

WELBECK ROAD HEALTH CENTRE

Newsletter



New 'Healthy Beginnings' campaign launches to support parents-to-be

A new Derbyshire-wide campaign is launching to help parents-to-be access clear, trusted and up-to-date information about having a healthy pregnancy.

Healthy Beginnings brings together expert advice, local services and practical guidance for anyone planning a family or already expecting.

The campaign - created by Derbyshire County Council in partnership with Derby City Council, Joined Up Care Derbyshire and local health organisations - highlights how small steps before and during pregnancy can make a big difference to a baby's long-term health.

This includes support on maintaining a healthy weight, taking folic acid, stopping smoking, reducing alcohol, being up to date with vaccinations, and managing long-term conditions.

It also shares tips on nutrition, exercise and emotional wellbeing.

Throughout 2026, the campaign will run across social media and through local health and community partners.

Parents-to-be can find:

- Advice from NHS and maternity experts
- Tips on staying healthy and active during pregnancy
- Practical guidance on preparing for pregnancy and birth

Find out more here: <https://derbyshirefamilyhealthservice.nhs.uk/our-services/pregnancy>



Celebrating social prescribers transforming lives across Derbyshire

We are celebrating National Social Prescribing Day (26.03.26) with a deep dive into some of the teams and schemes helping thousands of people in Derbyshire.

Social prescribing is already changing lives across Derbyshire.

In Bolsover, people have overcome long-term isolation by joining walking groups and community activities.

In Chesterfield, social prescribers have helped people in crisis find safe housing and stabilise their lives.

A new training programme to increase professional development and give social prescribers access to peer support began this year, funded by the Hub + Derbyshire. The year-long initiative aims to strengthen peer support, improve wellbeing and highlight the impact the region's 80-plus social prescribers make every day.

Social prescribers work with anyone over 18 who needs help with the non-medical issues that shape health – housing, finances, caring responsibilities, loneliness, chronic pain, or simply the confidence to re-enter community life.

Social prescribing development worker Rachel Metcalfe supported an elderly couple who initially seemed to have everything in place – stairlifts, equipment, and a strong professional background. But beneath the surface, they were struggling.

“They didn’t know about attendance allowance. They didn’t know about carer support,” Rachel said. Over seven to eight months, she helped them access benefits, emergency carer support and eventually regular care visits.

“The change was profound,” she said. “When he did feel a bit better, they went out together just to the local church, and he said, “You’ve given us a new lease for life.”

If you're interested in social prescribing, please speak to your GP.



Meningitis: Parents, young people and students urged to check vaccination status

Parents, young people and students are being urged to check their vaccination status following an outbreak of meningitis in other parts of the country.

Meningitis can be very serious if not treated quickly and can cause life-threatening sepsis and result in permanent damage to the brain or nerves.

It can affect anyone, but is most common in babies, young children, teenagers and young adults.

Vaccinations offer some protection against certain causes of meningitis.

These include the:

- **MenB vaccine** - offered to babies aged 8 weeks, followed by a second dose at 12 weeks and a booster at 1 year
- **6-in-1 vaccine** - offered to children at 8 weeks, 12 weeks, 16 weeks and 18 months
- **Pneumococcal vaccine** - 2 doses offered to babies at 16 weeks and 1 year, and a single dose offered to adults aged 65 or over
- **MMRV vaccine** - offered to children at 12 months and 18 months
- **MenACWY vaccine** - offered to teenagers, sixth formers and “fresher” students going to university for the first time

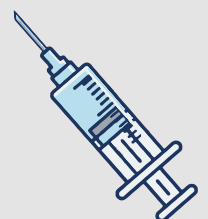
Click here to **[find out more about meningitis vaccination.](#)**

Symptoms of meningitis develop suddenly and can include:

- a high temperature (fever)
- being sick
- a headache
- a rash that does not fade when a glass is rolled over it (but a rash will not always develop)
- a stiff neck
- a dislike of bright lights
- drowsiness or unresponsiveness
- seizures (fits)

These symptoms can appear in any order, and you do not always get all the symptoms.

