



22 Nottingham Road,
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Newsletter

June 2022



Here is your June update:

Phone Lines Disruption 6th June – 10th June 2022

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. During this coming week you may find it hard to get through to us but please bare with us during this time. If you cannot get through on the phone why not try using the messaging facility here on the website. Please note these are not for urgent queries and we will endeavour to answer within 2 working days.

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 for those who would normally call the 01246 number
- 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



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Know your GP Practice Health and Care Staff

Your local GP practice has a wide array of health professionals who can help you in different ways, without seeing a doctor first, so you can get the right help and advice more quickly.

From physiotherapists and dieticians to pharmacists and nurses, these highly trained experts can help you to help yourself.

Next time you have a health concern, consider whether one of these staff could help you or ask for the advice of the reception staff, who are trained to help get you the best care as quickly as possible

Advanced Clinical Practitioner

I decided to undertake extra training so I can help patients with more complex problems.

Now I can prescribe medicines, order tests and interpret the results, and work on treatment plans with patients.

I can help a lot more patients, freeing up the doctors to see patients with the most urgent or complicated health issues



Care Co-ordinator

As a Care Coordinator, I really focus on providing a more joined-up and coordinated care journey for patients.

I am the single point of contact for patients to navigate the health and care system, helping to break down traditional barriers between health and care organisations.

I do a lot of work with people who have long-term health conditions in particular.





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Clinical Pharmacist

I'm a Clinical Pharmacist and I help patients to understand and get the most out of their medicines.

I often also help with lifestyle changes to tackle long-term conditions, order blood tests where necessary and often advise patients who have just come out of hospital and need help with their new medications.

Being part of the team here means our patients have an expert they can talk to pretty quickly when they need to.



Dietician

I'm trained to help with diet but also to spot health conditions which may be unrelated to diet, and I work closely with colleagues to treat complex conditions such as diabetes, chronic fatigue, and kidney failure.

I advise patients on how they can improve or change their diet.

A big part of my training is recognising how diet is part of the whole picture for a patient and can improve a person's health and wellbeing.



General Practice Nurse

I can help dozens of patients every day. As a registered nurse I do all sorts, from baby immunisations to helping people with long-term conditions like diabetes and asthma.

I can also do breast exams, check that strange rash you're worried about, or even talk to you about contraception.

It's great to be able to help so many people!"



Health and Wellbeing Coach

As a Health and Wellbeing Coach, I play an important role in helping patients to achieve goals set out in a personalised health and care plan.

I can also refer people to other health professionals within the practice.





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Health Care Assistant

Being a Health Care Assistant is a great job, as I received special training to administer Covid-19 and flu vaccinations.

I also do lots of jobs around the practice that nurses used to do, so now they're able to see patients more quickly.


Health Care Assistants play a key role in vaccinations and help to free up nurses' time



Mental Health Practitioner

I'm a Mental Health Practitioner, and I work with patients to make the best possible decision to manage their care and help them access treatment.

I'm a bridge between primary care and specialist mental health providers, providing care to patients with a range of needs.

Patients who need specialist support can be seen with no formal referral and can then go on to access a range of mental health services.


A Mental Health Practitioner provides a combined consultation, advice, triage and liaison function, supported by the local community mental health provider



Nursing Associate

A lot of people don't know much about what I do, but my main role is working with patients who need help or advice but don't need to see a doctor or a nurse.

It's great because people don't need to wait so long for an appointment, and it's helping me for when I train to become a registered nurse.


As a Nursing Associate, I do lots of important tasks to help patients with less complex health issues



Occupational Therapist

I help people develop, recover and improve, as well as maintain the skills needed for daily living and working.

I assess, plan, implement and evaluate treatment plans to increase patients' productivity and self-care.

I work really closely with patients through a shared-decision making approach to plan realistic goals.


Occupational Therapists work with injured, ill or disabled patients through the use of everyday activities





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Paramedic

My Paramedic training means I can deal with lots of different types of illness and injury, but I also did extra postgraduate training so I can help even more patients.

I do quite a few home visits and help to assess patients on the phone, so I can help people get the right care as quickly as possible.



Pharmacy Technician

I have a post-graduate degree in pharmacy and love working with patients to help them understand and get the most out of their medications.

Patients can often get the right advice from me more quickly than if they waited for a doctor's appointment.



Physician Associate

I have a list of my own patients and can diagnose many conditions, order up tests and interpret the results, then make referrals if needed.

I originally did a degree, then studied for another two years to become a Physician Associate, so I have a lot of skills that I can use to help people.

