

## Newsletter

October 2022

As we head into Autumn here are a few little updates from us:

### Flu Vaccines

Influenza will shortly be circulating. If you're eligible for a flu vaccination, please make an appointment with us to have yours early in the season.

We have contacted patients who are eligible for a flu vaccination. If you've previously had a flu vaccination provided by the NHS and we've not contacted you yet, please get in touch to check whether you're eligible.

We are starting our Flu vaccinations this coming week with two Saturday clinics running:

- Saturday 8<sup>th</sup> October – Over 65's
- Saturday 15<sup>th</sup> October – Under 65

Please ring to book your appointment at the surgery.

### COVID Autumn Boosters

If you are eligible for an autumn covid booster vaccination. We are running some clinics for the COVID BOOSTER ONLY at Church Farm Ripley (ie no flu vaccine at same time).

You can also access the covid vaccine elsewhere via 119 or <http://www.nhs.uk/get-vaccination> .



[Book or manage a coronavirus \(COVID-19\) vaccination](#)

Use this service to book a coronavirus (COVID-19) vaccination or manage your appointments.

[www.nhs.uk](http://www.nhs.uk)

An increase in the number of cases of Coronavirus is likely during the winter months. You can find advice about what to do and when you should seek further advice.

Vaccination programmes for COVID-19 are ongoing. It is likely that Coronavirus cases will increase over winter. If you haven't had all the doses of vaccination you're entitled to, please contact us to arrange your vaccination.



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<https://www.nhs.uk/conditions/coronavirus-covid-19/using-the-nhs-and-other-health-services/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

### **Surgery Community Café**

Our very own Health & Wellbeing coach Natalie will be re-opening our beloved café once again on Friday mornings from 9-12 starting on 21<sup>st</sup> October for any patients that just need abit of support.

### **Medicines Order Line**

Please see below the link to the Medicine Order Line (MOL) website which has now been updated following the transition to the ICB in July this year.

<https://joinedupcarederbyshire.co.uk/your-services/medicines-order-line/>

May I remind patients that the MOL is one of many ways to order prescriptions. If a patient has access to the internet or email, please direct them to the following alternative ordering methods:

- NHS app
- Online ordering via the GP clinical system
- Medicine Order Line call back service – please email [ddicb.northmolonlinerequests@nhs.net](mailto:ddicb.northmolonlinerequests@nhs.net) (for patients who would telephone the 01246 number) or [ddicb.southmolonlinerequests@nhs.net](mailto:ddicb.southmolonlinerequests@nhs.net) (for patients who would telephone the 0115 number)

Electronic Repeat Dispensing (eRD)

### **Patient Advice & Liaison Service (PALS)**

NHS Derby and Derbyshire ICB PALS offers help, advice, support and information about the local health service.

As a patient, relative, carer or visitor you may not always know where to go for help or information. It can often be a worrying or confusing time especially when you, or someone you know, is unwell. This is where your PALS team can help.

The service is confidential; the information is used anonymously to identify trends in services, highlight good practice and also to identify where improvements to services are needed.

#### **How to contact PALS**

Telephone: 0800 032 32 35

Text mobile facility no: 07919 466 212

Email: [ddicb.PALS@nhs.net](mailto:ddicb.PALS@nhs.net)

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NHS Derby and Derbyshire ICB



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### **Breast cancer awareness 1st – 31st October**

Not all breast cancer symptoms are a lump you can touch. You might find a change to the skin or to the nipple, and pain or discharge.

There are 12 symptoms of breast cancer. Do you know all 12? Know Your Lemons has a fantastic and easy to understand set of graphics which explain what is normal in breast tissue.

It's not only women who can be affected by Breast Cancer. Breast cancer is rare in men, but can occur, most frequently in the over 60's.

If you are a trans-man, trans-woman, or identify as non-binary, your risk of cancer and screening for some cancers may be affected. This guidance from Cancer Research is helpful in determining any altered risk or screening changes.

If you are experiencing unusual changes in your chest or breast, you should ask your GP practice to check these for you.

<https://breastcancernow.org/information-support/check-your-breasts/learn-signs-breast-cancer>

<https://knowyourlemons.org>

<https://www.cancerresearchuk.org/ab...reening/trans-and-non-binary-cancer-screening>

<https://www.nhs.uk/conditions/breast-cancer-in-men/>

### **Stoptober 1st – 31st October**

Each year around 78,000 people die in the UK from smoking related illnesses. As we begin October, have you thought about quitting smoking? The long-term benefits are huge, both for your health and your pocket. If you quit smoking for 28 days, you're 5 times more likely to stop smoking altogether. 28 days seems manageable, doesn't it?

If you smoke 10 a day, you could save over £160 if you didn't smoke during October. If you smoke 20 a day, that increases to almost £325. With the cost of living increasing all the time, there's never been a better time to quit. After a year you could be almost £4000 better off if you currently smoke 20 a day and make the decision to quit. You might be surprised how the costs add up over your lifetime.



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<https://www.nhs.uk/better-health/quit-smoking/>

<https://www.blf.org.uk/take-action/campaign-with-us/stoptober>

<https://www.nhsinform.scot/stopping-smoking/calculate-my-savings> <https://www.nhs.uk/common-health-questions/lifestyle/what-are-the-health-risks-of-smoking/>

### **National Cholesterol Month 1st – 31st October**

If you're aged 40-74, at risk of familial hypercholesterolemia, are at high risk of heart disease, have had a previous diagnosis of heart disease, or are taking cholesterol lowering medications, you should find out what your cholesterol levels are like.

