

WELBECK ROAD HEALTH CENTRE

Newsletter

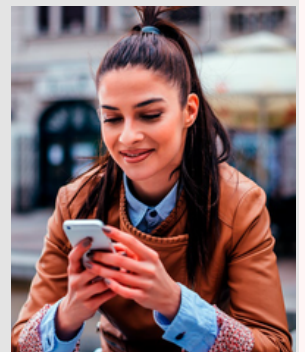


Health Support At The Touch Of A Button

Are you looking to make some healthy changes but don't know where to start? Online and digital health and wellbeing apps can give you support with just a click of a button - but deciding which ones to go for can be tricky. There are 100s of apps and online tools that promise to help with your health and wellbeing but how do you know which ones to trust - and which ones really can help? That's where Derbyshire County Council's free **Orcha Health** and wellbeing apps library can help. It contains a wide range of quality assured digital health tools from stop smoking and mental health support to help managing long term conditions. Visit the website to search and download apps - <https://derbyshire.orchhealth.com/en-GB>



Derbyshire County Council have also commissioned **Lower My Drinking** - a free app designed to help anyone who feels that they might be struggling with the amount that they drink. **Lower My Drinking** works by helping you keep track of how much alcohol you drink as well as helping you to set goals to reduce how much you drink. You can get help to think about alcohol in a different way, and plan what to do if you think you will drink too much. The app can also help you to find activities to do instead of drinking alcohol, and offers advice on how to live a healthy lifestyle.



Vaccine Clinics

We are now offering appointments for eligible patients to have the COVID-19, Flu, Nasal Flu and RSV Vaccinations this Autumn.

Your GP Practice is the safest place to have your vaccine!

The funds that we receive for administering the vaccine/s are fed back into the Practice to improve our services.

Who's eligible?

- The RSV vaccine is available to those aged 75y-79y, or over 28 weeks pregnant
- The COVID and flu vaccine is available to those individuals aged 65 and over, residents in a care home for older individuals, and individuals aged 18 years to under 65 years and in a Clinical Risk Group (as defined by the Green Book Chapter 19 (<https://www.gov.uk/government/publications/influenza-the-green-book-chapter-19>))
- Children aged 2y-3y are eligible for a Nasal Spray flu vaccine. We have appointments at Welbeck Road Health Centre on the 2nd and 18th of October. For further info click here: <https://www.nhs.uk/vaccinations/child-flu-vaccine/>

Please let our Reception Team know if you would prefer to decline any vaccines you are eligible for.



NHS 111 - Mental Health Crisis Support

For the first time, anyone in a mental health crisis can now **call 111, select option 2** and receive support from trained mental health professionals.

The service is available 24hrs a day, everyday and is for all ages, including children, providing vital help through a single phone line.

We still need serious investment in mental health services, like funding for more hospitals, community support, and talking therapies to make sure everyone gets the support they need.

But if you're in crisis, this new service will be a good starting point. And it's worth giving it a try if you ever need it.

For more information [click the link here](#).



Prepare For The Colder Weather

The dark nights and cold mornings make it easy to curl up on the sofa in front of the TV and forget about looking after ourselves. But by taking small steps during the colder months, you can help keep yourself and your loved ones well this winter.

Here are some more self-help and self-care tips for taking care of yourself and looking out for others:

- Get your COVID-19, RSV and flu vaccinations if you are eligible
- Keep active, get outside and eat well
- Build your strength, balance, and coordination, and wear shoes or slippers with a good grip to help prevent falls.
- Your **local authority** offers a range of support and services to keep you healthy and well.
- Keep warm and heat regularly used rooms in your house to 18°C
- If you are worried about money, struggling to pay bills or buy food, contact your local council for support. Visit the **Derbyshire County Council website** for more information.
- Check in on older or unwell neighbours, friends and family members
- Keep your **medicine cabinet** stocked with painkillers, rehydration and indigestion treatments, anti-diarrhoea medicine, antiseptic cream and antihistamines, and a First Aid Kit
- Stay at home if you do get ill and wash your hands regularly
- Contact **NHS 111 online** or by phone if you're worried about any symptoms

Joined Up Care Derbyshire's self-care web page has lots information on **where you can go for self-care advice**, **how to prepare for self care**, and lots of information leaflets on **self treatable conditions** such as cold sores, nasal congestion, conjunctivitis, heartburn, dental pain and much more.

