

WELBECK ROAD HEALTH CENTRE

Newsletter



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
- Wear shoes or slippers with a good grip to help prevent falls
- Your local council offers a range of support and services to keep you healthy
- Keep warm. Heat rooms that you use most often 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
- 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, antihistamines and a First Aid Kit
- If you can, stay at home if you do get ill and continue to wash your hands regularly
- Contact NHS 111 online or by telephone if you're worried about any symptoms or are suffering from mental health issues



Joined Up Care Derbyshire's self-care page provides a wealth of information on managing common conditions.

Click here to read an overview of the main types of services Derbyshire Healthcare offers

Think Which Service This Winter

 <p>Self Care Care for yourself at home</p> <p>Minor cuts & grazes Minor bruises Minor sprains Coughs and colds</p>	 <p>Pharmacy Local expert advice</p> <p>Minor illnesses Headaches Stomach upsets Bites & stings</p>	 <p>NHS 111 Non-emergency help</p> <p>Feeling unwell? Unsure? Anxious? Need help?</p>	 <p>GP Advice Out of hours: Call 111</p> <p>Persistent symptoms Chronic pain Long term conditions New prescriptions</p>	 <p>UTCs Urgent Treatment Centres</p> <p>Breaks & sprains X-rays Cuts & grazes Fever & rashes</p>	 <p>A&E or 999 For emergencies only</p> <p>Choking Chest pain Blacking out Serious blood loss</p>
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Welbeck Road Health
Centre & Glapwell



@welbeckroadhc



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Vaccine Campaign Update

We are now offering appointments for eligible patients to have their COVID, FLU, NASAL SPRAY FLU and RSV vaccinations this Autumn/Winter.

Your GP Surgery is the safest place to have your vaccine/s!

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

Who is eligible?

RSV Vaccine

- aged 75 to 79 (or turned 80 after 1 September 2024)
- over 28 weeks pregnant

Covid Vaccine

- adults aged 75 years and over
- immunosuppressed individuals

Flu Vaccine

- pregnant women
- everyone aged 65 years and over
- individuals aged 18 to under 65 with certain long-term health conditions
- those living with people who are immunocompromised
- frontline health and social care workers
- all children aged 2 or 3 years on 31 August 2025 (nasal)
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person



Remainder Clinics

COVID and/or Flu Clinic/s

- Saturday 4th October at Welbeck Road Health Centre
- Thursday 9th October at Glapwell Community Centre

Children's Flu Clinic/s

- Tuesday 23rd September

Pregnant Ladies' Flu Clinic

- Wednesday 24th September



Home Visits

We will reach out in due course to arrange home visits for any housebound patients.

Home Visits are scheduled to begin on the 4th of October, and then sporadically. You will be contacted if you are housebound.



Stoptober

Stoptober is back! Join thousands of other smokers committing to quit this October. Even if it's your first time or you've tried before, now is the perfect time to quit smoking. Make it to 28 days smoke-free and you're 5 times more likely to quit for good. There's no need to go it alone. With these free tools, advice and support, quitting is easier than you think. We've got your back as you take on the challenge.

You'll notice some benefits within days or weeks:

- your senses of taste and smell improve
- you start to breathe more easily
- you have more energy

Other benefits will follow, including:

- better blood circulation to your heart and muscles, which will make physical activity easier
- improved lung function, leading to reductions in any cough, wheezing or other breathing problems



Did you know?

The average smoker can save around £49 a week by quitting smoking. That's over £2,500 a year!

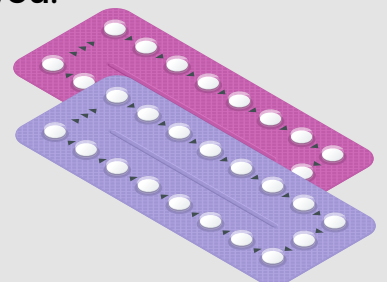
Get the pill quickly and confidentially at your local Pharmacy

Thanks to the NHS' community pharmacy oral contraception service, you can now get the contraceptive pill for free, directly from your local pharmacy and without needing a prescription or an appointment with your GP.

Whether you're starting contraception for the first time or need a repeat supply, your local pharmacist is there to help.

The service is delivered by trained pharmacists in a private consultation room. Everything you discuss is confidential, and your pharmacist will talk through your options and check your health to make sure the pill is right for you.

Find your local pharmacy and ask about oral contraception.

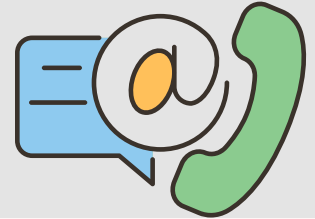


Contact Details

Please make sure we have your correct contact details, particularly your mobile number.

We frequently send appointment reminders and other information via text. Also, we may need to contact you at short notice.

If you wish to opt out of text messages, please let us know!