If you're looking to reduce your cholesterol levels, there are some easy diet modifications you can make to give you the best chance of ensuring healthy cholesterol levels.

<https://www.heartuk.org.uk/cholesterol/getting-a-cholesterol-test>

<https://www.heartuk.org.uk/healthy-living/introduction>

### **Dyslexia Awareness Week 3rd – 9th October**

If you have a child who struggles with reading or writing, you may wish to consider whether they are dyslexic. It's estimated that up to 1 in 10 people in the UK are affected to some degree by dyslexia.

If you've ever wondered whether dyslexia might be the cause of your, or your child's difficulties with reading or writing, you may be able to gain some insight into whether this is likely.

<https://www.nhs.uk/conditions/dyslexia/>

<https://www.bdadyslexia.org.uk/advice/adults/am-i-dyslexic>

### **World Mental Health Day 10th October**

As the impact of COVID-19 continues to be felt, the theme of **Making Mental Health & Well-Being for All a Global Priority** seems appropriate for people the world over. If we focus on mental health and well-being, we can ensure that the damage caused by COVID-19 does not continue unchecked. <https://www.who.int/campaigns/world-mental-health-day/2022>

### **World Menopause Day 18th October**

18th October is World Menopause Day, and ITV will launch a programme: "Menopause: Continuing the Conversation". Menopause will affect approximately 50% of the global population, and yet it is rarely spoken about. Over 13 million women in the UK are affected.



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Menopause symptoms are wide-ranging, and can affect your daily life. Some women will notice no symptoms, others will experience debilitating symptoms. Let's shine a light on the effect of menopause on women and support them through the menopause and beyond.

<https://thebms.org.uk/publications/world-menopause-day-2022/>

<https://www.youtube.com/watch?v=ddzdgEUOGIk&t=4s>

### **World Osteoporosis Day 20th October**

Women are more prone to osteoporosis than men, but that isn't the only thing that increases your risk. Medication, your lifestyle and family history, among other factors, can affect your risk of osteoporosis. In the UK osteoporosis affects over three million people.

Do you know whether you are at risk of osteoporosis? Risk factors include age, disease, sex and medication. You can assess your risk of osteoporosis with this quick quiz.

<https://www.nhs.uk/conditions/osteoporosis/>

<https://riskcheck.osteoporosis.foundation>

### **World Stroke Day 29th October**

Would you recognise the signs of a stroke FAST? World Stroke Day aims to increase awareness of the signs of Stroke. **F**ace **A**rms **S**peech **T**elephone (FAST).

Can you identify a stroke? <https://www.world-stroke.org/world-stroke-day-campaign/world-stroke-campaign/save-lives-be-fast>

### **Importance of childhood immunization**

Vaccinations against some diseases are provided for free by the NHS. Vaccinations provided by the NHS follow a schedule to ensure the best long-term protection against disease.

Ensuring you have the vaccinations you're eligible for means you'll have the best possible protection against illness.

If you're not sure whether you've had all the vaccinations you should have, you can check what we vaccinate against here:

<https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

<https://www.nhs.uk/conditions/vaccinations/why-vaccination-is-safe-and-important/>



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### **Children, incidents, accidents and illness**

As Halloween approaches, the nights are drawing in. By Halloween it will be dark in the early evening. While this makes for spooky fun, children are more likely to be run over at Halloween than any other night of the year. We've some safety tips to ensure you have spooky fun, not a big scare.

As winter approaches, self-care is important. Most childhood illnesses are self-limiting and resolve within a few days. Cambridgeshire and Peterborough NHS CCG has a fantastic guide to dealing with most minor illnesses.

<https://www.safekids.org/tip/halloween-safety-tips>

<https://www.cambridgeshireandpeterb...g-after-children-with-minor-common-illnesses/>

### **Preparing for winter, household preparedness and self-care for adults**

People who are under 5, over 65, on a low income, have a disability, are pregnant, or have a health condition are more vulnerable during cold weather. There are simple ways to stay safe, warm and healthy.

Last winter saw storms and floods that caused chaos for thousands of people. It is likely that extreme weather will occur again this winter. Ensure you are prepared by thinking about the types of things you might need to see you through a storm or similar at home if power is cut off.

West Leicestershire CCG has a guide to medications you can buy over the counter to ensure you can manage minor illnesses at home without needing to wait for a GP appointment.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

<https://www.redcross.org.uk/get-help/prepare-for-emergencies/prepare-an-emergency-kit>

<https://www.westleicestershireccg.n...nd-your-medicine/self-care-for-minor-ailments>

### **Carents website**

Are you caring for your parents? The Carents Room aims to provide support to those who are looking after elderly relatives. The Carents Room was set up by a GP with personal experience, and is well worth a look if you find yourself caring for your parents. <https://thecarentsroom.com>

### **Shingles**

If you are aged 70 to 79, you are eligible for a shingles vaccination if you haven't already had one.



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Shingles can be very painful, so if you're eligible for vaccination and haven't yet had it, please contact us so that we can book you an appointment.

Shingles can be very painful, and can be dangerous to others if they have low or no immunity to shingles. If you think you may have shingles, please contact NHS 111.

<https://www.nhs.uk/conditions/shingles/>

<https://www.nhs.uk/conditions/vaccinations/shingles-vaccination/>