Mental Health Services

It's ok and normal for your mental health to change depending on how you are feeling and what is happening in your daily life.

If you have been feeling low or suffering from depression and/or anxiety for a prolonged period, reach out to someone you know or one of your local services for help.

There is support and guidance available on the **Derbyshire Healthcare NHS Foundation Trust website**, the **Derbyshire County Council website**, **NHS 111 online**.

 **THINK WHICH SERVICE THIS WINTER**
ALWAYS CONTACT 999 IN A LIFE THREATENING EMERGENCY



Free NHS Healthy Living Programme

Join thousands of people who are already using the free NHS Healthy Living programme to help them live well with type 2 diabetes.

 www.healthyliving.nhs.uk

Get advice at home or on the move by signing up today.

You can use the Healthy Living programme whenever suits you, and for as long as you need - there is no limit to access so you can learn at your own pace. It can also be used alongside any other diabetes programmes or education you may be taking part in.



Community Diagnostic Centres

Did you know... at Chesterfield Royal Hospital's Community Diagnostic Centres you may be able to have multiple tests in one appointment?

This could include blood tests, ultrasound, scans and point-of-care testing.

More information about services can be found by [clicking here](#).

When making your appointment, ask to visit a CDC! (Community Diagnostic Centre).

Do you require a **diagnostic test**, like a scan or a blood test?

*By going to a CDC, you could get an **appointment quicker** and have **multiple tests** in one visit.*



Your local Community Diagnostic Centres.



-  **Walton Community Hospital**
Chesterfield
S40 3HW
-  **Whitworth Community Hospital**
Matlock
DE4 2JD
-  **Ilkeston Community Hospital**
Ilkeston
DE7 8LN
-  **Florence Nightingale Community Hospital**
Derby
DE1 2QY
-  **Sir Robert Peel Community Hospital**
Tamworth
B78 3NG



When booking your appointment, ask to visit a **Community Diagnostic Centre**.

Walton Community Hospital is only 2.9 miles from Chesterfield Royal Hospital - or 11 minutes drive.

*Blood tests, Ultrasound and CT scan available.

Whitworth Community Hospital is only 11.5 miles from Chesterfield Royal Hospital - or 27 minutes drive.

*Blood tests, Ultrasound, Point of Care Testing and X-ray available.

More diagnostic services coming soon!



Stoptober

#Stoptober starts soon! It's not too late to join thousands of other people quitting smoking this October.

Make it to 28 days smoke-free and you're 5 times more likely to quit for good!

Get free support here: [BetterHealthNHS](#)

Quitting tips ↩

You have made a great decision to give up smoking. Here are some tips to help you succeed. Once you have picked your quit date, remember to add it to your calendar.

1. List your reasons to quit.
2. Tell people you're quitting.
3. If you have tried to quit before, remember what worked.
4. Use stop smoking aids.
5. Have a plan if you are tempted to smoke.
6. List your smoking triggers and how to avoid them.
7. Keep cravings at bay by keeping busy.
8. Exercise away the urge.
9. Join the Facebook group for support and advice.

Good luck. Throw away all your cigarettes before you start. Remember, there is never "just 1 cigarette". You can do it!



NHS

What's your reason to quit smoking?



Saves money



Breathe easier



Reduce cancer risk



Increased life expectancy



Improved circulation



Wellbeing

New Social Club for Older People

Exciting news! On 26th September, [B:Friend](#) are launching a new Social Club for older neighbours in Bolsover!

Come along and join the fun - **no referral or booking needed, just turn up.**



Hillstown Village Hall
12 Nesbit Street
Hillstown
S44 6LW



Every Thursday 1-3pm

(starting from 26th September)

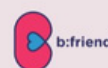


07523 698530



JOIN THE FUN & MAKE NEW FRIENDS
BOLSOVER SOCIAL CLUB

HILLSTOWN VILLAGE HALL
12 NESBIT STREET
HILLSTOWN
S44 6LW



EVERY THURSDAY
1PM - 3PM

CALL FOR INFO: 07523 698530



Welbeck Road Health
Centre & Glapwell



@welbeckroadhc



@WelbeckRoadHC

Treacle

Treacle is a free and easy-to-use Social Prescribing Directory.