Call 999 for an ambulance or go to your nearest A&E immediately if you think you or someone you look after could have meningitis.



Derbyshire residents benefit from free Digital Weight Management Programme

More than 300 people across Derbyshire have improved their health and wellbeing through the Free Digital Weight Management Programme. The online programme offers a convenient way for adults to make sustainable lifestyle changes without the need for face-to-face appointments.

The programme runs for 12 weeks and is delivered entirely online, providing tailored advice on healthy eating, physical activity, and behaviour change techniques. In addition to personalised guidance, the app includes features such as progress tracking for weight, steps and measurements, and a “my journey” section showing weekly improvements.

People can access the programme via smartphone, tablet, or computer, making it flexible and easy to fit into daily life. Clinicians across Derbyshire are encouraging eligible patients to take advantage of this opportunity.

The programme is available to those with a BMI over 30 (or 27.5 for Black, Asian and minority ethnic groups) who are living with diabetes, high blood pressure or both.

The digital delivery of the programme removes barriers such as travel and waiting lists, making it easier for people to take control of their health from the comfort of their own home.

Obesity is a major risk factor for serious health conditions such as Type 2 diabetes, heart disease, and some cancers. By joining the Digital Weight Management Programme, people can take proactive steps to reduce these risks and improve their quality of life. Recent evaluations show that people who complete the programme achieve meaningful improvements in weight and overall health.

Stevie Marshall, 34, joined the programme while juggling a busy routine and found it surprisingly manageable.

He said, “I found it easy to use the app and my favourite part was the ‘my journey’ section, which showed my weight loss and activity changes. It helped me figure out how to do it without putting too much pressure on myself or feeling overwhelmed. I found the tracking of my weight, measurements, and steps a useful motivational tool; I was buzzing. That, coupled with the phone calls with my coach, made fitting the three-month schedule into my everyday life easier.”

Eligible residents can speak to their GP or local pharmacist to request a referral. Once referred, they will receive instructions to choose a provider and start their journey toward better health. For further information, visit [**NHS Digital Weight Management Programme**](#).



Community Mental Health Map

The Map brings together mental health and wellbeing support from across Derby and Derbyshire in one easy-to-use place, including urgent help if you're struggling right now, support after bereavement, peer and community groups, self-help guides, activities, and services for specific communities.

It is a free interactive map created and facilitated by the Derbyshire Recovery and Peer Support Service (DRPSS) to help people find support, connection, and a place to start.

Explore the layers to discover services, groups and activities across the county, and find the support that feels right for you, whether you're looking for immediate help, ongoing support, or simply somewhere to begin.

Visit the Community Mental Health Map by either scanning the QR code below or searching online for "Community Mental Health Support Map Derbyshire"



Community Mental Health Map

Looking for mental health and wellbeing support in Derbyshire?

A free, interactive map helping people and professionals find mental health and wellbeing support across Derbyshire.

- **This Month's Focus – awareness, information, & access to support** (Topic changes regularly)
- **If You're Struggling Right Now** – immediate & urgent support. (It's always okay to ask for urgent help when your safety is a concern)
- **Support After Bereavement** – services & groups following loss
- **Self-Help & Wellbeing Guides** – practical tools & self-care
- **Support Groups Led by Lived Experience** – peer-led, mutual support
- **Support for Ethnic Communities** – culturally informed support
- **Young People – Support & Wellbeing** – children & young people
- **Get Active & Outdoors** – movement, nature, & outdoor wellbeing
- **LGBTQI+ Support & Wellbeing** – inclusive support
- **Find Support & Services (A-Z)** – wider health & wellbeing provision

Just scan the QR code for full access



Head to: <https://dcmhsp.com/m/information> or do an online search: **Community Mental Health Support Map Derbyshire**

Derbyshire Recovery & Peer Support Service



Join us for our COVID & RSV Spring Vaccination Campaign 2026

Our Spring Campaign will this year be taking place between 13th April and 30th June 2026.

