



22 Nottingham Road,  
Somercotes, Derbyshire  
DE55 4JJ

Tel 01773 602141  
Fax 01773 601704/601708  
Email [SDERCCG.AdminSomercotes@nhs.net](mailto:SDERCCG.AdminSomercotes@nhs.net)

## Newsletter

### May 2022

Here is your May update:

#### New Website

We will be having a new website which launches on the week commencing 2nd May. You will be able to use the website for a number of requests such as test results, referrals, fit/sick notes and also use the messaging facility to get in touch with the practice although this service is not for urgent medical queries and we will aim to answer your queries within 72 hours.

#### Mailing List

If you would like to join please email [SomercotesmedicalcentrePPG@gmail.com](mailto:SomercotesmedicalcentrePPG@gmail.com)

#### Medicines Order Line

The Medicine Order Line (MOL) is under **increased pressure** at the moment. We recognise this is causing patient concern and we apologise for any inconvenience this is causing. MOL staff are working hard to resolve the temporary service issues. As a result, the time you are waiting in the call queue may be longer – please be patient

If any patients have access to email, please email the MOL with your name, date of birth, GP surgery and telephone number – one of the MOL operators will call you back within 48 hours to process your prescription request

- [ddccg.northmolonlinerequests@nhs.net](mailto:ddccg.northmolonlinerequests@nhs.net) for those who would normally call the 01246 number
- [ddccg.southmolonlinerequests@nhs.net](mailto:ddccg.southmolonlinerequests@nhs.net) for those who would normally call the 0115 number

If any patients have access to the internet / apps, could we please suggest you try these alternative ordering methods (online ordering via the practice / NHS app). This will free up the busy phone lines for patients who have no other means of ordering their repeat prescriptions

With the upcoming Jubilee bank holiday, the MOL is accepting prescription requests up to 14 days early rather than the usual 7 days early. This means prescriptions can be ordered from May 19



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### **Phone Lines**

As many of you are aware we have been experiencing problems with our phonedlines. You will be pleased to know that we will be upgrading our phones week commencing 6th June 2022. I would like to take this opportunity to thank you for your patience and understanding for any inconvenience this may have caused you.

### **May Day (1st May)**

The first of May is May Day, which marks the return of spring in the UK. The celebration of May Day goes back many years to the festival of Flora, the goddess of flowers and spring. We won't be open on the 2nd May, as that is the Early May Bank Holiday, but you can find our Out of Hours arrangements here

<https://www.somercotesmedicalcentre.co.uk/page1.aspx?p=3&t=2>

### **Eid al-Fitr (3rd May )**

Eid ul-Fitr marks the end of the holy month of Ramadan. During Ramadan Muslims fast during daylight hours. Eid ul-Fitr cannot begin until the new moon has been sighted and this was expected in the UK on the 1st May. To all our Muslim colleagues, patients and friends we wish you **Eid Mubarak**.

### **National Walking Month (1st to 31st May)**

Get ready to #WalkThisMay. It's National Walking Month and we're being asked to walk 20 minutes each day to help improve our fitness. <https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>

Walking 20 minutes each day can have benefits well above and beyond the obvious ones that you might expect. <https://www.eatthis.com/news-walking-20-minutes-body/>

### **Stroke Awareness (1st to 31st May)**

If you or someone you know has been affected by a stroke, you'll know just how important research is in ensuring the best possible outcomes. Stroke research budgets have been affected by the pandemic and the Stroke Association wants to raise awareness of the importance of research. <https://www.stroke.org.uk/research>

If you think you're seeing these symptoms in someone act FAST and call 999.



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- Facial weakness
- Arm weakness
- Speech problems
- Time to call 999

Some signs of stroke are less well known. These include:

Sudden weakness or numbness on one side of the body, including legs, hands or feet.

Difficulty finding words or speaking in clear sentences.

Sudden blurred vision or loss of sight in one or both eyes.

Sudden memory loss or confusion, and dizziness or a sudden fall.

A sudden, severe headache.

If you spot any of these signs, don't wait, call 999 straight away.

### **Deaf Awareness Week (2nd to 8th May)**

Deaf people can find communication challenging, as not everyone is understanding and helpful. There are a number of ways you can help to make communication easier for deaf people. <https://www.ndcs.org.uk/information-and-support/being-deaf-friendly/how-to-be-deaf-friendly>

We can offer support for appointments if you have difficulty hearing and you would prefer not to have a family member sit in on your appointment. Please ask us about the ways that we can support you.

