

Newsletter

July 2024

MindSpace Walk – Chesterfield – Derbyshire Mind have a new MindSpace walk set up in Chesterfield at Queens Park that runs every other Thursday. See attached poster for the details and also a QR code which takes you to their website for more details.

<https://www.derbyshiremind.org.uk/activity-calendar/> This is the link to their activity calendar where people can keep in the loop with dates.

Have your say on proposed changes to Learning Disability Support - People are encouraged to have their say on Derbyshire County Council's proposals to change the way we support people with learning disabilities and/or autism. A 12-week consultation will seek people's views on options to redesign day opportunities and short breaks provided directly by the authority. It will run until 17 August and anyone can take part by filling in an online questionnaire, or attending a drop in session, all information can be found [here](#).

Derbyshire Dales CVS invites you to our Great Get Together, inspired by Jo Cox MP - The Derbyshire Dales CVS Social Connectedness Project would like to invite you to the upcoming Great Get Together FREE online event. Taking place in what would have been Jo Cox's 50th birthday year, this event is part of the UK's annual celebration that emphasises the common bonds uniting our communities. Event Details: Wednesday 5th June 2024. 10.30am – 12noon. Online (Zoom link will be provided upon registration). Guest Presenter from the Jo Cox Foundation, discussing the key to fostering connections within communities. Participants can engage in various activities during the event, fostering new connections and strengthening existing ones. If you're interested in attending, please contact Amanda at enquiries@ddcvs.org.uk or call 01629 812154 (Option 1).

Popular TV and comedy star launches new series of Ashgate Hospice grief podcast - Television and comedy star Ed Byrne will appear in the newest series of Ashgate Hospice's podcast, which explores frank and honest conversations about life, death and grief. You can [listen to episodes from all five series of The Life and Death Podcast online](#).

Movement and Mindfulness – a 6 week in person and online class that runs every Wednesday morning at 10am for 1 hour at Deda in Derby City Centre and on Zoom. The classes are independent of each other, so there is no requirement to attend all of the sessions. Each class will consist of:

- A yoga sequence (strong emphasis on the breath)
- A breathing technique or mindfulness exercise (that can be incorporated into everyday life)
- A guided relaxation

Each class will have different theme based around mindfulness

All sessions are open to adults (18+) who are experiencing common mental health symptoms such as low mood, worry and anxiety, stress, loneliness, and wish to improve their mental wellbeing. All sessions are free. Information and booking can be found [here](#).

Free Emotional Literacy based support available for families in Derby City Centre - Starting or growing a family can be an extremely challenging time and a difficult transition for many people.

Emotions are high, routines, sleep and support systems have changed, and resilience can be low. It is such a critical time for emotional wellbeing and mental health support, both to give the parents the help they need to navigate this phase, and to give babies and children the best start and support. Bridge the Gap Child Mental Health CIC, a non-profit organisation based in Derby, are really pleased to have been able to expand their community support offer to families as part of the city wide Perinatal Mental Health Project. They now run free weekly drop-in sessions in partnership with the Derby City Family Hubs. These drop-ins offer a friendly and relaxed space for parents and expectant parents to support their own wellbeing, get creative, and talk to the Bridge the Gap team. Parents can come on their own, or babies and children under 5 are welcome too. There are books, toys and activities to support early emotional literacy, and support for parents to think about their own wellbeing through creative activities specifically for them. The Bridge the Gap staff and volunteers are there to offer emotional support, expert guidance and a non-judgmental listening ear. The drop-ins don't need to be booked and are free to attend. For more information please email staceyemurray@jwbridgethegap.com.

These are the current drop-in times:

- Tuesdays at Sinfin Family Hub 10:00am – 11:30am
- Tuesdays at Osmaston Allenton Family Hub 1:30pm – 3:00pm
- Wednesdays at Mackworth Morley Family Hub 9:30am – 11:00am
- Wednesdays at Becket Family Hub 1:30pm – 3:00pm

Free Avoiding Fraud & Scams – Cyber Awareness Training from Derbyshire Police and Rural Action Derbyshire - This is for anyone in Derbyshire who uses email and the internet (you don't need to be a member of the network). It is a non-tech session, easy to follow, with guidance on how to protect yourself from fraud, and protect your online accounts. Derbyshire Police Cyber Crime Unit and Rural Action Derbyshire are running a free webinar on **Tuesday 9th July 2024, 10.30-11.30am** to warn the public of cybercrime, fraud and scams - and advise on how you can protect yourself and your accounts online.

