

WELBECK ROAD HEALTH CENTRE

Newsletter



Waiting Room - Standing Area

We now have a designated "Standing Area" in the far right corner of our waiting room, next to the "Nature and Wellbeing" notice board.

This is to help promote movement and better circulation. It may also help our patients who are neurodivergent.

Please feel free to use this area if you're more comfortable standing, pacing, or doing anything that helps you feel at ease.

You can also try the "Five-in-Five" mini workout that is attached to the notice board.



Weston Park Cancer Charity - Free Transport

Weston Park Cancer Charity has partnered with Chesterfield FC Community Trust to offer another pick-up point on their Chesterfield service.

Service users can park for free, use the facilities and enjoy the other community services the club provides.

If you are having cancer treatment at a Sheffield Teaching Hospitals NHS Foundation Trust site and live in the Chesterfield area, the transport service can help.

To find out more and to book your seat, visit:

<https://www.westonpark.org.uk/transport-service>



Hear more about the news from our wonderful Volunteer Driver, John: <https://fb.watch/A7NaIARZzs/>

A BIG thank you to Chesterfield FC.



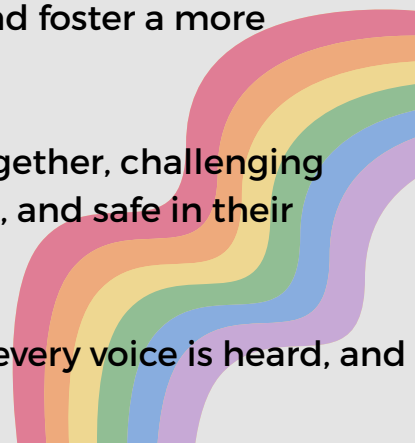
Pride Month 2025

We're celebrating Pride Month, a special time to recognise the love, identity, and courage that comes from being seen. We want to take a moment to honour our LGBTQ+ colleagues, patients, and community members – both those who have come before us and those who walk alongside us today.

Your contributions continue to shape a more inclusive NHS and foster a more compassionate world.

Pride is a heartfelt reminder of the importance of standing together, challenging inequality, and ensuring that everyone feels respected, valued, and safe in their individuality.

Let's work together to create a workplace and a world where every voice is heard, and every person truly belongs.



Are you staying safe?

Your safety and well-being matter!

Take part in the **Stay Safe Check-up** and learn how to improve your personal security, mental health, and overall well-being. The team is here to offer support and guidance on key issues affecting our community.

Personal safety and wellbeing pop-up hubs

Free advice, resources, and support from local experts.

- Wednesday 2nd July 2025, 9 am-2 pm St. Albans Church, 4-6 Heath Rd, Holmewood, Chesterfield S42 5RE.
- Friday 4th July 2025, 9 am-2 pm Tesco, Bridge St. North, Clay Cross, S45 9NU.



Get support on:

- Mental health and wellbeing – Learn coping strategies and access professional support.
- Domestic violence – Find out how to seek help and support victims of abuse.
- Anti-social behaviour – Report concerns and learn how to protect your community.
- Knife crime and violent crime – Stay informed and help prevent crime in your area.
- Experiencing financial difficulties? – Get advice on managing finances and accessing support.
- Risk of homelessness? – Find out about available housing support and resources.
- General safety tips – Practical advice to keep you and your loved ones safe.

Need help now?

Call Derbyshire Constabulary Tel: 101.

If it's an emergency phone 999.

Scan the QR code or visit: <https://www.derbyshire.police.uk/>

STAY SAFE



Brought to you by North East Derbyshire Community Safety Partnership, P3 and Derbyshire Police with the support of Tesco.



Welbeck Road Health
Centre & Glapwell



@welbeckroadhc



@WelbeckRoadHC

Hay Fever Season: Managing Symptoms



Hay fever can be a real nuisance, but there are ways to manage it:

- **Over-the-counter remedies:** Antihistamine tablets, steroid nasal sprays, and eye drops can provide relief and are available without needing to see a doctor. For best results these ideally need to be started several weeks before peak season, and used on a daily basis during the main hayfever period. You can talk to your local pharmacist for advice.
- **Practical tips:** Monitor pollen forecasts, keep windows closed during peak pollen times, and shower and change clothes after being outdoors.

We request that patients try these over-the-counter options before booking an appointment, as this helps us to keep appointments free for more complex medical cases.

