

June & July 2026 Newsletter

Scarborough Edition - bi monthly



**Haxby Group
Scarborough**

Putting our patients and our
people first



Welcome summer with some seasonal guidance

As summer begins, bringing with it warmer days and more time spent outdoors, many of us look forward to making the most of the season. At Haxby Group, we understand how summer can bring both opportunities to recharge and new health challenges. Our team is here to support you with the right care, advice and services through the months ahead. In this edition, you'll find helpful seasonal guidance, important reminders and tips to help you stay healthy.

8-14th June

Diabetes

Diabetes Week this year is all about changing the conversation around diabetes. 8 out of 10 people living with diabetes say they've faced negative attitudes, despite diabetes not being anyone's fault. By learning to understand and support, we can help create a world where diabetes does no harm and 'Strike Out Stigma'.

6-12th July

Alcohol awareness

Alcohol Awareness Week encourages people to reflect on the role alcohol plays in their lives and the impact it can have on health and wellbeing. Even just small changes can make a big difference. Whether it's learning more, cutting back or trying alcohol-free alternatives, support is available and every positive step counts.

Staying safe in the heat



Although most people love the heat, the warmth can increase your risk of dehydration, exhaustion and sunburn. Ensure you stay safe by:

- Staying hydrated by drinking plenty of water and limiting alcohol and caffeine where possible
- Protecting your skin with sunscreen, wearing light clothing and keeping cool
- Noticing if you feel dizzy, sick, unusually tired or confused and moving to a cool place to rest if needed

Are you going on a holiday?



If you have a summer holiday booked, now is a good time to make sure you're prepared before you travel. If you take regular medication, please check ahead of time that you have ordered and collected enough prescriptions to last for your trip and order any repeat prescriptions in plenty of time.

Our Medicine Optimisation Team said: "Collecting prescriptions before going on holiday is an important part of travel preparation.

"Ensuring you have enough medication for the duration of your trip helps prevent interruptions to treatment, reduces the risk of health complications, and avoids the stress of trying to obtain medicines while away."

If you're travelling abroad, you may need to be vaccinated against illnesses found in that destination. There are lots of different travel vaccinations, so the ones you may need vary. You can check the recommended vaccinations for the country you're travelling to on the [TravelHealthPro website](#).

"Travel vaccinations are an important part of preparing for your trip," said practice nurse Rebecca.

"They help protect you from diseases that may be common in the places you're visiting, so that you can travel with peace of mind."

Mental health pop-up event

Are you over 50 and curious about what is on offer for you along the Scarborough coast? Come and find out!

When: 25th June 10am-3pm

Where: Scarborough Sports Village

Healthy ageing on the coast

This is a chance to talk, share information, and learn about what mental health support and resources are available.

When: 18th June 11am-2pm

Where: Scarborough library

Haxby Scarborough Patient Group

Get to know our patient group

Haxby Scarborough patient group was formed in February 2019 and are still going strong 7 years later! Members contribute to CQC inspections and act as a critical friend to the surgery, providing patient's perspectives, making suggestions and commenting on suggested developments. The group meets 6-weekly and are joined by a members of staff who discuss their role within the practice, listen to patient viewpoints and provide explanations where necessary. The group help as volunteers where needed, monitor the practice website and develop the practice booklet. One of the members, Trish, said: "I was asked to join because I work at the hospice and the ICB and they wanted someone who has a different perspective.

"I came to see what I could help out with and I think it is good to help other people and patients as well as the practice."



Patient group meeting

The last Patient Group meeting was held at the surgery on April 22nd where they discussed a range of topics aimed at improving patient experience and communication. Members discussed appointment booking and online communication systems, and highlighted enhancements that could be made to the messaging system.

A discussion took place specifically regarding lymphedema care. Patients who require the reassessment of compression garments are encouraged to contact the practice, as referrals back to specialist services may be required.

The practice is preparing to trial a new AI-assisted telephone system designed to gather basic information from callers before connecting them to the most appropriate team member. Patient Group members will help test the system and provide feedback to ensure it is effective and accessible.

At the meeting, the group were made aware of the new Patient Experience Lead, who will focus on patient feedback, compliments and complaints to further improve services across the practice.

Finally, discussions included recent updates regarding local MRI and CT scanning facilities, ways to strengthen patient involvement & enhancing knowledge of clinical teams.

If you are interested in finding more out about the group, please email:

hnyicb-ny.haxbypatientexperience@nhs.net

Congratulations Dr Currie

We are delighted to share that our very own Dr Sian Currie has now become a GP Partner at the practice.

Born in North Wales and raised near Liverpool, Dr Currie qualified as a doctor from Leeds University in 1998 before completing hospital roles in Huddersfield and Liverpool. She chose a career in General Practice because of the opportunity to care for patients across all stages of life and build lasting relationships. After completing her GP training in Hampshire, she qualified as a GP in 2005.



Dr Currie moved to Scarborough in 2006 and has worked in several local practices. She joined the practice in 2019 as a locum GP, later becoming a salaried GP before taking on her new role as Partner. Since joining the practice, Dr Currie has been impressed by the organisation's commitment to high-quality patient care, tackling health inequalities, supporting staff and developing the future healthcare workforce. These values closely align with her own and made becoming a Partner a natural next step. Alongside her GP role, Dr Currie is the Safeguarding Lead GP for the practice and works as Lead Medical Examiner for the York and Scarborough area, supporting bereaved families and reviewing the care of patients who have recently died.

Her clinical interests include continuity of care, general medicine and women's health, and she is passionate about clinical excellence, community health and helping shape healthcare services for the future.

Outside work, Dr Currie enjoys spending time with her husband, two children, their cockapoo and rescue cat. She also enjoys walking, going to the gym, reading, travelling, visiting the theatre and hopes to practice the piano beyond grade 5!

April & May data combined

Thank you to the **19,805** patients who attended appointments during April and May.

📞 **14,339** telephone calls were answered (this is an average of **367** calls every day!)

💻 **16,248** online requests were sent, including **7,086** urgent appointment requests.

💊 **16,008** repeat prescriptions and **7,082** acute prescriptions were issued.

👤 **14,771** face-to-face appointments were provided at Lawrence House.

Unfortunately, **1,045** appointments were missed during April and May, resulting in **347** hours of clinical time lost.

If you no longer need your appointment, or cannot attend, please let us know as soon as possible so we can offer it to another patient.

PLEASE CANCEL ANY APPOINTMENTS YOU NO LONGER NEED OR CANNOT ATTEND

Thank you for taking the time to read our newsletter. We hope you found it helpful and informative. If you have any questions, feedback, or ideas you would like to share, we would love to hear from you.

Please get in touch with us at: hnyicb-ny.haxbypatientexperience@nhs.net

Your feedback really does make a difference.