

## **Newsletter** **November 2024**

**Joined Up Care Derbyshire Newsletter** – the October JUCD Newsletter can be found [here](#). It's now in a new format. If you would like to receive the newsletter directly you can subscribe [here](#). If you would like us to include an article in our newsletter please do get in touch. We can offer assistance with writing the article if needed. We are always on the lookout for a wide range of articles that demonstrate joined up working in the Derbyshire system, and we are happy to help support and promote innovative projects and initiatives through the newsletter.

**What's on for Derbyshire Carers** – You can find a full guide on what's on for Carers in Derbyshire [here](#), there is also a programme attached for your information. If you need to register for Derbyshire Carers service as you need support you can find their referral page [here](#).



What's on - Month  
October 2024.pdf

**Stroke Rehabilitation Services review** - The NHS in Derby and Derbyshire is currently reviewing the Stroke Rehabilitation services and they are keen for people to get involved. By getting involved you can ensure that the NHS make these services the best they can be. Attached in a flyer that provides more information about the review, and this also includes full details about how you can get involved. If you need help completing the survey, signing up for events or if you have any other accessibility needs, please email [ddicb.enquiries@nhs.net](mailto:ddicb.enquiries@nhs.net) or leave a voicemail on 01332 981 601, and they will call you back.

You can get involved by:

- Completing a [survey](#) – closing date 24 November 2024.
- Attending an engagement workshops - The engagement workshops will be held online through Microsoft Teams and face to face across Derbyshire. Please book onto these event on our [website](#). There is one this Thursday online, or the face to face events start in November.



Stroke Rehab  
Involvement flyer.pdf

**Quality Conversations** – The Quality Conversations Programme supports effective communication. It helps staff to consider health inequalities, listen well, and connect with patients and colleagues. Quality Conversations support a person-centred approach to understanding the factors that underpin a person's health and wellbeing. The training covers practical techniques to enhance communication, interactive discussions and real-life scenarios, and introduces strategies for handling tough conversations with confidence. It is open to all staff working in the Derbyshire system. You can

book a place on the training through the website [here](#). For questions or more information please contact [dchst.qualityconversations@nhs.net](mailto:dchst.qualityconversations@nhs.net)

**Men's Virtual Meet-up for Men diagnosed with Breast Cancer** – this is a monthly online Zoom meeting, held on the 4th Thursday of every month for men who have been diagnosed with breast cancer. The VMU is an opportunity for these men to talk openly about their diagnosis and treatment and to share their concerns with other men who have had similar experiences. Have a look at the website [www.themensvmu.org](http://www.themensvmu.org) to find out more or contact [doug.harper@themensvmu.org](mailto:doug.harper@themensvmu.org)



Support for Men  
diagnosed with Bre:

**Have you accessed health services after self-harm?** – if so, please find attached an invitation for members of the public, patients and carers to become involved as contributors in the Derby Monitoring study of self-harm. Contact [jennifer.ness@nhs.net](mailto:jennifer.ness@nhs.net) for more information.

## INVITATION FOR PATIENT AND PUBLIC CONTRIBUTORS

HAVE YOU, A FRIEND OR FAMILY MEMBER ACCESSED  
HEALTH SERVICES AFTER SELF-HARM?

We would like to invite you to share your thoughts and opinions  
on our research study "the Derby Monitoring Study of Self-  
harm".

It is important that people who have been affected by self-harm,  
at any point in their lives, are involved in the running and  
development of the study to ensure it is relevant, useful,  
respectful, leads to better care and improves patient safety.

Here are some ways you can get involved:

- A one to one conversation
- Take part in a focus group discussion
- Longer term involvement



### CONTACT DETAILS

**Jenny Ness**

Study Lead | Lead Health Services Researcher

Derbyshire Healthcare NHS Foundation Trust

01332 623579 [jennifer.ness@nhs.net](mailto:jennifer.ness@nhs.net)



Department  
of Health &  
Social Care

Multicentre Study of Self-harm in England



Derbyshire Healthcare  
NHS Foundation Trust

**Brain Health and Mind Minders at Hartington Village Hall** - Expertise and information about the positive steps you can take around Brain Health and Mind Matters. Taking place on the 7th November. You can find more information on the attached poster.



Mind Matters  
Poster.pdf

**Mental Health Together** – you can find Mental Health Together's latest newsletter [here](#). Mental Health Together are working to improve mental health services in Derby and Derbyshire. You can find more information about their work [here](#).