Sun Safety: Protecting Your Skin

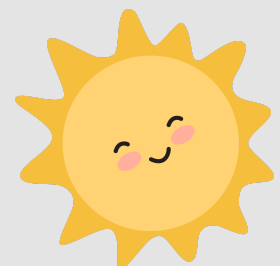
Enjoying the sunshine is wonderful, and a great way to get your vital Vitamin D - but it's essential to protect your skin.

Sun exposure is a major cause of skin cancer, the most common type of cancer in the UK.

Our top sun safety tips:

- **Sunscreen:** Use a broad-spectrum sunscreen with an SPF of 30 or higher. You will need to re-apply this every two hours or so.
- **Protective clothing:** Wear hats and long sleeves when possible.
- **Seek shade:** Avoid prolonged sun exposure during peak hours (11 am to 3 pm).
- **Skin cancer awareness:** Remember, even one episode of sunburn significantly increases your risk of skin cancer. Regularly check your skin for any changes and consult a doctor if you have any concerns.

You can read more about sun protection on the **[British Association of Dermatologists' website](#)**.



Bowel Cancer

Bowel cancer screening is currently offered to everyone aged 54 to 74 every 2 years.

It will soon be offered to **everyone aged 50 to 74**, so you may be sent a home test kit now if you're aged 50 or over. This is because your risk of getting bowel cancer gets higher as you get older.

You can also get screening for bowel cancer **every 2 years** if you're **aged 75 or over**, but you need to call the Bowel Cancer Screening helpline on 0800 707 6060 and ask for the test.

If you think you're eligible for bowel cancer screening but you've not been invited, or had your test kit, call the bowel cancer screening helpline on 0800 707 6060.



Hospital Passport

For help in the hospital with your Learning Disability

A hospital passport tells the hospital about your healthcare, your learning disability, how you like to communicate and how to make things easier for you.

You can carry your hospital passport with you and show it to healthcare staff at the hospital.

It can help you to get the care you need in an easier-to-understand way. Hospital passports can get lost in hospital so it's a good idea to have more than one copy.

Please click this link to find a hospital passport template - <https://www.mencap.org.uk/advice-and-support/health-coronavirus/health-guides>



This is for you to fill in, with help from family, friends and carers. If you would like help completing this, please book a 20-minute face-to-face appointment with our GP Assistant, Sadie.



Our GPs and their skillsets

Your GP surgery is more than doctors!

At Welbeck Road Health Centre, we pride ourselves on our diverse and skilled general practice team, dedicated to providing exceptional healthcare.

Our practice includes a wide range of practitioners, each selected to ensure that our patients receive the highest quality care tailored to their specific needs. Whether you require medical advice, support, or treatment, our team is here to help.

Our friendly Reception Team is your first point of contact. They are trained to assist you in connecting with the right healthcare professional—someone who is best equipped to address your concerns.

This might be a knowledgeable member of our pharmacy team, an experienced nurse, an advanced nurse practitioner, a compassionate social prescriber, a first contact physiotherapist for musculoskeletal issues, a paramedic, or a trusted GP.

We invite you to explore more about our dedicated team and the various services we offer to support your health and well-being.

You can learn more about our entire team here.



Home-Start Funding

Home-Start High Peak is proud to announce that it has secured vital National Lottery funding for the period 2025–2030, enabling a transformative support programme for vulnerable families and children across Chesterfield and Bolsover.

The five-year initiative will focus on delivering personalised, in-home support to families in some of the most disadvantaged areas of North Derbyshire. Priority communities include Grangewood, Loundsley Green, and Middlecroft in Chesterfield, and Carr Vale, Shirebrook, and Creswell in the Bolsover area.

Thanks to this funding, we will recruit key personnel, including a Coordinator and a team of 10 trained volunteers in the first year (expanding to 22 by year three). This expansion will significantly increase our capacity to work closely with up to 20 families and 45 children annually.