Scheduled clinic dates:

- Saturday, 25th April 2026 @ Welbeck Road Health Centre, 1B Welbeck Rd, Bolsover, Chesterfield S44 6DF
- Wednesday, 29th April 2026 @ Glapwell Community Centre, The Green, Glapwell, Chesterfield S44 5LW

THESE CLINICS ARE BOOKING UP QUICKLY

If you are eligible for your COVID vaccine booster this year, you will have received your invite to book your appointment with us. Please book via the link provided if you can do so - this will help keep our phone lines free for those who need urgent medical appointments. If you are experiencing any issues with booking online, please consider contacting us later in the day, when we are "likely" to be less busy.

Eligibility for our vaccine clinics:

- Adults aged 75 years and over (this includes those who turn 75 by 17 June 2025)
- Residents in a care home for older adults
- Individuals who are immunosuppressed, as defined in **COVID-19: the green book, chapter 14a: Tables 3 and 4**

If you are eligible for your **RSV vaccine**, you will also be offered this on the same day.

If you cannot make this date, please be assured that we will be arranging 'mop-up' clinics so that we can ensure everyone is protected.



Housebound Patients (Spring Covid Booster Campaign 2026)

We are reaching out to see if any **housebound** patients can attend the practice **by car** for their COVID vaccine this Spring.

If a family member/carer can bring you to **Welbeck Road Health Centre on Saturday, 25th April 2026**, a clinician will be available to vaccinate you in your vehicle in our car park.

PLEASE PHONE US ON 01246 823 742 IF YOU CAN ATTEND IN YOUR CAR TO SECURE YOUR SLOT

You are **eligible** for a Spring Covid Booster if you are:

- Aged **75 years and over**
- Aged **18 years and over** with a **weakened immune system**
- A resident in a **Care Home** for older adults



Practice Updates

Friends and Family Feedback: April 2026

193 Responses

- “This Surgery has always dealt with my medical needs promptly. Staff are always considerate and understanding.”
- “Using the online form, I received a telephone call from a GP, whilst on the call, he booked me in for blood tests the following day. Very prompt service and both the GP and clinic staff were very friendly and helpful.”
- “I couldn't wish for better care, mentally and physically. I have never had such quick appointments and calls from GPs enquiring about how I am ,best doctors I have had since moving. I thank you all from caring reception and pharmacy and the doctors are amazing thank you all.”
- “Sadie is amazing, she is a brilliant Phlebotomist and so empathetic. As are most of the staff, can't fault them & even when I have something to address they listened made me feel validated and not rejected. So 100% one of the best practices I've been under.”
- “The last two doctors I have see have both listened to me with empathy, taken my concerns seriously and been extremely thorough in ruling out other conditions.”

How likely are you to recommend us to friends and family if they needed similar care or treatment?

Extremely Likely - 139

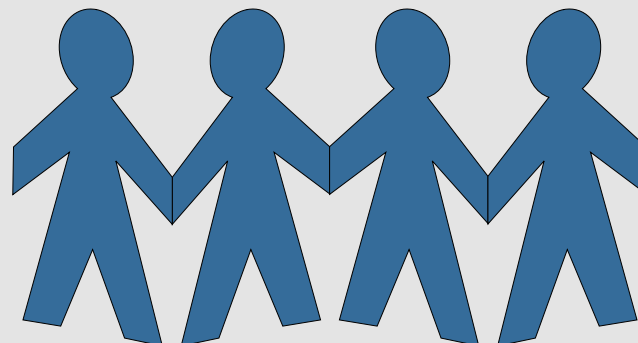
Likely - 36

Neither likely nor unlikely - 9

Unlikely - 5

Extremely Unlikely - 3

Don't Know - 1



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



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