

# Littlewick Medical Centre

October  
2018

## WHAT'S ON?

### **Carers Coffee Morning**

Thursday 25<sup>th</sup> October  
10am – 11.30am

### **Craft & Chatter**

Every Monday  
12.30m – 2.15pm

### **Walking Group**

Every Tuesday  
1.30pm at the Dales

### **WEAR IT PINK**

Littlewick will be supporting the event Wear it Pink again this year. By wearing pink on Friday 19<sup>th</sup> October and donating whatever you can, the charity use the money you raise to fund the world-class breast cancer researchers across the UK and Ireland.

### **JEANS FOR GENES DAY**

On the 21<sup>st</sup> September, Littlewick staff took part in Jeans for Genes day, raising funds for Genetic Disorders UK. This year we managed to raise a total of £35.82. Thank you to everyone for their donations and support.

### **MACMILLAN COFFEE MORNING**

On the 28<sup>th</sup> September, Littlewick staff took part in a coffee morning, raising funds for Macmillan Cancer Support. In total we raised a total of £108. Thank you to everyone for their donations and support.

## BEAT FLU EARLY IN 2018!



As you may have heard there are national supply problems with flu jabs. We will text each patient as soon as their flu jab arrives and let them know when to attend. If you do not have a mobile phone, we will write to you as soon as your jab arrives.

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.

We had a small delivery of the special flu jabs for over 65s in Sept, and are expecting further deliveries in mid-October and November and we will prioritise patients to receive a flu jab following national guidelines from NHS England.

### PROPOSED CLINIC DATES:

Wednesday 3<sup>rd</sup> October (West Hallam)

Saturday 6th October 2018

Saturday 20th October 2018

Friday 26<sup>th</sup> October 2018 (West Hallam)

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.**

**Littlewick Medical Centre**

42 Nottingham Rd, Ilkeston, Derbyshire DE7 5PR Tel: 0115 932 5229



## COUCH TO 5K



Here at Littlewick, we are joining together with Jog Derbyshire by doing a "Couch to 5k"

This event will be free of charge and you will be able to have fun, make friends, achieve your goals and improve your physical and mental health.

Unfortunately, this event is only for adults and any children would be unable to attend.

For more information on this, please visit [Jogderbyshire.co.uk](http://Jogderbyshire.co.uk)

## LIVE STRONGER FOR LONGER

Join a local activity session to improve your strength and balance!

Benefits include:

- Improved physical ability
- Reduced risk of hip fractures
- Improved strength and balance
- Raised falls awareness
- Improved confidence & social connections
- More independence & improved quality of life

Contact your Falls Service Advisor on the numbers below for South Derbyshire:

Jo Briggs – Falls Prevention Service Co-ordinator  
Email: [jo.briggs@ageukdd.org.uk](mailto:jo.briggs@ageukdd.org.uk)  
Tel: 07837 277252

Emma Yates – Falls Prevention Service Advisor – Care Homes  
Email: [emma.yates@ageukdd.org.uk](mailto:emma.yates@ageukdd.org.uk)  
Tel: 07851 731772

For more information, please visit [www.ageuk.org.uk/derbyandderbyshire/snfclasses](http://www.ageuk.org.uk/derbyandderbyshire/snfclasses).

## STAFF NEWS

At the end of September, we said goodbye to our receptionist Sarah. We would like to wish her all the best in the future.

In October we welcome 2 new members of staff to the reception and admin teams. We hope Nikki and Olivia enjoy their new role with us and wish them the best of luck!

## EXTENDED HOURS

Please note at surgery we offer extended hours appointments designed for our patients who struggle to attend during routine surgery hours. Extended hours are Tuesday and Thursday early morning appointments from 7:10am. These appointments are all pre-bookable and not book on the day. Please bear in mind if you are wishing to arrange a pre-bookable appointment, these are not released until 8am every day.

## SURGERY CLOSURES

The surgery will be closed from 12 noon on Wednesday 10<sup>th</sup> October due to staff training. We will re-open as normal again on Thursday 12<sup>th</sup> October, 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 then please do not hesitate to contact 999.

## PATIENT FEEDBACK

We are focusing on improving our patient journey and understanding your expectations of us. Therefore we are really keen for you to feedback to us directly.

## TOUCH SCREEN

Please feel free to use the touch screen to the right of the reception desk to check yourself in for an appointment. This can help you avoid waiting time at the desk. If you're unsure how to use it, please just ask. Thank you.

## UPDATING PERSONAL INFORMATION



Please can we ask all patients to ensure we have the correct telephone numbers, addresses and names saved on our computer system so that if we need to contact you we can get hold of you promptly. Did you know that if we have a mobile phone number for you we will send out a reminder of your appointment the day before? If you are not receiving these texts and would like to do so, please let a member of our reception team so that we can ensure we have your correct mobile phone number and allow the texting preference on your records.

## 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 Awworth **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**