This one-hour session will cover :

- Device safety/protection
- Password guidance and account security
- Protecting your personal information
- Using social media safely
- Social Engineering and phishing emails/texts
- Telephone and Letterbox Scams
- Romance Fraud
- Online shopping & Online banking safely
- Where to report
- Signposting to further sources of support and resources

To reserve your place, please follow this link to register [Cyber Awareness. Avoiding Fraud & Scams](#). It's a very short form (average time to complete is just over a minute!). You will then see a confirmation on screen, and Derbyshire Police Cyber Crime Unit will then send you a link to join on the morning of the 9th July. Please contact Sam Tock if you have any queries: s.tock@ruralactionderbyshire.org.uk

Derbyshire Sight Loss Council – SLCs comprise blind and partially sighted volunteers who work on various projects and campaigns, advocating on behalf of the wider visually-impaired community, to ensure that local services are as accessible and inclusive as they can be for them. There are currently

over 20 SLCs around the country focusing on a diverse range of projects in the areas of public transport, the built environment, sport and leisure, health services, arts and culture and retail. There is now one in Derbyshire. You find out more information [here](#), including how to become a member.

Dementia Hub – Derbyshire Healthcare, run a Dementia Hub service to provide information and advice to people are living with, or supporting someone with dementia. The hub meets once a month from 9.30am – 11.30am and alternates between two locations – Dovedale Day Service in Derby and Midway Day Service in Ilkeston. The hub is open to anyone with dementia, their carers and families. You can book your place by emailing the Specialist Day Services Team dhcft.specialistdayservices@nhs.net or call 01332 866980 and press option 1.

Derby City and South Derbyshire Mental Health Carers Forum – a self-help group that support carers in and around Derby and Erewash who look after loved ones with severe mental health difficulties. They meet on the third Monday of every month 11.30-2pm at The Oddfellows, Oddfellows Hall, 32 Charnwood Street, Derby DE1 2GU. **Contact Email:** dcandsderbysmhcf@gmail.com

Universal Services for Carers newsletter – providing support for carers in Derby City. Please find the link to their newsletter [here](#) with information about all their events, resources, and signposting info. You can also find contact details to register for the services.

@WalkDerbyshire App - The Walk Derbyshire App is a free community led tool helping people to find and explore local outdoor spaces and short walks in their neighbourhood. You can help people to find walks in your neighbourhood, by adding your favourite walks to the app to increase the content and provide everyone with more accurate and useful walking routes and spaces that are used and loved by the people who live there. Download the app and add local walks, here: [Walk Derbyshire App - Walk Derbyshire](#)

Summer health

Keeping yourself safe in the summer months is important, as new risks arise with the onset of the summer months. Some of the key risks of hot weather and how to prevent them are discussed here:

Hay fever

Hay fever is a common allergy to pollen which can cause sneezing, itching, coughing, watery eyes and more. Hay fever usually only occurs in the summer and although it's not a serious issue, it can be difficult to deal with. To try and prevent hay fever, you can put Vaseline on your nostrils, wear sunglasses, shower and change your clothes when coming in from outside, and take antihistamines. If your hay fever is causing serious issues or you are struggling to carry on with your day then have a chat with your pharmacist.

Dehydration

Dehydration is especially common when the weather is hot. Signs of dehydration can include dizziness, thirst, dark wee, and dry lips and skin. Avoiding dehydration is important. You should make

sure that you're drinking plenty of water, that you cool down and stay in the shade, and consume foods that are also hydrating, such as fruit. It's particularly important to keep an eye on your small children or babies.

Heatstroke

Heatstroke can be caused by too much contact with the sun, being outside in very hot weather or exercising in hot weather. To avoid heatstroke, you should stay in the shade, drink plenty of water, try to avoid being outside in the middle of the day and wear light clothing. Heatstroke symptoms can include dizziness, nausea, cramps, a high temperature and other similar symptoms.

If you suspect that you or someone you know has heatstroke, you should try to move somewhere cool, remove clothes, drink water and cover the skin in cool water. If symptoms seem more serious or efforts to cool them/yourself down aren't working, you should call 999.

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

<https://www.nhs.uk/conditions/hay-fever/>

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

<https://www.redcross.org.uk/first-aid/learn-first-aid/heatstroke>

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

Skin cancer

Skin cancer can be scary and worrying, and doing what you can to avoid the development of skin cancer is essential. Making sure you're consistently applying sunscreen, checking UV regularly, wearing long clothes and staying out of direct sunlight all reduce your chances of developing skin cancer. Staying away from artificial UV, such as sunbeds, is also very important. Putting your safety first is vital.

<https://www.cancerresearchuk.org/about-cancer/skin-cancer/about-skin-cancer>

Domestic abuse and violence

Different kinds of abuse and violent behaviour are all dangerous, and reaching out for help, no matter how insignificant you feel it is, is really important. Talking to someone you trust or a medical professional can help you to figure out what to do, and how to deal with what you're experiencing. Abuse can be emotional, physical, sexual or threatening. There are various people you can speak to on the NHS website below. Using these resources is the first step to making things better. If someone has seriously hurt you, or you're concerned about your safety, you should try to call 999.