A Holistic Approach to Family Wellbeing

Our work will focus on improving:

- Mental and physical health
- Confidence, self-esteem, and life skills
- Financial literacy and debt management
- Literacy, numeracy, IT skills, and job readiness
- Social connection and reduced isolation

For children, outcomes include:

- Improved emotional well-being and behaviour
- Better communication and focus
- Enhanced school readiness and engagement



Strengthening Our Community

This project goes beyond individual support. By building capacity within our organisation and offering comprehensive training in areas such as Neurodiversity, we aim to be a trailblazer in innovative, family-centred support. The wider community will benefit from:

- Increased volunteering opportunities
- Reduced pressure on statutory services like the NHS and social care
- Stronger partnerships with schools, nurseries, local authorities, and specialist agencies
- A coordinated approach to tackling poverty and deprivation in North Derbyshire

"Thanks to National Lottery players, this funding will help us bring long-term change to families who need it most. Our aim is to be there at the right time, in the right way, with compassionate, effective support that changes lives."

Anthea Murfin, CEO, Home-Start High Peak

For more information, please contact:

Email: admin@homestarthighpeak.org.uk

Contact number: 07971957668

Website: www.homestarthighpeak.org.uk



Important Contact Numbers

Important Contact Numbers



Hospitals

- Chesterfield Royal Hospital - 01246 277271
- Northern General Hospital - 0114 243 4343
- Royal Hallamshire Hospital - 0114 271 1900
- Sheffield Children's Hospital - 0114 271 7000
- Weston Park Hospital - 0114 226 5000
- Walton Hospital - 01246 51 51 51

Urgent Treatment Centres (walk-in and NHS 111 appointments)

- Whitworth Hospital - 01629 580211
- Buxton Hospital - 01298 214000
- Ripley Hospital - 01773 743456
- Ilkeston Hospital - 01159 305522
(Ilkeston is currently operating on appointment only via NHS 111)

Pharmacies

- Day & Night - 01246 822 208
- Rowlands - 01246 822 320
- Calow Pharmacy - 01246 222 582
- Pharmacy @ The Royal - 01246 512 152
- Medicine's Order Line - 01246 588860

Community Midwifery Services

- **Inkersall Community Base**
Monday to Friday 8am-4pm
Telephone: 01246 470684
- **Chesterfield Community Base**
Monday to Sunday 8am-4pm
Telephone: 01246 206161
- **Clay Cross Community Base**
Monday to Friday 8am-4pm
Telephone: 01246 868875
- **Darley Community Base**
Monday to Friday 8am-4pm
Telephone: 01629 593019

Self-Referral Services

- Physiotherapy / MSK - 01246 565050
- Sexual Health (Wheatbridge) - 0800 3283383
- Continence Service - 01773 546868
- Live Life Better Derbyshire - 0800 085 2299
- Derbyshire Recovery Partnership - 01246 206514
- StepChange (Debt Support) - 0800 138 1111

Helplines

- Emotional Support Helpline - 01773 734989 or Text - 07537 4100028
- Derbyshire Mental Health Support - 0800 028 0077
- Samaritans - 116123
- Relate - 01246 382772
- Talking Mental Health Derbyshire - 0300 1230542
- NSPCC Childline - 0800 1111
- SAIL (Sexual Abuse and Incest Line) - 0800 0282678
- Perinatal Mental Health Service - 01332 623911
- District Nursing Team - 01332 564900
7 days a week, 8am-6:30pm
- Health Visiting Team (Derbyshire Family Health Service) - 01246 515100
Monday to Friday, 9am-4:30pm
- Social Care - 01629 533190
- Derbyshire Carers - 01773 833833
- Citizens Advice - 0800 250 5702
(option 4 to speak to your local office)
- NHS - 111

PLEASE CLICK THE IMAGE TO VIEW A LARGER VERSION TO SAVE FOR FUTURE REFERENCE. THANK YOU.

Practice Updates

We are looking to recruit for the position of "Data Administrator". This role has a strong emphasis on the use of technology and data. The postholder will be expected to utilise IT systems effectively, manage clinical searches, support Quality and Outcomes Framework (QOF) initiatives, ensure compliance with Care Quality Commission (CQC) standards and contribute to various data reporting requirements.

The successful applicant will be hardworking, trustworthy, and able to work as part of a team.

This vacancy will close once the capped number of applicants has been reached.

To apply or view the role, please click the link [here](#).



Welbeck Road Health Centre

CQC overall rating

Good ●

7 January 2020

SCAN THE QR CODE USING
YOUR MOBILE CAMERA TO
PROVIDE FEEDBACK

Link: Welbeck Road Health Centre:
NHS Friends & Family Test (FFT)



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.



Welbeck Road Health
Centre & Glapwell



@welbeckroadhc



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