

WELBECK ROAD HEALTH CENTRE



Newsletter



Let's Look After Ourselves and Our Neighbours This Winter

Every winter, many of us will come down with coughs and sniffles as the cold and damp weather hits.

But for some people – particularly the very young or very old and those with pre-existing health conditions – the consequences can be very serious.

Winter viruses are also more prevalent at this time of year, which is why it's even more important to protect yourselves and your loved ones.

You can find lots of helpful information and advice on the ["Staying Well In Winter" page](#).

Here are some top tips to stay well:

- Try to keep rooms at 18°C
- try to make sure that you have hot meals and drinks regularly throughout the day
- keep active in the home if you can
- wash your hands often with soap and water
- make sure you have enough medications available in case you are unable to get out in icy or cold weather and over the Christmas holiday period
- make sure you have enough food to keep you going if you are unable to get out in cold weather
- look out for others by checking in on older neighbours or relatives, especially those who live alone or who have serious illnesses to make sure they are safe, warm and well

We can also signpost people who might be struggling at this time of year to [mental health support services](#) and we provide support to people through our [cost of living information](#).

We know our NHS is already under strain this winter so let's all try to look after ourselves, our families, friends and neighbours so people can be as well as they can be over the colder months.



In winter it's even more important to protect yourselves and your loved ones.



Councillor Carol Hart,
Derbyshire County Council Cabinet Member for Health and Communities



Welbeck Road Health
Centre & Glapwell



@welbeckroadhc



@WelbeckRoadHC

“Think Which Service” Campaign

The NHS in Derby and Derbyshire is calling on people to help reduce pressure on NHS services this winter by re-thinking which service they opt for when unwell.

The campaign aims to help people get quicker care in the most appropriate place.

It focuses on advice to keep well, on the wide range of services available at a community pharmacy, on NHS 111 online and local urgent treatment centres.

The campaign also encourages people to self-care by taking simple steps to prevent illness such as keeping up-to-date with vaccinations, eating well, staying warm and keeping active.

It also includes advice such as checking in on vulnerable or elderly neighbours, friends or family members and keeping the medicine cabinet well stocked so people can treat themselves for minor ailments at home.

[Click here to view the Joined Up Care website for further information](#)

Remember, 999 and A&E are for an emergency, or life-threatening situations only.



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](#)



Preview Of New Diagnostics Centre

A sneak preview of the new Community Diagnostic Centre at Walton Hospital in Chesterfield has been given to colleagues from the Chesterfield Royal Hospital Project team.

Colleagues from the project team recently toured the factory that is building the shell of the new purpose-built centre. It is a £5.2m development expected to open in summer 2025.

The whole building features 15 modules that will be lifted into position by crane over a three-day period. Following this, internal walls will be constructed, and external finishes, including cladding, will be applied.

The Walton Hospital Community Diagnostic Centre is one of five new centres to serve Derbyshire, providing a range of tests and scans including:

- Magnetic resonance imaging (MRI) scans
- Computerised tomography (CT) scans
- X-ray
- Ultrasound
- Cardiology testing (tests to measure the function of the heart), including Echocardiogram (scan of the heart and nearby blood vessels)
- Phlebotomy and point of care testing (blood tests and testing for certain diseases)
- Respiratory testing

The first new centre was opened last summer at Whitworth Hospital, Darley Dale. The other sites are Ilkeston Community Hospital, Florence Nightingale Community Hospital in Derby, Sir Robert Peel Community Hospital in Tamworth.

See more pictures and find out what else is happening at Chesterfield Royal Hospital by reading [#TeamCRH News magazine](#).



THINK! Which service you need this **WINTER!**

Pharmacists can help you with a range of minor illnesses...

NO APPOINTMENT NEEDED!