12 million people across the UK suffer from some form of hearing loss or deafness, which means you're likely to meet someone with hearing loss each day. Ask how you can help to make communication easier, as the answer will be different for each person. <https://rnid.org.uk/information-and-support/deaf-awareness/>

### **Sun Awareness Week (2nd to 8th May)**

As the summer approaches, we need to think about staying safe in the sun. As we don't always have sunny weather in the UK, it can be tempting to soak up the rays when we do.



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Staying safe in the sun will ensure you can have fun and reduce your risk of sunburn and sunstroke. <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Sid the Seagull wants us to Slip, Slop, Slap, Seek and Slide. Five easy ways to protect yourself from skin cancer:

**Slip** on a T-shirt

**Slop** on some suncream

**Slap** on a hat

**Seek** shade

**Slide** on some sunglasses.

<https://www.cancer.org.au/cancer-in...ampaigns-and-events/slip-slop-slap-seek-slide>

### **World Asthma Day (3rd May)**

This World Asthma Day, we're encouraging you to ensure that you get the very best from your asthma care. Making sure you attend your annual review and checking your inhaler technique can make a difference to your condition. <https://www.asthma.org.uk/support-us/world-asthma-day/>

### **World Hand Hygiene Day (5th May)**

This year's World Hand Hygiene Day asks us to unite for safety and clean our hands. Infection prevention and control is vital to ensuring the health of patients and healthcare workers. We know what a vital role hand hygiene plays in ensuring the best outcomes for patients. <https://www.who.int/campaigns/world-hand-hygiene-day/2022>

### **International Day of the Midwife (5th May)**

Midwives are a critical part of maternity care in the UK. Midwives care for women throughout their pregnancy and support them and their baby in the period immediately after birth. Maternity care would not be what it is without the dedicated care that midwives offer. <https://www.nct.org.uk/pregnancy/who-will-care-for-you-during-pregnancy/what-midwife>



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### **Mental Health Awareness Week (9th to 15th May)**

The focus of this year's Mental Health Awareness Week is Loneliness. Loneliness can affect anyone, even if they are surrounded by people. The global pandemic has brought loneliness into focus, as more people are now aware how difficult loneliness can be. <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

One of the groups who most often say they feel lonely are young people. Being surrounded by people doesn't necessarily reduce feelings of loneliness. There are some things you can do to try and ease the feeling of being alone. <https://www.mentalhealth.org.uk/campaigns/unlock-loneliness/15-tips>

1.4 million older adults say they are often lonely. If this affects you, Age UK have some insight into loneliness in older adults and advice about how we can change this. <https://www.ageuk.org.uk/our-impact/policy-research/loneliness-research-and-resources/>

### **World Lupus Day (10th May)**

Lupus is an auto-immune disease that can affect any organ in the body. Lupus is more common in women than in men and can cause a variety of symptoms including joint and muscle pain and extreme fatigue, among others. <https://www.lupusuk.org.uk/what-is-lupus/>

### **Fibromyalgia Awareness (12th May)**

Fibromyalgia is a painful condition which causes aches and pains throughout the body and often severe tiredness. While some medications are commonly used in the treatment of Fibromyalgia, some sufferers find that a combination of heat, rest, exercise and stress reduction are beneficial to their symptoms. <https://www.fmauk.org/latest-news-mainmenu-2/articles-1/28-information-booklet/490-patient-booklet>

### **International Nurses Day (12th May)**

May 12th is Florence Nightingale's birthday and, in her honour, today is International Nurses Day. We'd like to say a HUGE THANK YOU to our nursing staff. We couldn't do what we do without you!

Over the years, there have been nurses who have made a significant impact on the way that our healthcare systems work. One of the most well-known is Florence Nightingale, but there are other nurses who are equally responsible for some of the fantastic systems we have in place today. <https://www.bankpartners.co.uk/news/2017/05/history-s-greatest-nurses/>



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### **CIND and ME (12th May)**

Myalgic Encephalomyelitis (ME) is more common in women than men, and tends to develop between your mid-20s and mid-40s. Sufferers experience fatigue among other symptoms, and the severity of symptoms can vary wildly, even within a day. <https://www.nhs.uk/conditions/chronic-fatigue-syndrome-cfs/>

Myalgic Encephalomyelitis (ME) is believed to have a number of causes, and further research is needed into an illness that can leave some sufferers bed-bound and dependent on care. There are four levels of severity, which emphasises the great difference in symptoms experienced from person to person. <https://www.actionforme.org.uk/get-information/what-is-me/what-does-me-feel-like/>

