

WELBECK ROAD HEALTH CENTRE

Newsletter



“One Stop Shop” for diagnostics improves patient access

As part of a £29.9m investment in ‘one-stop-shop’ Community Diagnostic Centres (CDCs) in Derby and Derbyshire, Walton Hospital’s CDC opened two new services in December 2023, with further enhancements and developments planned throughout 2024.

Walton Hospital, located in Chesterfield, Derbyshire, opened its phlebotomy (blood test) and ultrasound diagnostic services in December, allowing more flexibility and choice for patients. The service is run by colleagues and teams from Chesterfield Royal Hospital NHS Foundation Trust.

CDCs are ‘one-stop shops’ designed to provide an easier and altogether better patient experience by having a host of diagnostic facilities and services in one place. Where previously some diagnostic procedures needed to be completed in different locations and at different appointment times, there is now greater flexibility and options for patients – including tests completed under ‘one roof’ and closer to patients’ homes: reducing the need for travel and providing improved access.

Walton Hospital, part of Derbyshire Community Health Services NHS Foundation Trust, was awarded £5.2m to develop a state-of-the-art building dedicated to a Community Diagnostic Centre. The site will host temporary rooms for the phlebotomy and ultrasound provision, whilst the purpose-built CDC is constructed. It is expected to be fully operational by September 2024. Walton Hospital is already home to a CT scanner and has already seen more than 3,000 patients since it arrived in early 2023.

Patients have the flexibility to choose where they would like to go for their blood tests and/or ultrasound appointments, and they may receive an appointment quicker if they choose to attend a Community Diagnostic Centre.

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





Living Well Derbyshire and Derby Wellbeing Service

Living Well Derbyshire (serving Derbyshire county) and Derby Wellbeing (serving Derby city) offer short-term care packages of up to 12 weeks for people who may be too unwell to be supported by their GP, but do not meet the criteria for a Community Mental Health Team service. The Living Well Derbyshire and Derby Wellbeing teams include people from health, social care and voluntary sector organisations to ensure people using the service can access a range of support to help them to keep well within their community.

For further information, please visit the Living Well Derbyshire website -
<https://livingwellderbyshire.org.uk/>

To find out what's been happening over the past year, and plans for 2024, visit -
[Derbyshire Living Well Website](#) OR [Bolsover Living Well Collab Newsletter 2024](#)



Dealing With Loneliness

Feeling lonely?

Help and support is available.

Loneliness can affect us in many situations, but there are things you can do to help.

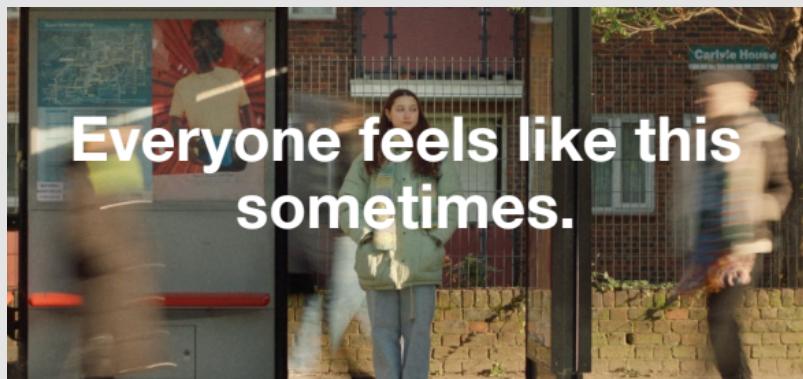
We're all affected by loneliness at times in our lives. We can feel lonely in a busy city or rural location, on social media or spending time on our own or with others. Try not to feel embarrassed or ashamed if you do. #EveryMindMatters

Loneliness. It's a part of life.

Let's talk about it.

Find out tips on how to cope by visiting:

['Better Health, Every Mind Matters'](#)





Have you had your MMR Vaccine?

Measles, mumps, and rubella are highly infectious illnesses that can easily spread between unvaccinated people. The complications from these diseases can be life-changing. It's more important than ever to keep children safe by getting them vaccinated as cases of measles have risen across the East Midlands.