This means I can take some of the load off the GPs, which also means less waiting time for patients!





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Physiotherapist

I work with lots of patients who have muscle or joint problems. That includes people recovering from serious injuries or illness, and those with new injuries.

I can book scans and tests, and even organise joint injections, which used to need a GP. We're also trained to spot 'red flags', which means we can recognise when a joint or muscle problem may be a sign of something more serious.

This is great because patients can come to me without needing to wait for a doctor's appointment.



Podiatrist

As a Podiatrist, I work on the prevention, diagnosis and treatment of conditions that affect the foot, ankle and leg.

Podiatrists work in a variety of places and can work with a team of people including doctors, nurses and physiotherapists.

My main aim is to improve mobility, independence and quality of life for patients.



Social Prescriber Link Worker

As a Link Worker, I help patients to improve their health, wellbeing, and welfare by connecting them to community services which might be run by the council or a local charity.

Social Prescribers can take time to talk about what matters to patients and support them to find suitable activities that are a better alternative to medication.

They connect people to community groups and services for practical and emotional support.



LGBT Collective Revolution – Introducing new LGBT provision



We are a new LGBT provision in Derbyshire. Our main aims are to offer free groups, events, activities, and support for the LGBT community.

- We already have Ripley and Alfreton LGBT youth clubs up and running and within the next 2-3 months we will also be opening Matlock, Belper, Heanor, Swadlincote and Buxton
- We hold monthly LGBT family days
- We hold youth events such as our LGBT youth Prom
- Inclusive Boxing Club
- School Holiday Activity Club
- We will soon be available for face-to-face LGBT focussed mental health support in Ripley (monthly Monday 10-12).

One2One Support - We offer confidential, sympathetic, inclusive, and non-judgmental support, guidance and signposting service when needed. This can be a one-off chat, weekly, monthly or whatever is requested. There is no age restriction for our service although those under 16 will need a consent form signed by someone over 18 due to the nature of some of the discussions i.e., coming out. This does not have to be a parent/guardian, it can be a referral from a school, youth worker or NHS service. Referral forms are available for professionals by emailing info@collectiverevolution.co.uk.

We offer support with:

- Sexuality and/or Gender Identity
- If you're feeling lonely/ isolated
- Waiting for a referral and need someone to talk to whilst waiting
- If you or someone you love has low self-esteem, depression or is experiencing emotional difficulties
- Advice on building relationships and keeping safe



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- Advice on sexual health
- Advice on being safe and building relationships online
- If you or someone you know has been bullied or been a victim of a hate crime

Or anything else really... We are here to listen and to help in any way we can!

This is a free service run by volunteers who receive ongoing training and support. We ensure that all support we provide is bespoke and set to individual needs. Our volunteers all have a wide range of experiences and knowledge.

To access our support:

- Refer to us – this can be a self-referral or via a professional
- We will arrange to have an initial conversation within 5 working days (virtually)
- We will then link you with a relevant volunteer (usually the same week dependent on your availability)
- There are no time frames, you can talk to us as a one-off or every week for the foreseeable future.

Text us for support: 07984352366 **Email:** info@collectiverevolution.co.uk **Website:** <https://lgbtcollectiverevolution.co.uk/>

Pride Month

People who identify as LGBT+ face health inequalities throughout their lives. "Hidden Figures" aims to address some of the issues faced by LGBT+ people in accessing healthcare services. <https://lgbt.foundation/hiddenfigures>

Tourettes Awareness (to 15th June)

Tourette Syndrome causes a variety of tics, which are involuntary noises or movements. Tics must be present for more than 12 months to meet the criteria for diagnosis. Many people who are diagnosed with Tourette Syndrome also have a co-occurring condition such as ADHD, OCD, or anxiety. It is estimated that more than one in every hundred school children are affected. <https://www.tourettes-action.org.uk/67-what-is-ts.htm>

CHD

Coronary heart disease (CHD) is usually caused by a build-up of fatty deposits on the walls of arteries, and can lead to restriction of blood supply to the heart muscle. <https://www.nhs.uk/conditions/coronary-heart-disease/causes/>

Angina (chest pain) and breathlessness are two of the most commonly noticed symptoms of coronary heart disease (CHD), though some patients who are diagnosed with CHD will not have had any symptoms at all. <https://www.nhs.uk/conditions/coronary-heart-disease/symptoms/>



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Covid vaccination

England

Many people had their first Coronavirus vaccination and then did not attend for their second, or had two, but not their booster. As the world begins to re-open, it's more important than ever to ensure you're fully vaccinated. <https://www.nhs.uk/conditions/coronavirus-vaccination/book-coronavirus-vaccination/>