Choose the right service

 Self Care Care for yourself at home	 Pharmacy Local expert advice	 NHS 111 Non-emergency help	 GP Advice Out of hours, call 111	 UTCs Urgent Treatment Centres	 A&E or 999 For emergencies only
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Single or Attached: Get Tested Before Your Next Match

A new public health campaign aims to increase testing for sexually transmitted infections among young people under 24-years-old.

Testing rates for chlamydia are down across England (and reflected across Derby and Derbyshire) by nearly a third in the past four years.

The "Single or Attached, Get Tested Before Your Next Match" campaign is aimed at young people, whether they are single, dating, or in a long-term relationship.

Kelly Wood, health improvement manager at Derbyshire Community Health Services' Integrated Sexual Health Services, said:

"We recognise that many young people do not know that taking a chlamydia test is free, easy and confidential. We want them to know that they will be supported with their results, anonymous partner notification and treatment (if needed), as well as with access to methods of contraception such as free condoms for safer sex. This campaign is designed to emphasise that getting tested is a responsible and normal part of maintaining your overall health.

Whether you're single or in a relationship, it's an important part of self-care to get tested before your next match."

Read more [here](#)



Have You Downloaded the NHS App?

The NHS App gives you a simple and secure way to access a range of NHS services.

What you can do with the NHS App

- get your NHS COVID Pass – view and share your COVID Pass for places in England that have chosen to use this service and travel abroad
- get advice about coronavirus – get information about coronavirus and find out what to do if you think you have it
- order repeat prescriptions – see your available medicines, request a new repeat prescription and choose a pharmacy for your prescriptions to be sent to
- book appointments – search for, book and cancel appointments at your GP surgery, and see details of your upcoming and past appointments
- get health advice – search trusted NHS information and advice on hundreds of conditions and treatments. You can also answer questions to get instant advice or medical help near you
- view your health record – securely access your GP health record, to see information like your allergies and your current and past medicines. If your GP has given you access to your detailed medical record, you can also see information like test results and details of your consultations
- register your organ donation decision – choose to donate some or all of your organs and check your registered decision
- find out how the NHS uses your data – choose if data from your health records research and planning
- view your NHS number – find out what your [NHS number](#) is

Download the NHS App on your smartphone or tablet via the [Google play](#) or [App store](#).

You can also access the same services in a web browser by [logging in through the NHS website](#).

You must be aged 13 or over to use the NHS App.

You also need to be registered with a GP surgery in England or the Isle of Man.

Find out more about [who can use the NHS App](#).



My Planned Care

Are You Waiting for a Hospital Appointment? Check Out My Planned Care!

If you're waiting for a hospital appointment and want to know about the waiting times, we've got just the resource for you.

My Planned Care provides you with advice and support while you wait, helping you prepare for your hospital consultation, treatment, or surgery. This includes up-to-date information about waiting times at your hospital and other local services that can support you during this period.

Why Use My Planned Care?

- **Stay Informed:** Get the latest information on waiting times at your hospital.
- **Accessible to All:** You, your family, carers, and your NHS team can all access this information.
- **Regular Updates:** The site is updated weekly, so you always have the most current details.
- **Support and Resources:** Find out about local services and get advice to help you while you wait.

Your hospital team will reach out to you as soon as they can. In the meantime, check the [My Planned Care website](#) for updates before contacting your hospital or GP.



Age UK

Holidays can be some of the toughest days for older people. That's why Age UK's phone lines are open every day of the year.

Call Age UK's Advice Line on 0800 678 1602 8am-7pm for information and advice on a range of topics from benefits to care homes.

Or for a friendly chat, call [The Silver Line](#) Helpline on 0800 4 70 80 90. They provide friendship and conversation 24 hours a day, 7 days a week.

Find out how Age UK is there when older people need them the most by [clicking here to find out more.](#)



**Our phone lines are open
365 days a year.**

Call our Advice line 8am-7pm
0800 678 1602

or The Silver Line Helpline 24 hours a day
0800 4 70 80 90



Primary Breast Cancer Support Group

For patients currently under care at Chesterfield Royal Hospital

The Chesterfield Breast Nurse Specialist Team hold monthly Primary Breast Cancer Support Groups to offer support to patients affected by breast cancer.