### **Walk to School Week (16th to 20th May)**

It's Walk to School Week, and small steps lead to big outcomes. If you can walk to school this week, then you're helping your child to meet their exercise needs for the week. If you live too far from school to walk the whole journey, why not think about walking some of the way? Maybe you could get off the bus a stop earlier, or leave the car a few streets away and walk the rest. <https://www.livingstreets.org.uk/walk-to-school>

If your children's school hasn't yet signed up for "WOW – the walk to school challenge" why not suggest it? Children can log their journeys to school and collect badges to encourage them if they travel sustainably once a week for a month. <https://www.livingstreets.org.uk/products-and-services/projects/wow>

### **Dementia Awareness (16th to 22nd May)**

If you're worried that someone you care about may be having problems with their memory, this advice from the Alzheimer's Society might be helpful to you. The advice looks at how to raise the issue, including where and when might be a good time or place. <https://www.alzheimers.org.uk/get-support/publications-factsheets/get-advice-memory-problems>

Memory problems are not just a sign of getting older, they are a sign of being unwell. Do you find it difficult to remember people's names, or find you're putting things in places that they don't belong? If so, it's possible you're having memory issues. Have other people noticed you're struggling with your memory? The Alzheimer's Society has some useful information on things you might want to think about. <https://www.alzheimers.org.uk/get-support/publications-factsheets/get-advice-memory-problems>



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### **National Smile Month (16th May to 16th June)**

Everyone deserves a healthy smile. That's the theme of this year's National Smile Month. Health inequalities should not mean you do not have a healthy mouth and teeth. <https://www.dentalhealth.org/about-national-smile-month>

Oral health is important to your overall health, and your overall health can affect your oral health. It's important to understand the links and ensure that we look after our smiles. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>

If you have a young child, you can help them learn about healthy teeth with this video about teeth with Peppa Pig. <https://www.youtube.com/watch?v=O0jnUsWLMFI&t>

### **Brain Injury Awareness (16th to 22nd May)**

"See the hidden me" is the theme for Headway's Action for Brain Injury Week this year. People who have suffered a brain injury can find life challenging, especially when their difficulties may not be immediately apparent to the outside world. This campaign will help sufferers of brain injuries to be treated with empathy and respect. <https://www.headway.org.uk/news-and-campaigns/news/2022/abi-week-2022-see-the-hidden-me/>

### **Global Accessibility Awareness Day (19th May)**

On this Global Accessibility Awareness Day, we'd like to think about the ways that we can improve digital access and inclusion for those who have disabilities or impairments. It can be as simple as knowing that hashtags need capitalisation for each word to work with screen readers. <https://accessibility.day>

### **World MS day (30th May)**

This year, and for the last two years, the theme of World MS Day has been "connections". The idea is that sufferers of Multiple Sclerosis can find themselves feeling lonely and isolated, and World MS Day aims to change that. Connections might be to your community, within yourself, or to your healthcare providers. <https://worldmsday.org>

Multiple Sclerosis (MS) is a condition of the central nervous system which can affect any part of the body. There is no individual test that will diagnose MS, but a number of tests may be used to arrive at a diagnosis against long established criteria for diagnosis. <https://www.nationalmssociety.org/Symptoms-Diagnosis/Diagnosing-MS>





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## **Anytime during the month**

### **Mole checking**

If you have moles on your skin, you should regularly check them. You can use the ABCDE method to look at your moles and, if you have any concerns, ask to speak to one of our team who will be able to take a look for you. <https://www.skincancer.org/skin-can...lanoma-warning-signs-and-images/#uglyduckling>

### **Diabetes – health reviews**

If you have diabetes, whether type 1 or type 2, you will be invited to a review once a year. At your review you will have the opportunity to discuss different aspects of your condition and ensure that it is well managed. We want to do everything we can to support you. <https://www.diabetes.co.uk/nhs/diabetes-annual-care-review.html>

### **Post-natal depression**

Post-natal depression can affect women after the birth of a child. More than one in ten women suffer from post-natal depression at some point in the twelve months after the baby is born. Post-natal depression can affect fathers and partners too. The reality of a new baby in the family can be overwhelming. If you think you might be suffering from symptoms of post-natal depression, such as sadness or low-mood, lack of enjoyment, or difficulty bonding with your baby, please seek help as soon as possible. <https://www.nhs.uk/mental-health/conditions/post-natal-depression/overview/>

### **STIs**

If you're having unprotected sex (including oral sex) without a barrier method like a condom, you could be at risk of a Sexually Transmitted Infection (STI). Some STI's may not cause any obvious symptoms, so if you're considering sex without a condom, you and your partner should both be tested first. <https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

### **Healthy diet**

Food is a basic necessity of life, but eating healthily is important to a long life, well lived. While eating healthily cannot reduce the risk of disease to zero, our chances of a long and healthy life are improved with a good, healthy and balanced diet. <https://www.nhs.uk/live-well/eat-well/>

The cost of living is the focus of many conversations at the moment. One of our big concerns



is the ability to maintain a healthy diet on a budget. A healthy diet has long term benefits for our overall health. The Association of UK Dieticians has brilliant advice about how to ensure your money stretches a little bit further.