If you have been told that you are eligible for a Coronavirus vaccination, but haven't yet had it, you can book your vaccination here. <https://www.nhs.uk/conditions/coronavirus-vaccination/book-coronavirus-vaccination/>

Family planning options

If you need to consider your options for family planning, you can check the NHS website for factual information. Whether you'd like to prevent an unplanned pregnancy for the foreseeable future, or might think about starting a family in the next few years, there are lots of suitable options available via the NHS. <https://www.nhs.uk/conditions/contraception/>

Eye health in older adults

If you're aged 60 or over, you can have a free eye test at least every two years on the NHS. There are other ways you can keep on top of the condition of your eyes in the meantime, these include wearing sunglasses, eating healthily and quitting smoking. <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/eye-health/>

Slips, trips and falls

As we age, our muscle strength and balance change. These changes can lead to slips, trips and falls. Exercise can help you to maintain your muscle strength. <https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/falls-prevention/>

Teen pregnancy

If you're a young person who has discovered that you are unexpectedly pregnant, the NHS offers support, advice and guidance to help you through what may be a challenging time. <https://www.nhs.uk/pregnancy/support/teenage-pregnancy/>

Brook offer a variety of sexual health advice to young people. With branches across England, Brook are well placed to help and support young people with their sexual health. <https://www.brook.org.uk>

National Patient Participation Week (31st May to 6th June)



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It's National Patient Participation Week, and we'd like to encourage you to consider becoming involved with the practice through patient participation. It's really important to us to have a group that is representative of our practice as a whole. We know that some patients can't easily attend meetings, so we're open to patients participating in ways that suit them. If you'd like to be involved, please speak to a member of the team. <https://napp.org.uk>

Patient Participation Groups (PPG's) are vital in Primary Care. As GPs, we lead our teams helping to ensure the best outcomes for our patients. One vital aspect of leading the practice is ensuring that patients' voices are heard, and while PPGs are not designed to air individual issues, they are a great way to get involved with the way that your surgery delivers services. <https://napp.org.uk/for-patients/>

Volunteers' Week (1st to 7th June)

Volunteers play a massive role across the UK, and we'd like to thank each and every volunteer who gives up their time to help and support others. The huge number of volunteers who stepped up to help with the Coronavirus vaccination programme demonstrated just how many people are willing to go above and beyond to help others, and we want to thank all volunteers for everything they do to help our communities. <https://volunteersweek.org/about-volunteers-week/what-is-volunteers-week/>

If you've ever thought that you could spare some time to help others, the Government website has a dedicated page to search for volunteering opportunities. There are a wide range of ways that you can volunteer, and if you've thought about volunteering, why not take a look? Our communities could not thrive without the support of volunteers. <https://www.gov.uk/government/get-involved/take-part/volunteer>

Still birth and Neonatal death (5th June)

If you, or someone you know, has experienced the loss of a child to stillbirth or neonatal death, you will know the devastation such a loss causes. SANDS has a free national helpline to support families who lose a child to stillbirth or neonatal death. <https://www.sands.org.uk>

World Allergy Week (5th-11th June)

This year the focus of World Allergy Week is asthma and allergic airway diseases. Allergic respiratory diseases affect millions across the world and raising awareness is critical to healthcare and future outcomes for patients. <https://www.worldallergy.org/resources/world-allergy/2022>

Bike Week (6th-12th June)

Bike Week this year aims to show us all how cycling is better for our health, our climate and our pocket. With a handy calculator to show how much you could save by cycling, it's worth taking a look at how cycling can benefit you and those around you. <https://www.cyclinguk.org/bikeweek>



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Carers Week (6th-12th June)

There are 6.5 million unpaid carers in the UK. Some carers provide support to elderly relatives, while others provide support to young people and those with chronic conditions or disabilities. Without the efforts of these unpaid carers, life would look very different for those they support. Carers Week gives us an opportunity to thank carers for everything that they do. <https://www.carersweek.org>

Men's Health Week (13th-19th June) (Men's Health Forum)

With other things to think about during the pandemic, many niggling health issues have gone unresolved. This year's Men's Health Week is hoping that men will stop and take a short amount of time to assess their mental and physical health. Fewer men have asked their GPs about concerns like prostate cancer, and diagnoses were down by almost 30%, though incidences of prostate cancer have not dropped. <https://www.menshealthforum.org.uk/mhw>

