening programme helps save around 5,000 lives each year.

The NHS App

A simple and secure way to access a range of NHS services on your smartphone or tablet

What you can do

The NHS App gives you 24/7 access to a range of NHS services.

Use the app to:

- **book and cancel appointments**
book, view and cancel appointments at your GP surgery
- **view your record**
access your GP medical record securely
- **order repeat prescriptions**
see your available medicines and place an order
- **check your symptoms**
find trusted NHS information on hundreds of conditions and treatments and get instant advice
- **register your organ donation decision**
choose to donate some or all of your organs and check your registered decision
- **get an NHS COVID Pass**
demonstrate your COVID 19 status
- **message your GP surgery**
fill in an online form about your health issue and get advice on what to do next
- **find out how the NHS uses your data**
choose if data from your health records can be shared for research and planning

"I use the NHS App to check my GP medical record and book appointments at my surgery."

You may need to speak to your GP surgery about accessing some of these services.

The NHS App

The NHS App gives you more control over your health and care.


Use it wherever you are, at any time of the day or night.

It puts information about your health and treatments at your fingertips. This means you can see it when speaking to a health and care professional, for example.

Owned and run by the NHS

The app is designed and operated by the NHS in England to give you access to a range of services.

Order repeat prescriptions on the NHS App

 order at a time that suits you

 need help? Access support in the app or visit nhs.uk/helpmeapp



“Using the NHS App makes it easier to order repeat prescriptions, check symptoms, and book appointments.”

Dr Abu Mohammed, GP, Portsmouth



#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.