

# WELBECK ROAD HEALTH CENTRE

## Newsletter



### GP Nature Project with the Derbyshire Wildlife Trust

We have recently started to take part in a GP nature project to promote nature as a way to improve mental wellbeing. This is in conjunction with the Derbyshire Wildlife Trust.

Part of this involves having a dedicated noticeboard in reception to both publicise the idea of nature and wellbeing. There is also a space to inform patients about local walks, groups and activities which promote nature.

It would be helpful to have a patient with a love of nature who would be willing to check the noticeboard occasionally and update it. They would have a practice member of staff to liaise with, and a link to Derbyshire Wildlife Trust so they can be sent replacement or new posters and information as required.

\*Please let us know if you would be interested in taking on this role.

Dr. Amir Khan, a GP and Ambassador for **The Wildlife Trusts**, produced a film that shows the Health and Wellbeing benefits of The Wildlife Trusts places and activities.

Watch the film here :

[https://youtu.be/p9I\\_jExe2I4?si=Gf5y8il7gQydLly-](https://youtu.be/p9I_jExe2I4?si=Gf5y8il7gQydLly-)



## Men's Health Week 10th-16th June 2024

**"1 man in 5 dies before the age of 65. TOGETHER we can change that"**

Men don't talk, we're told. So for Men's Health Week 2024 we're encouraging men to share their stories.

We're taking our lead from King Charles who, earlier this year, shared that he had a problem with an enlarged prostate. On the day after his announcement, there were 16,410 visits to the relevant National Health Service website page compared with 1,414 visits the previous day.

Prostate Cancer UK saw an almost doubling in the number of users of its online risk checker.

This goes to show the difference that honest sharing can make.

Most of us won't have same impact as the King - for a while in the UK media, it was difficult to avoid urologists talking about the prostate and the things that can go wrong with it - but if there is a taboo about men's talking, well, the best way to beat a taboo is to ignore it.

But it's not just prostates we should be talking about.

Whatever's going on with your health, sharing it may well help you and, by putting a difficult topic on the agenda, it will certainly help others.

**MEN'S  
HEALTH  
FORUM**



## Prepare For The Warmer Weather

- Be sun smart - It's best to avoid going out during the hottest hours of the day. Make sure you remember to: Wear and regularly reapply sunscreen. Cover your head with a hat. Take regular breaks indoors, or in a shady area. Wear light-coloured, loose-fitting clothing.
- Drink plenty of water
- Limit your alcohol intake - it causes dehydration and can make it harder to sleep at night
- Eat light, well balanced meals
- Limit physical activity to cooler parts of the day
- Keep your home cool - keep blinds/windows shut until the night
- Know the risks - for more info visit: <https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>



## National Patient Participation Week / PPG Awareness Week 2024

As we are Celebrating Patient Participation Group Awareness Week (from the 3rd of June to the 9th of June 2024), we thought it a good opportunity to let you know about our own PPG.

Since 2016, having a PPG is a **contractual requirement**. At our regular, currently online, meetings, the group, **made up of both patients and staff**, discuss **patient feedback and share ideas on how our services could be improved**, keeping in mind the NHS guidelines. We also discuss our Practice Newsletters which are distributed quarterly.

Currently, our PPG is ran predominantly by staff. The Team at Welbeck Road Health Centre is now desperately trying to get the PPG up and running with you as our patients leading the group, as you are the eyes and ears to show us exactly how our patients view the Practice from your own perspective.

We are very open in terms of wanting to receive any kind of feedback to get the ball rolling with members leading the PPG.

If you are a patient at our Practice, and want to get involved, or are interested in volunteering for either an interim chair, interim vice chair and secretary - please let us know by emailing:

**[ddicb.wrhcpatientinformation@nhs.net](mailto:ddicb.wrhcpatientinformation@nhs.net)**

**Send your feedback to the above email address in time for our next meeting in July.**



**Did you know...  
The first Patient Participation Group was set up by a GP in 1972?**



**Have Your Say Patient Participation Group**



## Social Prescribing for Young People

Follow the QR code  
for more information



Based at the Hub at the Chesterfield FC Community Trust Football Stadium, S41 8NZ, **Thrive** are a small group of professional link workers who have a passion for supporting young people to achieve their full potential and thrive within their communities.