Bowel Cancer Screening

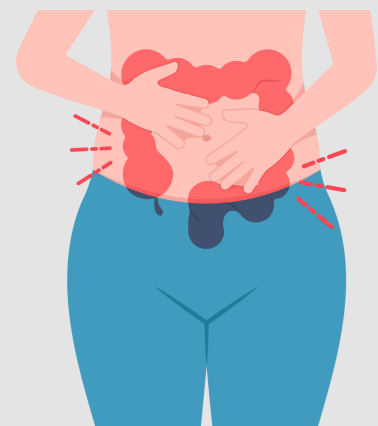
Bowel cancer screening is currently offered to everyone aged 54 to 74 every 2 years.

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 have not had your test kit, call the Bowel Cancer Screening helpline on 0800 707 6060.



Remaining Bank Holiday and Training Closure Dates

Our practices will be closed on the following dates for bank holidays in 2025, unless stated otherwise.

Any pre-booked routine appointments scheduled to happen during these times as part of our Enhanced Access will go ahead as planned.

- December 25th - Christmas Day
- December 26th - Boxing Day
- January 1st 2026 - New Year's Day



CLOSED

On a QUEST (training) day, all the practice buildings will close at 12:30, and the telephones will be switched over to the out-of-hours providers, Derbyshire Health United.

The remaining QUEST dates for 2025 are as follows:

- October 8th
- November 12th

There will be no Quest Training afternoons in December this year (2025).

IF YOU NEED MEDICAL ATTENTION WHEN THE SURVEY IS CLOSED, YOU CAN VISIT NHS 111 ONLINE OR CALL 111.

IN A GENUINE EMERGENCY, CALL 999. THIS INCLUDES CHEST PAIN AND OR / SHORTNESS OF BREATH.

Did you know?

We've launched a WhatsApp channel – a quick, secure way for our registered patients to get updates from us straight to their phone.

It's a one-way broadcast channel, separate from your main chat feed on WhatsApp.

Once you've joined, you'll find it under the 'Updates' tab in the WhatsApp app.

You won't be bombarded with messages – just regular updates from us that you can check in your own time, such as:

- General Practice information and updates
- National vaccination campaign updates
- Job opportunities
- Local information



Joining is easy – just click this link <https://whatsapp.com/channel/0029Vb6A8NS1Xque9uKPi11r>

Once you're in, tap 'Follow' in the top right-hand corner to start receiving updates automatically. It's ideal for anyone who doesn't use other social media platforms but still wants to stay in the loop.

Please be assured: there is no data exchange, so we're unable to see our followers' phone numbers.



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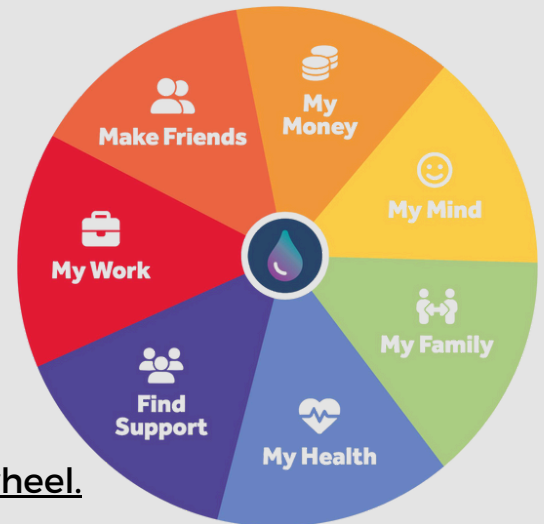


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Treacle

If you need support on:

- Debt and benefits
- Homelessness
- Mental health issues
- Family issues
- Health concerns
- Employment



Take a look at – www.treacle.me

Just click on the appropriate section on the Treacle wheel.

Treacle is a social prescribing directory of organisations in Bolsover, Derbyshire and nationally that offer support in a wide range of subject areas.

It is free, easy to use, with lots of information in one place.

All the organisations are there to help you, so don't struggle alone.

Practice Updates

- We have two contractors who are replacing some of the paving slabs around the building. They will be here today and tomorrow. (22nd and 23rd September). The contractors will cordon off the area they are working on so the patients that are coming in and out of the building will not be inconvenienced or at risk.
- We're currently awaiting clarification regarding some contractual changes coming into effect for all GP practices from 1st Oct 2025 (relating to how we approach/offer appointments). We received more information yesterday from the BMA and LMC, and hope to have more clarity soon.

September's Friends and Family Feedback:

- "I suffer with quite a bad blood phobia and dread having blood taken. The phlebotomist I saw was very friendly and supportive during the blood draw and helped me through the inevitable reaction post draw. I can't thank her enough for her support"
- "I saw a student doctor who was the most pleasant and professional person. I felt like he really listened to my concerns and was very thorough and gave me the time to talk."
- "New phone system a lot better."

"Your health is our concern, but your responsibility"

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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