If unvaccinated, nine out of ten children in a classroom will catch measles from an infected classmate. One in five children will require a hospital visit and one in fifteen children will have complications from being unwell with measles, such as meningitis and sepsis.

The MMR vaccine is one of the most studied vaccines and millions of doses are given every year. This means the MMR vaccine is safe to be given to children.

Two doses of MMR vaccine should provide long lasting protection.

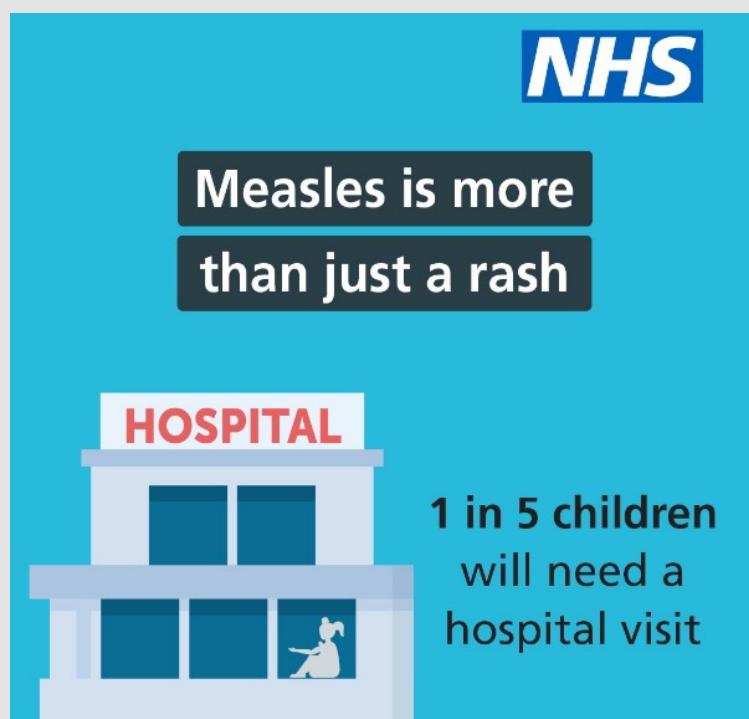
The first dose is given after a child's first birthday.

The second dose is given at 3 years 4 months old, or soon after, to protect them before they start school.

Anyone who has not had 2 doses of the MMR vaccine should ask their GP surgery for a vaccination appointment.

If you, or your child needs the MMR vaccine, please speak to your GP.

Visit the NHS Website for more information by clicking [here](#).





Hubs Mobility Advice Service

If you have restricted mobility, are considering retirement from driving, or have a disability, the Hubs Mobility Advice Service (HMAS) aims to provide all the answers you need for stress-free travel without a car.

HMAS is a **FREE** information and guidance service on the best accessible travel options for you. It is provided through our website (<https://www.hubsmobilityadvice.com/>) and via 15 of the 20+ Driving Mobility centres nationwide.

Who can use our services? The answer is anyone!



For tailored travel advice or for more information, contact your local Hubs service by emailing - Maxine.bass@nhs.net

Health and Wellbeing at the touch of a button

Did you know you can get quality assured health and wellbeing apps at the touch of a button?

Derbyshire County Council is working with Orcha - The Organisation for the Review of Care and Health Applications - to provide an online library of digital health and wellbeing support.

From support for long term health conditions to apps that can help you to stop smoking, sleep better and improve your mood, there's 100s to choose from.

Each app has been assessed against a wide range of criteria including clinical assurance, ease of use and data protection.

Visit the Derbyshire Orcha Health website (<https://derbyshire.orchahealth.com/en-GB>) to search and download apps.





Get your Blood Pressure checked

People in Derbyshire aged over 40 – particularly those at higher risk of cardiovascular disease – are being urged to get their blood pressure checked at their local pharmacy.

The awareness-raising drive follows the success of a project in the autumn which saw 4,113 people at high risk have their blood pressure checked by GPs, pharmacists and trained local community volunteers.

As a result more than 1,228 high or very high blood pressure readings were recorded.