<https://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html>

### **Physical activity**

No matter your age or physical fitness level, activity is important. From seated exercise to high intensity training, there is an activity suitable for almost anyone. Even some housework counts as exercise! <https://www.nhs.uk/live-well/exercise/exercise-guidelines/>

### **March for Men – prostate cancer**

In June, the March for Men will take place at venues across the UK. If you can't make one of those walks to raise money for awareness of prostate cancer, then you could consider organising your own. <https://prostatecanceruk.org/get-involved/march-for-men>

Signs of prostate cancer can include difficulty peeing, blood in urine, and feeling your bladder hasn't emptied fully, among other symptoms. These symptoms can also be signs of other benign conditions, but if you do have concerns, it's worth asking your GP. <https://www.nhs.uk/conditions/prostate-cancer/symptoms/>

### **Arthritis**

Arthritis can be very challenging for sufferers, especially as the pandemic has meant that some of those suffering are waiting longer to be seen. Versus Arthritis offers sufferers support and advice about living with arthritis. <https://www.versusarthritis.org/about-arthritis/>

### **Coronavirus vaccination (boosters)**

Booster vaccinations against COVID-19 are still being offered to some groups. If you haven't yet had a booster, or are aged 75 and over, or aged 12 and over with a weakened immune system, you can book your spring booster if you haven't already had it. <https://www.nhs.uk/conditions/coron...oronavirus-vaccine/how-to-get-a-booster-dose/>

### **App of the Month**

If you have a baby who is unwell, the Lullaby Trust Baby Check App might be helpful for you. The app has been designed with experts to help you to decide what the best next steps are for your baby.

<https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/>



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### **Platinum Jubilee (start of June – cover arrangements)**

The end of May bank holiday has been moved to June, and an additional bank holiday created to form a four-day celebration of the Queen's Platinum Jubilee. The Queen celebrated 70 years on the throne on 6th February, but the official celebration will happen at the start of June. As a result of the bank holidays, the surgery will be closed for four days, and during this time, you can contact NHS 111 if necessary. [Get medical help - NHS 111](#)

### **Local Groups & Classes**

#### **Alfreton – Warriors – Fitness Classes**

- Dominique 07597 998892 Warriors Genesis Centre – different classes each night, all levels of fitness. Children can attend Mondays & Wednesdays  
Monday – Xena workout 6.30  
Tuesday – Funky Step Latin Summer 6.30  
Wednesday – 6.30 Glow / rock star drum sticks / freestyle fitness / and Powerbands  
Thursday – 6.30 Hot Boot Camp kettle bell Raw and Combat, Step and Burn  
<https://bookwhen.com/warriorsthermovibe#focus=ev-sy12-20220405183000>

**Alfreton Hall – Golf in Society free** taster sessions for people with dementia, Parkinsons, stroke, rehab, loneliness and depression to allow carers respite [golfinsociety@gmail.com](mailto:golfinsociety@gmail.com)

**Alfreton Watchorn Fit 3.16 Dan PT** 07821540349 [dan@fit316.co.uk](mailto:dan@fit316.co.uk)  
Various daily classes -: Spin, bootcamp, kettlebells, boxercise

**Alfreton Christ the King Zumba** Monday 7.00 07930 393 081

#### **Somercotes Village Hall**

<https://www.somercotesparishcouncil.co.uk/parishhall.asp>

- Adult Tap Dancing (Lux Dance Studios) 07398 906 901 Miss Jess Friday 7.15-8.15
- Zumba Fitness 7.15- 8.00 Gill 07930 393 081 or [gill.ashbridge@hotmail.co.uk](mailto:gill.ashbridge@hotmail.co.uk)
- Somercotes Walking Group Thursdays 9.45-10.15 (1.5-3.5 mile walks) Led by fully trained walk leaders and people can walk at their own pace. Helen Kellett 07393 780 488.
- Darby & Joan – BINGO Wednesday 1-4
- Benefits Advice Mondays 1.30 – 4.00
- Slimming World Tuesdays 10am Sue 07738 118 130
- Taekwondo Wednesday 6-7 & Friday 6-7 (Junior & Adult)
- Flex It (Stretching exercises) Thursday 7.15-8.30 followed by Burlesque Chair Dance 8.30-9.30 (Jess Hopkinson 07729 281 134)



