

Littlewick Medical Centre

July
2018

What's on?



Carers Coffee Morning

Thursday 26th July
10am – 11.30am

Littlewick Social Group

Friday 27th July
2pm – 4pm

Craft & Chatter

Every Monday
12.30m – 2.15pm

Walking Group

Every Tuesday
1.30pm at the Dales



BEAT FLU EARLY IN 2018!



The good news: This year we have a new special flu vaccine for people 65 and over. It is called Fluad and gives much better protection from flu in older people. We can still offer the vaccine against 4 types of flu for patients under 65.

The bad news: they cannot tell us when the Fluad vaccines will arrive until at least August, and we won't be certain they will arrive until they are actually here.

The solution: please make sure we have your up to date mobile number and then we will text you as soon as they arrive. If you don't have a mobile, please check our website at the end of September for updates or phone us.

PROPOSED CLINIC DATES:

Saturday 29th September 2018

Tuesday 2nd October (West Hallam)

Saturday 6th October 2018

Saturday 20th October 2018

Saturday 10th November.

Attendances for these clinics will be by invite only, please make sure that we have your up to date contact number.

YOU ARE ELIGIBLE TO RECEIVE A FLU VACCINATION IF YOU:

- are 65 years of age or over
- are pregnant
- have certain medical conditions including Asthma (that is treated with a steroidal inhaler), COPD, Kidney disease, Diabetes, immune problems, neurological problems, chronic heart disease etc.
- are living in a long-stay residential care home or other long-stay care facility
- you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill.

Please ask at the surgery to check your eligibility.

LIVING WITH LONG TERM CONDITIONS

People from across Derbyshire with a long-term health condition are substantially benefiting from the below courses.

The **FREE** - six-week programme which is delivered one day a week for 2.5 hours aims to support people with a long-term health or medical condition deal with pain, fatigue, stress and depression, as well as provide a forum to meet with others and share experiences.

Topics covered include healthy eating, relaxation, appropriate physical exercise, pacing yourself, and communicating with friends, family and health professionals.

Please see below dates and venues for the Living with A Long Term Condition courses taking place across Derbyshire from September 18 through to January 19.

Tuesday 18th September - 1pm-3.30pm - Alfreton Library Severn Square Alfreton

Friday 21st September - 1pm-3.30pm - Bolsover Library Church Street Bolsover

Tuesday 25th September - 1pm-3.30pm - Citizens Advice Office Banks Road Matlock

Thursday 18th October - 1pm-3.30pm – Staveley Fire Station Staveley

Thursday 25th October – 1.30pm-4pm – Tesco Superstore Clay Cross

Friday 26th October – 1pm-4pm – Fairfield Centre Victoria Park Road Buxton

Tuesday 6th November - 1pm-3.30pm - Amber Trust Ripley 7-11 Wellington Street Ripley

Wednesday 7th November - 1.30pm-4pm - Ilkeston Fire Station

Monday 12th November - 1.30pm-4pm - Tesco Superstore Clay Cross

Thursday 24th January - 1.30pm-4pm - CAB offices Swadlincote

The Programme is for anyone who has one or more long-term health conditions such as asthma, arthritis, Multiple Sclerosis (MS), depression, diabetes, Chronic Obstructive Pulmonary Disease (COPD), heart disease, sickle cell, HIV, ME/chronic fatigue, chronic pain or any other condition. The course is also available and has proved to be beneficial for carers of someone with a long term condition.

For further information or to reserve a space on one of the courses please email kziglam@citizensadvicesouthderbyshireandcity.org or call 01283 210107 or 07487 257187.

IMPORTANT INFORMATION – EAR SYRINGING

Unfortunately we are no longer able to offer ear syringing as a service at the surgery. For further information, please contact the surgery on 0115 932 5229.

SALE OF SECOND-HAND BOOKS AT THE DALES



Thank you to everyone who has bought second-hand books from the Dales. They have raised £125 and this has been donated to Treetops Hospice. If patients have any second hand books they wish to donate to the surgery, please see reception.

SYSTMONLINE – DO YOU STRUGGLE TO GET AN APPOINTMENT?

Did you know we offer some appointments each week that can be pre-booked online? At the moment only about a third are actually being booked in advance. To be able to book online, please sign up for Systmonline. For more information, please call the surgery on 0115 932 5229 to speak with Ryan, or pick up a form from reception.

SURGERY CLOSURES

The surgery will be closed from 12 noon on Wednesday 11th July 2018 due to staff training. We will re-open as normal Thursday 12th July 2018, apologies for any inconvenience this may cause. Staff training is something we do to further improve the services we offer to you.

Should you require urgent medical attention or advice whilst we are closed, you should call 111. Alternatively if you feel your situation is life threatening call 999.

ILKESTON MIU – CHANGE TO OPENING HOURS

As you may have seen in local news press, all minor injury units including Ilkeston and Ripley will now be open between 8am-8pm daily.

USEFUL TELEPHONE NUMBERS

Littlewick & The Dales Medical Centre **0115 9325229**
DHU (out of hours) **111**

Manor Nottingham Road **0115 932 5447**

Manor Bath Street **0115 932 4748**

Manor Kirk Hallam **0115 932 4425**

Boots Bath Street **0115 932 4730**

Old Station Pharmacy **0115 932 4798**

Helms Chemist **0115 930 1145**

Well Pharmacy **0115 932 5036**

Co-op Awsworth **0115 932 2233**

Ilkeston Hospital **0115 930 5522**

Nottingham City Hospital **0115 969 1169**

Queens Medical Centre **0115 924 9924**

Royal Derby Hospital **01332 340131**

Talking Mental Health **0300 1230542**

Derbyshire Substance Misuse Service **01159309442**

Crisis out of hours **01332 625580**

Emergency Midwife **01332 340131**

District Nurses **01332 258200**