Evidence shows that people of Asian or Black and African Caribbean heritage have a higher than average risk of high blood pressure. Around 16% of people in Derby are of Asian heritage and 4% are of Black heritage, according to the 2021 Census.

High blood pressure has been reported in almost 70% of stroke patients and it causes half of all heart attacks, but it has no noticeable symptoms – leading it to be called “the silent killer”.

A simple blood pressure test can indicate if someone’s blood pressure is too high. They then can be offered medication or lifestyle advice to lower it and significantly lower their risk of heart attack and stroke.

We welcome our patients to pop into Welbeck Road Health Centre and speak to the Reception Team to either; book an appointment to have your B/P, height and weight checked with one of our Health Care Assistants, **or**, ask the receptionist for a **token** to take your height, weight and blood pressure using the machine in our Waiting Area. This machine will print out a receipt with your readings on. We politely ask for you to then give this to the Receptionist for them to add these measurements to your health record.

P.S - this machine in our Waiting Area won't ever read your measurements out loud.

Alternatively, click here to find a local pharmacy
<https://www.nhs.uk/nhs-services/pharmacies/find-a-pharmacy-that-offers-free-blood-pressure-checks/>

NHS

High blood pressure is responsible for more than half of all heart attacks...

... but is one of the most preventable and treatable conditions





Pharmacy First

Pharmacists can give you advice on a range of conditions and suggest medicines that can help.

The **7 conditions** included in the service are:

<u>Condition</u>	<u>Age Range</u>
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Earache:	1 to 17 years old
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Impetigo:	1 year and over
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Infected Insect Bites:	1 year and over
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Shingles:	18 years and over
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Sinusitis:	12 years and over
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Sore Throat:	5 years and over
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Uncomplicated UTIs in Women:	Women aged 16-64 years
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Other eligibility criteria:

- **Earache:** This service is not suitable for patients suffering with recurrent acute otitis media (3 or more episodes in 6 months or four or more episodes in 12 months)
- **Impetigo:** This service does not cover patients suffering from bullous impetigo or recurrent impetigo (defined as 2 or more episodes in the same year)
- **Shingles:** This service is not suitable for pregnant individuals
- **Sinusitis:** This service does not cover immunosuppressed individuals, or patients suffering with chronic sinusitis (sinusitis that causes symptoms that last for more than 12 weeks)
- **Uncomplicated UTIs in women:** This service is not suitable for pregnant women, patients with a urinary catheter, or patients who have suffered from recurrent UTI (2 episodes in last 6 months, or 3 episodes in last 12 months)

If a pharmacist then prescribes medication to treat your ailment, it is exactly the same as if it came from your GP.

This will help free up ten million doctors' appointments, meaning those who genuinely need to see a GP can do so more quickly, helping to continue to drive down wait times.

Find a Pharmacy - <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

For more information about Pharmacy First, visit the NHS Website - <https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/>



Think pharmacy first

See your pharmacist
Help us help you



Welbeck Road Health
Centre & Glapwell



@welbeckroadhc



@WelbeckRoadHC



Think Which Service

- Self Care
- NHS 111
- Pharmacy
- GP
- Urgent Treatment Centres
- Emergency Department or 999



Please 'Think Which Service' you need!

Find out what service to use and when, by either clicking here on the: [Chesterfield Royal Hospital website](#) or view the image below.

 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
Minor cuts & grazes Minor bruises Minor sprains Coughs and colds	Minor illnesses Headaches Stomach upsets Bites & stings	Feeling unwell? Unsure? Anxious? Need help?	Persistent symptoms Chronic pain Long term conditions New prescriptions	Breaks & sprains X-rays Cuts & grazes Fever & rashes	Choking Chest pain Blacking out Serious blood loss

Team Member Update

We have Dr Uzair Amjad, who has previously worked as a GP Locum for us, joining us as a permanent member of staff from August!

We have welcomed 3 lovely new Receptionists, Lauren, Lianna and Kirsty!

Our current GP registrars are: Dr Helen Teahan, Dr Benedict Daudu, Dr Anthony Amrasa and Dr Malak Ali.

It is with great sadness we announce, after many years of working at the practice, Julie, one of our Admin Team, will be leaving us at the end of March, for a well-deserved retirement!