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- **Group guitar** Friday 6.00-7.00 Age 7+ First Lesson Free <https://mandm.academy/>  
Tony 07818 559 309 Email: [admin@mandm.academy](mailto:admin@mandm.academy)

**Somercotes – Painting** <https://community.saa.co.uk/art-clubs/alfreton-society-of-painters/>

We are a very friendly group of artists from the Derbyshire and Nottinghamshire areas. We get together on Thursday evenings 7.00 til 9.00pm at the Penny Town Community Centre, Somercotes DE55 4TB

### Somercotes – Painting – Watercolour Classes

<https://www.somercotesparishcouncil.co.uk/groups.asp?group=WCClasses>

Learn to paint with watercolours or brush up on your techniques. Classes have been running for seven years with a very friendly and happy atmosphere, so come and join us. All abilities welcome. Classes are held in Somercotes Parish Hall Tuesdays, 10 am to 12 noon and 7 pm to 9 pm. Thursdays, 9 am to 10.45 am Fees are £45 for 12 weeks Contact Norma Gent on 07979 312767 or 01773 749973

**Junction 28 Tai Chi for Health** (seated or standing) – Mondays (1.15-2.15) Alfreton Community Hall Mondays 6.15-7.15) South Normanton Post Mill Wednesdays (10-11) South Normanton Scout Hut Various other classes - Gary 07554425444 [J28taichiforhealth@gmail.com](mailto:J28taichiforhealth@gmail.com)

**Belper - SAGE-Jo Yoga** Beginners Vinyassa flow Thursday 5.45-6.45 25 Derwent St Belper DE56 1WN Fb [mindfulmovementyoga](https://www.facebook.com/mindfulmovementyoga)

**Ripley – Fusion Yoga & Well-Being Centre** <https://www.fusion-studios.co.uk/general-8>

[lisa@fusion-studios.co.uk](mailto:lisa@fusion-studios.co.uk) The Mews , Church St, Ripley DE5 3BUious classes:

Fusion Yoga Studios Timetable						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Studio One Upstairs</b>	9:45 Beginners/Inters Vinyasa Flow (Lisa) 18:00 Yin (Lisa) 19:30 Beginners Vinyasa Flow (Lisa)	17:45 Beginners Class (Sarah) 19:15 Beginners Vinyasa Flow (Lisa)	09:45 6 Week Beginners Course (Lisa) Starts 30th March 19:00 All Levels Vinyasa Flow (Lisa)	17:30 KettleBlast (Nikki) 19:00 All Levels Vinyasa Flow (Lisa)	09:45 Beginners Vinyasa Flow (Sarah)	
<b>Studio Two Downstairs</b>	18:30 6 Week Beginners Course (Sarah)	10:30 Baby Yoga (Nicky) 19:00 Dru Yoga (Julie)	09:45 Beginners Vinyasa Flow (Sarah) 18:00 Beginners Vinyasa Flow (Sarah) 19:30 Yin (Sarah)	18:00 Asana Toned (Half Hour) 19:00 All Levels Vinyasa Flow (Chloe)	10:30 Baby Massage (Nicky)	08:00 BootCamp Nikki



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## Ripley - FizzioFit

Various classes <https://bookwhen.com/fizziofit#focus=ev-sazx-20200731181500>

[From 5 Apr 2022](#)

Show more...

April, 2022

5	Tue	6pm BST	Body Blast
		7pm BST	Zumba with Sarah
6	Wed	6pm BST	Fitness Pilates with Steph
		7:15pm BST	Burn & Firm
7	Thu	6pm BST	ZUMBA with Di
8	Fri	6:15pm BST	Tough Training
9	Sat	9am BST	Morning Burn & Firm
11	Mon	6pm BST	Pilates with Alix
12	Tue	9:30am BST	Functional Pilates with Jo
		6pm BST	Body Blast
13	Wed	6pm BST	Fitness Pilates with Steph
		7:15pm BST	Burn & Firm
15	Fri	6:15pm BST	Tough Training



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[From 5 Apr 2022](#)

16	Sat	9am BST	Morning Burn & Firm
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