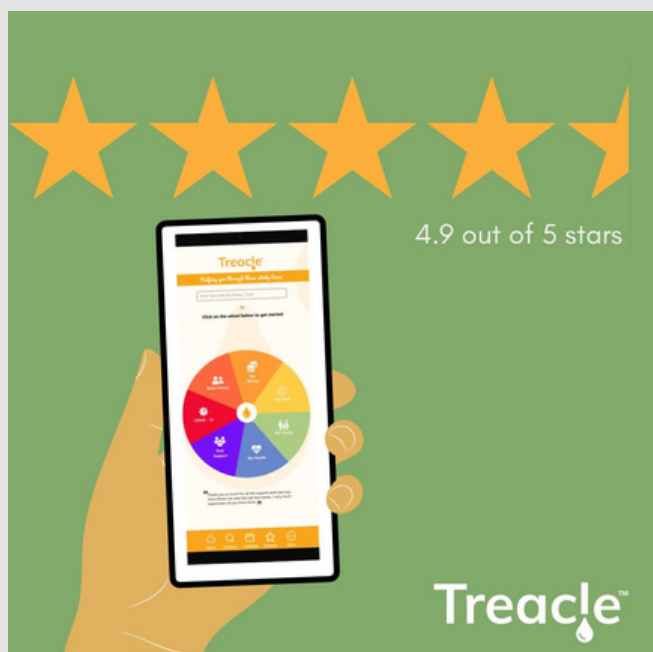
It gathers together information about small local groups, as well as national help and support, into one site.

Access to good social prescribing information can open up possibilities which will decrease reliance on GPs.

Knowing where to access the information to do this is an important part of the journey, and that is the aim of Treacle.

Treacle has 48 listings on the Treacle site of agencies that can help you in Derbyshire on a wide range of issues such as refugees, benefits and debt, domestic abuse, veteran support, careers and unemployment, community transport, homelessness, CAB, children, carers, health issues...

To view the Directory or download their APP, visit: www.treacle.me



Derbyshire Home from Hospital Service

The Derbyshire Home from Hospital Service provides practical support for vulnerable people leaving hospital, and for those living at home but at risk of being admitted.

Anyone who is living in Derbyshire who has limited support from family or friends can use the service. You do not need a Doctor to refer you, you can self-refer.

The service can help with:

- Making sure your home environment is safe, and comfortable
- Supporting you to pay bills and make appointments
- Collecting medication prescriptions
- Supporting you to understand care options and plan future support
- Signposting to other statutory, voluntary sector and community organisations



Watch a YouTube video by [clicking here](#)

More information by [clicking here](#)

Practice Updates

The Team

A warm welcome to the next rotation of GP Registrars:

- DR LAUREN WALLIS
- DR ADEMOLA DAWODU
- DR RASHEED ODUNUSI
- DR ZARA IQBAL
- DR KASHIF IQBAL

GP Registrars are qualified doctors. They have experience of working in hospital and have chosen to specialise as general practitioners. They will be in their first, second or third year of specialist GP training. The GPs/GP Partners in the Practice mentor the GP Registrars, working closely with them in every session.

Also a warm welcome to our new Practice Pharmacists, Charlie Parry and Antonia Ashley.

General Practice Info - August 2024

- We currently have 11,738 patients registered
- 73 new patients registered with us in August
- We processed roughly 402 referrals and 406 clinical documents
- We received 1,053 online appointment requests throughout August
- Our Team had 1,164 telephone appointments booked to contact patients for various medical/admin reasons throughout August

Closures

The Practice will be closed on the 9th of October for Quest (Staff Training) from 12:30 until 6:30pm. If you need medical help during this time, please contact NHS 111 or visit A&E/phone 999 if the medical condition is life threatening.

Thank you to those who took the time to read our newsletter.

Please email any suggestions to: ddicb.wrhcpatientinformation@nhs.net

This email inbox is not monitored. Do not send any medical requests.