### **The NHS**

It's time to have your say. The NHS is changing, and you're being asked to contribute your ideas to how we can ensure a sustainable NHS for the future. <https://change.nhs.uk/en-GB/>

### **Mind the Gap**

Medical information is often geared towards white skin, which is a significant challenge for those with black or brown skin. Mind the Gap aims to raise awareness of how conditions may present in black or brown skins so that we can begin to address this inequality. <https://www.blackandbrownskin.co.uk/mindthegap>

### **Cancer Awareness**

#### **Pancreatic cancer awareness**

Let's light the UK in purple on 21st November to raise awareness about pancreatic cancer. You can also choose to Take on Challenge 24.

Pancreatic cancer may not present any symptoms to start with, though symptoms may include:

Pain and discomfort in the upper part of the tummy (abdomen) that sometimes spreads out into the back

Signs of [jaundice](#) such as yellowing of the skin and the whites of the eyes, itchy skin, dark pee (urine) or pale and smelly poo (stools) that are difficult to flush away (steatorrhea)

Unexplained weight loss

<https://www.pancreaticcancer.org.uk...rence/pancreatic-cancer-awareness-month-pcam/>

<https://www.macmillan.org.uk/cancer-awareness/pancreatic-cancer-awareness-month>

#### **Lung cancer awareness**

If you have a cough for three weeks or more, a change in a cough you've had for a long time, a chest infection that doesn't get better or repeated chest infections, chest or shoulder pain that doesn't get better, a hoarse voice for three weeks or more, then make an appointment to see your GP. Also, if you're feeling breathless and wheezy for no reason, coughing up blood, losing weight for no obvious reason or feeling tired, it's a good idea to make an appointment with your GP practice. These could be potential signs of lung cancer, and while most won't be, it's important to get checked.

<https://www.macmillan.org.uk/cancer-awareness/lung-cancer-awareness-month>

### **Mouth cancer awareness**

We don't often look into our mouths to check that they're healthy, but it's important to keep a look out for potential signs of mouth cancer, which can include lumps, red or white patches, and changes to the roof of your mouth.

<https://www.dentalhealth.org/mouthcancer>

### **Domestic violence and coercive control (International Day for the Elimination of Violence Against Women, 25th November and 16 days of activism against gender-based violence, 25th November to 10th December )**

Men, women and children who are escaping domestic violence can contact the appropriate helpline and will be provided with free transport to be able to escape their situation along with other support.

<https://www.womensaid.org.uk/what-we-do/supporting-our-members/travel-to-refuge/>

Less than 0.2% of government aid is aimed at preventing violence against women. Making clear our support for women ensures that we're clear that gender-based violence is unacceptable in our society.

This year's 16 days of activism against gender-based violence aims to draw government attention to the plight faced by many women. Gender-based violence against women must be brought to an end.

<https://www.un.org/en/observances/ending-violence-against-women-day>

<https://www.unwomen.org/en/what-we-do/ending-violence-against-women/unite/16-days-of-activism>

### **Movember**

It's Movember; time to grow the mo' to raise awareness of men's issues such as mental health, suicide, prostate cancer and testicular cancer.

<https://uk.movember.com/>

### **Child flu**

Children aged 2-3 can get their flu vaccination from their GP surgery now. For children who are in an at-risk group, you can book an appointment through the surgery if you don't want to wait for the schools' programme.

<https://www.nhs.uk/vaccinations/child-flu-vaccine>

### **Winter weather warnings and staying warm**

Keeping warm in winter is vital to one's overall health and studies show that being cold (under 18 degrees indoor temperature) has a negative effect and increases the risk of ill health, especially in those who are vulnerable.

There are some simple steps you can take to stay feeling healthy and happy through the winter. Your physical health is important, and so is your mental health.

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

<https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/stay-healthy-winter>

### **Stress awareness**

Stress can cause both physical and mental symptoms. Recognising signs of stress in yourself and in others is important. Mind has a brilliant guide about the signs and symptoms of stress, and if you recognise these symptoms in yourself or others, perhaps it's time to take action to reduce your stress.

<https://www.mind.org.uk/information-problems/stress/signs-and-symptoms-of-stress/>

### **Bonfire Night, 5th November (but many activities held on 1st/2nd/3rd Nov)**

Bonfire Night will shortly be upon us, and while it can be great fun, fire and fireworks can be dangerous, so it's always best to attend a well-organised display.

If you're planning to have a bonfire party at home, make sure you're aware of the safety rules to help keep you, your family and friends safe.