They are dedicated to providing an excellent Social Prescribing service for 11-18yr olds (19-25 with additional needs) in the Chesterfield, Bolsover and North Hardwick areas. [Click here](#) or scan the QR code for more information and how to self refer.



## Free Baby & Toddler Group (term time only)

There is just less than one week to go until The Freedom Project's new Baby & Toddler Group opens it's doors!

Running on **Wednesdays**, from **9am to 11am (term time only)** at **Bainbridge Hall, Carr Vale**.

Their new group aims to bring parents of little people within our community together for friendship, support and fun.

If you or anyone you know would benefit from the group, please share this information, and come along to join them!

Visit their website here:  
<https://freedom.charity/>

**“ Supporting, Connecting,  
Empowering ”**



**BABY & TODDLER GROUP**  
Starting  
**Wednesday 5th June**  
Bainbridge Hall, Carr Vale  
**9am to 11am**

**FREE**

Running every Wednesday  
**Term Time Only**  
Toys/Games/Crafts/Free Café

info@freedom.charity 0300 3020334



## ***New Changing Lives Wellbeing App***

Compass Changing Lives have been developing a brand new Mental Health and Wellbeing App that is available to download for free now on Android and iOS devices.

The mission of Compass Changing Lives is to provide **mental health support to children and young people across Derby and Derbyshire**, and part of that mission is finding new ways to provide that support by making it more accessible. This upcoming app will have a suite of features that make **accessing mental health support easier than ever**.

Children, young people, parents, carers and professionals will be able to access tailored **mental health resources in the palm of their hand**. Signing up for mental health support from the service has never been quicker, with a speedy sign up procedure through the app. Perhaps best of all is the brand new instant messaging service, that allows you to talk one to one with a practitioner using your phone.



To download the app, scan the QR code below:



## ***Exam Stress Support***

During exam season pressure and stress can be incredibly high.

If you've got children or other family members studying at the moment then there's support to help their emotional health and wellbeing.

Derbyshire County Council has put together a range of quality assured free health apps to help.

These free health apps will help you to look after your mental health, get enough sleep, eat healthily and boost your brainpower - from revision to results day and beyond.

Find out more, and [download them on the Orcha site here.](#)

**EXAM  
STRESS?  
GET ONLINE  
SUPPORT.**



## 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:

### Condition

### Age Range

Earache:	1 to 17 years old
Impetigo:	1 year and over
Infected Insect Bites:	1 year and over
Shingles:	18 years and over
Sinusitis:	12 years and over
Sore Throat:	5 years and over
Uncomplicated UTIs in Women:	Women aged 16-64 years



### **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



## Derbyshire Safe Place

We are now a registered Derbyshire Safe Place. This means we offer help if someone is anxious, scared or at risk while they are out and about and enter our premises looking for support. You can download the free Safe Places app to your smartphone. This can direct you to your nearest open Safe Place and can work by voice activation.



Click here for information about 'Derbyshire Safe Places' and 'Keep Safe Cards' - <https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/keeping-safe/derbyshire-safe-place-scheme/derbyshire-safe-place-scheme.aspx>

## Practice Updates



- We have administered 896 Spring Covid Booster Vaccinations to our eligible patients for this campaign.
- Throughout May, we received 198 responses for our Family and Friends test. One of the responses were as follows: **“My appointment with the nurse was on time. She was friendly and professional, explaining everything as I had my annual check up.”**
- As we are a training Practice, we have medical students joining us sporadically throughout the year (2024). The medical students will be seeing patients accompanied by a GP Partner, or sitting in consultations with some of our other clinical team members.
- We have welcomed Kelly, a new member of our Dispensary Team.
- We will be closed on the following afternoons from 12:30 for our Quest Sessions (training): Wednesday 12th June and Wednesday 10th July. There are no Quest sessions in August.
- We are now a Registered Medical Research Practice, which means we will be involved with Clinical Trials and Research.
- We have a new telephone system installed, which has the functionality to cancel appointments using your key pad. We hope this also improves the telephone queues.