If you've got five minutes to spare, this DIY MOT for men from the Men's Health Forum should help you to work out whether everything seems as it should be in terms of your health. With fewer men consulting their GPs during the pandemic, it's important to see how you're doing. <https://www.menshealthforum.org.uk/diy-man-mot>

Juvenile Idiopathic Arthritis (13th-17th June)

Juvenile Idiopathic Arthritis (JIA) is a variable auto-immune condition that affects joints and organs. Half of the patients who are diagnosed with JIA have the condition for life. <https://jia.org.uk/get-involved/campaigning/jia-awareness-week/>

World Blood Donor Day (14th June)

June 14th is World Blood Donor Day. Across the world, access to uncontaminated blood and blood products is vital for healthcare and patients alike. <https://www.who.int/campaigns/world-blood-donor-day>

National Clean Air Day (16th June)

Air pollution causes up to 36,000 deaths in the UK each year. If we can all do a small amount to reduce air pollution, the cumulative effect could be massive. <https://www.actionforcleanair.org.uk/campaigns/clean-air-day>

BNF Healthy Eating Week (13th-17th June)

The theme for this year's Healthy Eating Week is 'Eat well for you and the planet!' Each day of the week will have a different focus to help you consider your health and the impact of the food we eat on our planet. <https://www.nutrition.org.uk/healthy-eating-week/>

Diabetes Week (13th-19th June)



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Living with diabetes can be a challenge, with those who have been diagnosed with diabetes having to watch what and when they eat more carefully than most. <https://www.diabetes.org.uk/diabetes-week>

Diabetes has two forms. Type 1, where your body does not produce any insulin to regulate your blood sugar, and Type 2, where your body does not use the insulin you make effectively, or you don't produce enough. Both types of diabetes lead to increased blood glucose levels which can damage your heart, kidneys, eyes and feet over time. <https://www.diabetes.org.uk/diabetes-the-basics>

Autistic Pride Day (18th June)

June 18th is Autistic Pride Day. Set up by Aspies for Freedom some years ago, the day aims to celebrate autistic people and share stories of positivity about those who are neurodiverse. <http://www.aspiesforfreedom.com/index.html>

An autism diagnosis can mean big changes to your life. For some people who are diagnosed, it can give a real sense of relief. The National Autistic Society offers support to autistic people and their families. <https://www.autism.org.uk>

Cervical Screening Awareness (20th-26th June)

Some people find cervical screening a really difficult thought. Jo's cervical cancer trust wants to help make the test easier, and this week will be talking about how we can make that happen. <https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week>

Women and people with a cervix aged 25 to 49 should have a cervical screening every 3 years. Those aged 50 to 64 will be invited to be screened every five years. If you're offered a test, it's important for your health that you go. Early detection of the types of HPV that can cause cancer can improve health outcomes. <https://www.nhs.uk/conditions/cervical-screening/>

Learning Disability Week (20th-26th June)

The focus of Learning Disability Week this year is reconnecting with friends and communities. The pandemic has changed the way that life looks for many of us, but we can now reconnect with friends and communities to broaden our life experience. <https://www.mencap.org.uk/LDWeek>

MND Awareness (21st June)

June 21st is Motor Neurone Disease Awareness Day. Motor neurone disease is rare and affects the brain and nerves, it gets worse over time. <https://www.mndassociation.org/app/uploads/2020/12/MND-Events-Diary.pdf>

Children's Hospice Week (20th- 26th June)

Children's hospices are vital support networks for those who need to use them. They provide



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respite, long-term and end of life care, and many families' lives would look very different if they could not access a hospice for their child. <https://www.togetherforshortlives.org/initiatives-and-appeals/childrens-hospice-week/>

World Continence Week (21st to 26th June)

Across the UK, many people are affected by bowel and bladder issues such as urgency, leakage and incontinence. It's world continence week, and we'd like to raise awareness of the challenges faced by those with bowel and bladder issues. <https://www.bladderandbowel.org>

Breathe Easy Week (21st to 27th June)

The theme for this year's Breathe Easy Week is 'Love your lungs'. Chronic lung conditions such as COPD and asthma can leave sufferers struggling to breathe. While we cannot prevent all lung diseases, we can choose to make decisions that support our lungs. <https://www.blf.org.uk/take-action/campaign/loveyourlungsweek>

Armed Forces Day (25th June)

Each year, Armed Forces Day gives us the opportunity to thank the armed forces who provide service to our country. <https://www.armedforcesday.org.uk/about/>

If you're a veteran of the armed forces, your time in service can impact on your long term wellbeing. The NHS offers support to veterans of the armed forces. <https://www.nhs.uk/nhs-services/armed-forces-community/>