The support groups bring together those affected by breast cancer, providing a safe and confidential space for patients to meet new people, share experiences and stories, support and learn from one another.

Led by the Breast Nurse Specialist team, the group also provides the opportunity to discuss concerns and receive information and advice on all aspects of primary breast cancer treatments and is often attended by the Cancer Physiotherapists and other specialists.

The group aims to provide a welcoming experience and listening ear where patients – of all ages and backgrounds - can connect with others who understand the challenges of living with and recovering from breast cancer.

Sharron, a breast cancer patient who attended a recent support group, shared: "It's really comforting to meet and talk with other ladies who have been through a similar experience to me. I don't feel alone anymore, and it's great to be able to ask advice face-to-face with the Cancer Nurses over a coffee and a slice of cake or two!"

The next Breast Cancer Support Group is on Friday 20 December 2024 - 2pm- 3.30pm at the Calow Community Centre, S44 5AU, where there will be a Christmas fuddle and raffle.

You can find the 2025 dates on the leaflet →



The leaflet features a colorful illustration of a diverse group of people holding hearts. The NHS logo and 'Chesterfield Royal Hospital NHS Foundation Trust' are in the top right. The title 'Primary Breast Cancer Support Group' is prominent, followed by the subtitle 'for patients currently under care at Chesterfield Royal Hospital'. A light blue box contains the text: 'No need to book, just come along to our support group, where you'll be welcomed by one of the breast team!'. Below this, the venue 'Calow Community Centre' and address 'Allpitts Road, Calow, Chesterfield, S44 5AU' are listed. A calendar icon precedes the 'UPCOMING DATES:' section, which lists dates from Wednesday 22nd January 2025 to Wednesday 18th June 2025. A clock icon precedes the time '2PM UNTIL 3.30PM'. At the bottom, contact information includes the phone number '01246 512356' and the email 'crhft.breastcarenursingteam@nhs.net'.





Christmas Opening Hours 2024

Christmas & New Year
OPENING HOURS
WELBECK ROAD HEALTH CENTRE

24th (Christmas Eve)	08:00 - 16:00
25th (Christmas Day)	Closed
26th (Boxing Day)	Closed
27th Friday	08:00 - 18:30
28th Saturday	Closed
29th Sunday	Closed
30th Monday	08:00 - 20:00
31st (New Year's Eve)	08:00 - 16:00
1st (New Year's Day)	Closed
2nd Thursday	08:00 - 20:00
3rd Friday	08:00 - 18:30

Christmas & New Year
OPENING HOURS
GLAPWELL SURGERY

24th (Christmas Eve)	08:30 - 16:00
25th (Christmas Day)	Closed
26th (Boxing Day)	Closed
27th Friday	08:30 - 13:30
28th Saturday	Closed
29th Sunday	Closed
30th Monday	08:30 - 17:30
31st (New Year's Eve)	08:30 - 16:00
1st (New Year's Day)	Closed
2nd Thursday	08:30 - 17:30
3rd Friday	08:30 - 13:30

Please remember
Glapwell Dispensary will remain open Monday, Tuesday and Thursday 8:30am until 17:30pm
Wednesday and Friday will remain the same 8:30am until 13:30pm

Practice Updates

New Staff

We have a new Dispenser that joined us in December. Welcome to the Team, Amy! A new Social Prescriber has also joined the Primary Care Network (PCN). Welcome to the Team, Claire! Claire will be primarily based at Emmett Carr.

Freedom Project Donation

Our team at Welbeck Road Health Centre has been collecting donations for the wonderful local charity in Bolsover, The Freedom Project. We aim to get these to The Freedom Project by Friday 20th December.



The whole Team would like to wish all of our patients a Merry Christmas and a Happy New Year.

We hope your holiday season is filled with joy, love and happiness!



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.



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