<https://www.staffordshirefire.gov.uk/your-safety/safety-at-home/bonfire-night-safety/>

<https://www.rospa.com/policy/home-safety/advice/fireworks-safety>

### **Social media kindness, 9th November**

Social media has become a big presence in many lives. It's important to keep it in context, to know that what we see reflected is often not reality, and to remember that on the other end is a human

being.

<https://www.socialmediakindnessday.com/>

### **Anti-Bullying Week, 11th to 15th November (including Odd Socks Day, 12th November )**

The theme of this year's Anti-Bullying Week is 'choose respect'. This week encourages us to respect individuals and ensure we treat others with thought and kindness.

Each year, Andy and the Odd Socks support Odd Socks Day. Odd Socks Day encourages us to wear odd socks to celebrate difference and diversity.

The National Bullying Helpline is available to give advice and to offer support, regardless of your age, if you're suffering from bullying.

<https://anti-bullyingalliance.org.uk/espect/anti-bullying-week-2024-choose-respect>

<https://andyandtheoddssocks.com/odd-socks-day/>

<https://www.nationalbullyinghelpline.co.uk/about.html>

### **UK Malnutrition Week, 11th to 17th November**

As the cost of living increases and more people become vulnerable, there's an increased risk of malnutrition. Malnutrition happens when people don't have access to enough food, a well-balanced diet or where their body isn't able to absorb all the nutrients it needs to stay healthy.

<https://www.bapen.org.uk/malnutrition/uk-malnutrition-awareness-week/>

### **World Diabetes Day, 14th November**

It's World Diabetes Day. Across the globe, millions of people live with diabetes and good management of their condition ensures that they stay fit and healthy for the long term.

<https://worlddiabetesday.org>

### **Disability History Month, 14th November to 20th December**

The focus of this year's Disability History Month is 'disability, livelihood and employment'. With better awareness and reasonable adjustments, we can support people with disabilities to enjoy a long and fruitful career.

<https://ukdhm.org/>

### **National Self-Care Week, 18th to 24th November**

‘Mind & body’ is the theme for this year’s Self-Care Week. Taking time to look after ourselves can help us to live longer and healthier lives. Simple steps in self-care like getting outdoors can help both our physical and mental health, and best of all – it’s FREE.

<https://www.selfcareforum.org/events/self-care-week/>

### **Antimicrobial Resistance Awareness Week, 18th to 24th November**

Antimicrobial resistance is a big issue across the world. Some medicines no longer work to combat disease as the bugs they’re designed to fight have changed to resist them.

<https://www.who.int/campaigns/world-amr-awareness-week>

### **Sugar Awareness Week, 18th to 24th November**

It’s Sugar Awareness Week and we’re talking about ‘free sugars’. Free sugars are the kind we add to food and drinks, like sugar, syrups and honey, as well as the sugar our bodies find easy to access in prepared food like smoothies and juices. Free sugars can contribute a large amount of sugar to our diets without any nutritional benefit.

<https://www.actiononsugar.org/sugar-awareness-week/sugar-awareness-week-2024/>

### **Survivors of suicide loss, 19th November**

The loss of someone you care about to suicide is incredibly difficult to deal with. The aftermath of their loss can feel very isolating, but Survivors of Bereavement by Suicide is there to provide support and understanding.

<https://uksobs.com/>

### **International Men’s Day, 19th November**

International Men’s Day encourages us to celebrate the contribution that men bring to our lives and communities. It’s also important to recognise the challenges that men face in talking about the things that affect them.

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

### **Transgender awareness, 20th November**

People who are transgender can face difficulty and discrimination. We can unintentionally add to this by using inappropriate terms. GLAAD has a handy guide to appropriate terminology to help and support.

<https://glaad.org/reference/trans-terms>



22 Nottingham Road,  
Somercotes, Derbyshire  
DE55 4JJ

Tel 01773 602141  
Email [ddicb.adminsomercotes@nhs.net](mailto:ddicb.adminsomercotes@nhs.net)

### **Carers' rights, 21st November**

21st November is a great day to think about carers' rights. If you care for someone, then making sure you're looked after too is important. If you don't get the support you need, you can't provide the support that you give to others.

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

### **White Ribbon Day, 25th November**

White Ribbon Day aims to encourage men to help address the attitudes and behaviours that lead to violence against women. Men have an important part to play in holding each other to account for their behaviour towards women.

<https://www.whiteribbon.org.uk/wrd24>





## In October 179 patients failed to attend appointments here

**30 HOURS  
WERE  
MISSED**

**Equivalent  
to  
9 GP Clinics**

**179  
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](http://www.somercotesmedicalcentre.co.uk)



Visit the practice in [person](#)