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

parkruns

Taking part in a parkrun can help you to stay fit, challenge yourself and meet new people. Taking part is a fun way to exercise and stay healthy. parkrun is a 5k run that happens every Saturday morning and is completely free. Regularly exercising is important for your mental and physical wellbeing. To find your local parkrun, use the link below:

<https://www.parkrun.org.uk/>

The Herbert Protocol

The Herbert Protocol is a scheme that encourages families and carers to put together information on a vulnerable person that can easily be accessed if they go missing. This scheme is used for people who are suffering with dementia, and aims to give the police as quickly as possible the information they will need to find the vulnerable person. If you know someone who may benefit from this protocol, then you should look into it and find out what information you might need. It could make a significant difference to how quickly a vulnerable person is found.

<https://www.ageuk.org.uk/calderdale...test-news/articles/2018/the-herbert-protocol/>

Juvenile Idiopathic Arthritis (JIA)

JIA is the most common type of arthritis in children and teenagers. JIA is caused by autoimmune system issues and can be very painful. Symptoms usually include stiffness, warm and tender joints, unexplained tiredness, appetite loss and a high temperature. Getting your child checked if they have any of these symptoms is important, as catching it as early as possible may help with symptoms in the long term.

<https://versusarthritis.org/about-arthritis/conditions/juvenile-idiopathic-arthritis/>

Group B Strep Support Awareness Month (1st - 31st July)

Ensuring you're aware of the process of testing for Group B strep is highly important. Group B strep doesn't have any symptoms, so making sure you test is key. The most important time to take a test is during pregnancy, and you need to catch it as early as possible in order to have the most minimal effects on your baby.

Every month in the UK, an average of 66 babies are diagnosed with a Group B strep infection. Out of these 66 babies, four will die. Not everyone is offered a test in pregnancy, and you're most likely to be offered a test if you've had a baby with strep previously. During July, there are many different events taking place to raise awareness about Group B strep. If you'd like to find out how you can get involved or fundraise yourself, you can use the Group B Strep Support website link below:

<https://www.nhs.uk/conditions/group-b-strep/>

<https://gbss.org.uk/info-support/group-b-strep-testing/should-i-get-a-group-b-strep-test/>

<https://gbss.org.uk/>

Hyperpigmentation / Melasma Awareness Month (1st - 31st July)

Melasma is a common skin condition in adults that causes patches of skin to become darkened and brown or grey, usually on the face. It's often more prominent in the summer months compared to the winter. Usually, it's caused by hormonal changes such as pregnancy or the contraceptive pill. It can also run in families.

If you're concerned about what you think could be melasma, you should seek advice from a GP, and if they're unsure, they may take a biopsy. If you want to avoid melasma, you should try to avoid direct sunlight, skin lighteners or chemical peels.

<https://knowyourskin.britishskinfoundation.org.uk/condition/melasma/>

<https://sussexcds.co.uk/patient-information/melasma/>

UV Safety Month (1st - 31st July)

Ensuring your skin is kept safe whilst in the sun is very important to prevent issues like cancer. The most effective ways of keeping yourself protected are using sunscreen, staying in the shade and wearing covering clothing. It's important that your sun cream is at least SPF30, and UVA approved with 4 or 5 stars. It's also important to remember that it's not just hot weather that can burn you, and even if it doesn't look sunny outside, the UV may still be high.

Children are at greater risk from sunburn, especially when around water. Whenever your child gets out of the pool, you should dry them and reapply sun cream. Even if your sun cream is waterproof, it's better to be completely sure that they're protected. Making sure that they're not in direct sunlight in the middle of the day is vital.

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

https://www.cancerresearchuk.org/ab...-uv-and-cancer/sun-safety#accordion_children0

Good Care Month (1st - 31st July)

Good Care Month is all about celebrating the people who work in health and social care every day. Working in care can be an emotionally and physically difficult job, so taking the time to take care of those who take care of others is important. There are three main events taking place this Good Care Month with Well Nel's Share & Shape, a session on sleep and taking care of your mental health. In order to support Good Care Month, or to access the help and facilities surrounding Good Care Month, please use the link below:

<https://keepingwellnel.nhs.uk/events-activities/good-care-month/>

Alcohol Awareness Week (1st - 7th July)

Alcohol Awareness Week is all about focusing on change and good habits. The focus is on understanding the harm that alcohol can do when it's a consistent part of your life. Alcohol can affect your short-term and long-term health, as well as your emotional wellbeing and relationships. Alcohol

Change UK is aiming to focus on changing the way that alcohol is advertised and marketed. They also want clearer labelling on alcohol bottles as this could help people to realise the impact of alcohol. The long-term effects of alcohol misuse are important to consider when choosing to drink. Symptoms and effects can include: high blood pressure, stroke, cancer, dementia, infertility and brain damage. These effects can cause life-long issues that may be incurable, and it's important to consider this when choosing to drink alcohol.

