

WELBECK ROAD HEALTH CENTRE



Newsletter

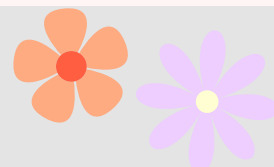


Hay Fever

As Spring/Summer arrives, so does hay fever for many patients. The symptoms of hay fever can include runny nose, itchy throat, sneezing, itchy and watery eyes, wheeziness, and cough. These symptoms can interrupt day to day life for some, so it is worth taking note of when in the year your symptoms tend to start. It is better to commence a daily antihistamine tablet a few weeks prior to your symptoms developing as this gives you the best opportunity to control your hay fever.

Eye drops and nose sprays are very effective additions to the antihistamine tablet.

To find out more, Pharmacists are a wonderful source of advice regarding what can be purchased to combat hay fever over the counter.



How To Enjoy The Summer Safely

Look out for those who may struggle to keep themselves cool and hydrated.



Avoid exercising in the hottest parts of the day.



Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors.

Never leave anyone in a closed, parked vehicle, especially infants, young children or animals.



If you are going into open water to cool down, take care and follow local safety advice.

Walk in the shade, apply sunscreen regularly and wear a wide brimmed hat.

Drink plenty of fluids and avoid excess alcohol. If you have to go out in the heat, make sure you take water with you.



Store your medication according to instructions. Make sure you take your medication as you would normally.



Real emergency? Call 999



Worried about someone? Call NHS 111 for free non-emergency medical advice 24/7.

Go on-line to '**Beat the Heat**' (<https://bit.ly/3n9nbsV>) or '**Staying safe in hot weather - NHS**' (<https://bit.ly/3xBtWIO>) for more information on staying safe.

For more information visit www.nhs.uk



Welbeck Road Health
Centre & Glapwell



@welbeckroadhc



@WelbeckRoadHC

Cervical Screening Awareness



Cervical Screening can prevent potentially harmful cells developing.

So **don't** ignore your cervical screening invite.

If you missed your last one, or have never had one and you are aged 25 to 64, book an appointment with one of our Practice Nurses now.

Last year, the NHS sent out over five million screening invitations, this is more than ever before, however, new data shows that nearly a third of those who are eligible have not yet come forward for the potentially life-saving test!

For more help/information, visit:

<https://www.jostrust.org.uk/>

Vaginal bleeding that is unusual for you

Changes to vaginal discharge

KNOW THE SYMPTOMS OF CERVICAL CANCER

Unexplained pain in your lower back or between your hip bones (pelvis)

Pain or discomfort during sex

Sarcoma Awareness Month - July 2023

This July, we are committed to raising awareness for **Sarcoma**.

Sarcomas are cancers that can affect **any** part of the body, on the inside or outside, including the muscle, bone, tendons, blood vessels and fatty tissues.

Sarcoma is *rare*, with only 15 people diagnosed with Sarcoma every day in the UK. That's about 5,300 people a year.

There are around 100 different [subtypes of sarcoma](#).

The two main types of sarcoma are soft tissue sarcoma and bone Sarcoma.



Click [here](#) to view a booklet created by Macmillan with lots of information and support about Sarcoma Cancer



Bank Holiday Closure

Welbeck Road Health Centre and our Branch, Glapwell Surgery will be closed on the following date:



- Monday 28th of August 2023 (Summer Bank Holiday)

Whilst we are closed, please use the NHS 111 service online (111.nhs.uk) or by dialing **111**
In the event of ANY life threatening emergencies, always phone 999

Sleepstation

Any registered patients of ours have access to [Sleepstation](#), which is an [NHS England](#) clinically validated sleep improvement programme to help with insomnia.

When we sleep well, everything feels better. Follow the #Sleepstation 's online sleep improvement programme and feel the benefits of great sleep. They combine psychology and sleep science with dedicated support to help people get great sleep. Sleepstation's online sleep support programme is one of the most effective in the world.

Designed by experts, backed by science and delivered with care, Sleepstation gives you all the tools and guidance you need to sleep better.

Click here to find out more or self refer here:

<https://www.sleepstation.org.uk/start-now/>

**Either we can refer you, or you
can self-refer.**

Better sleep, better you



New Emergency Department

Chesterfield Royal Hospital NHS Foundation Trust's new Emergency Department opened on Wednesday (21st June 2023) but they don't want you to visit, unless you really need to. The new development, with its state-of-the-art approach to patient flow, highly spec'd equipment, ultra-modern technology and a real grounding in the community through the locally sourced artwork and wayfinding will be jewel in Chesterfield's crown but it's vital that people **only visit if they truly need to.**

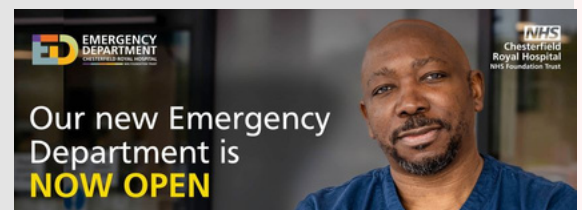
Dr Katherine Lendrum, Clinical Lead for the UECD and ED Consultant, commented: *"The new Emergency Department is an absolutely amazing facility which will provide our local population with Emergency Care when they really need it! We genuinely hope we don't need to see people but if someone needs us, we will be there and do our absolute best to give high quality care in a timely manner. Emergency departments are open 24/7 365 days a year; they are staffed by a large team of nurses and clinicians (doctors and allied health professionals) who have expertise in immediately life or limb threatening emergencies."*

If you feel well enough to have your tea before coming to an ED think again - could the problem be managed by someone else better tomorrow?! It is everyone's responsibility to use health care services wisely.

Alternative sources of help for less urgent problem, particularly out of hours include [NHS111](#), local pharmacies and urgent treatment centres.

For those wanting to see the new department, the Trust has launched a series of tours and photographs – including a click through view of each area - view here:

<https://www.chesterfieldroyal.nhs.uk/news/urgent-and-emergency-care-department>





A.O.B

Thank you for taking your time in reading this edition of our Practice Newsletter.

The Team would like to welcome our new Receptionists, Amanda and Leona. Also Rebecca, a paramedic.

We would like to announce that Dr Rastrick and Dr Hasan are now salaried GPs are the Practice.

The Team would like to hear your thoughts/feedback, if possible, please send an email to ddicb.wrhcpatientinformation@nhs.net with any feedback or thoughts to what you would like to see in future Practice Newsletters. We look forward to hearing your ideas.

If you wish to stop receiving newsletters from us, please send an email to ddicb.wrhcpatientinformation@nhs.net with 'Unsubscribe From Practice Newsletters' in the subject line.