If you're struggling with alcohol addiction and you'd like to reach out for help and support, there are several places you can go to. Alcoholics Anonymous is one support group that you can reach out to if you'd like to get some help. Looking after yourself and others is important, especially when it comes to struggles with alcohol.

<https://www.nhs.uk/conditions/alcohol-misuse/>

<https://alcoholchange.org.uk/get-in...awareness-week-1/about-alcohol-awareness-week>

<https://www.nhs.uk/conditions/alcohol-misuse/risks> <https://www.alcoholics-anonymous.org.uk/>

National Bereaved Parents Day (3rd July)

National Bereaved Parents Day is a day focused on those parents who have unfortunately lost a child, at any stage of life. The day aims to bring parents together to gain support from one another. This year the theme is "Love Lives On". This focuses on remembering children who have passed away. This year, you can order a gift box for yourself or someone you know, containing items to show your support for National Bereaved Parents Day. On Wednesday 3rd July, people will be lighting candles to remember those we have lost.

<https://achildofmine.org.uk/national-bereaved-parents-awareness-day/>

World Population Day (11th July)

This day investigates the issues that surround the population of the world, and what we can do to help. The main focus includes aiming to provide contraception for everyone, to try and avoid unwanted pregnancies. It also focuses on making sure the health services available are of a good quality and reliable. To find out how you can support World Population Day, you can use the link below:

<https://www.un.org/en/observances/world-population-day/background>

South Asian Heritage Month (18th July - 17th August)

South Asian Heritage Month (SAHM) seeks to commemorate, mark and celebrate South Asian cultures, histories and communities. The reason for this is to celebrate the influence that the South Asian community has had on Britain over the years, in respect of food, music, culture and more. Recognising the links between South Asia and Britain is important, and it's important to allow people to share their stories and to receive support. To find out more about SAHM, use the link below:



22 Nottingham Road,
Somercotes, Derbyshire
DE55 4JJ

Tel 01773 602141
Email ddicb.adminsomercotes@nhs.net

<https://southasianheritage.org.uk/about-the-south-asian-heritage-month/>

Samaritans Awareness Day (24th July)

Every year in July, Samaritans aim to highlight that they're available to talk to you anytime, night or day. The Samaritans are a service used for helping people who are struggling in all types of different ways – often people who are struggling with their mental health.

The Samaritans are there to listen to you and offer you any advice or reassurance they can. You can call, email, write in or find a local support group, as a method of reaching out. You can support Samaritans Awareness Day by posting on social media, using the tag #SamaritansAwarenessDay, and by sharing the downloadable social media assets.

If you're struggling with your mental health and you're unsure about where to start and how to improve it, there are a few things you can try. Reaching out to people and trying to connect can make you feel better; talking to someone you trust or even a stranger on a helpline, e.g., Samaritans, may help you. Trying to be physically active, if you can, or just stepping outside for a few minutes can improve your mood. Learning a new skill can help you to feel busy and interested, or doing something you enjoy without any pressure. Helping someone out or showing kindness to others may also help you feel better, and surrounding yourself with people who have a positive impact on your life. Trying out mindfulness and focusing on the present can help you to focus on how you feel in the present moment.

Trying these steps may help you to start feeling better, but if they don't, you can book an appointment with your GP or use the mental health services online. There's always someone who can offer you support and find what works for you:

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.samaritans.org/support-us/campaign/samaritans-awareness-day/>

<https://www.nhs.uk/mental-health/self-help-activities/five-steps-to-mental-wellbeing/>

International Day of Friendship (30th July)

Friendship is important, not just between people but on a bigger scale too. Having friends can make our lives more meaningful, but friendship between communities and countries can help build a more tolerant world.

<https://www.un.org/en/observances/friendship-day>



Would you like a coffee and chat with some
like-minded people?

We are here for you!



We will pop the kettle on.....

1st Friday of each month, from 12pm-1.30pm
5 Nottingham Road Ripley, DE5 3DJ



In June 117 patients failed to attend appointments here

19.5
HOURS
WERE
MISSED

Equivalent
to
6 GP Clinics

117
PATIENTS DID
NOT ATTEND

If you are unable to attend **always** cancel your appointment



Call us on **01773 602141**



Contact us @ www.somercotesmedicalcentre.co.uk



Visit the practice in [person](#)