

Littlewick Medical Centre

August
2018

What's on?

Carers Coffee Morning

Thursday 30th August
10am - 11:30am

Craft & Chatter

Every Monday
12:30pm - 2:15pm



Summer



Yellow Fever



Unfortunately, we have decided that we are no longer going to be a designated yellow fever center. What this means for our patients is that you may need to research other centers in the area as there are other surgeries, clinic and chemists where you are able to have this done.

SCHOOL NURSE SUMMER HOLIDAYS "DROP IN"

During the summer holidays, Derbyshire school nurses are holding a drop in service where you are able to discuss your worries **confidentially** for problems such as:

- Emotional Wellbeing
- Sexual Health
- Bullying
- Pregnancy testing
- Dead
- Loss
- Healthy lifestyle

**Available every Wednesday 3-5pm
Ilkeston Community hospital
Please report to main reception**

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.

There is a meeting to be held on the 5th September 2018 6pm-7pm where you will be able to obtain more information and any concerns or worries you have can be addressed by our clinicians.

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

We will be officially starting this event on the 12th September 2018 for 10 weeks and will be meeting at the Tesco Extra entrance on Chalons Way

For more information on this, please visit Jogderbyshire.co.uk



MANAGING YOUR REFERRAL ONLINE

If your GP refers you to a hospital or clinic, ask if you can book the appointment online.

You can easily manage your referral online; all you need to do is book your own appointment on a date and time that is convenient for you. There is also a possibility that you could choose which hospital or clinic you go to.

Once your appointment has been booked, you are able to check the details, change your appointment date and time as well as cancel it if it is no longer needed. Booking with this service is fast, convenient and secure.

When patients book their own appointment, hospitals have reported that there are half as many missed appointments. Booking online also means more money is being spent on appropriate changes to the NHS.

However, if booking online isn't for you, then you are still able to call through and GP practices will still book appointments for patients who need help.

If you are referred to a hospital or clinic and want to book your appointment online. You can visit www.nhs.uk/referrals
For more information please see reception.

COIL AND IMPLANT CLINICS

At this time, we are receiving a high demand of patients being put onto our coil and implant waiting list. Currently, we are looking at September for our next clinic date and the waiting is looking to be up to 3 months.

Another alternative for this service would be to contact the Family Planning clinic on 0800 3283383

Thank you for your patience and we apologise for any inconvenience caused.



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.

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 on Monday 27th August 2018 due to the bank holiday. We will re-open as normal on Tuesday 28th August 2018. We apologise for any inconvenience this may cause.

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 Numbers

Littlewick & The Dales Medical Centre **932 5229**
DHU (out of hours) **111**
Manor Nottingham Road **932 5447**
Manor Bath Street **9324748**
Manor Kirk Hallam **932 4425**
Boots Bath Street **932 4730**
Old Station Pharmacy **932 4798**
Helms Chemist **930 1145**
Well Pharmacy **932 5036**
Co-op Awsworth **932 2233**
Ilkeston Hospital **930 5522**
Nottingham City Hospital **9691169**
Queens Medical Centre **9249924**
Royal Derby Hospital **01332 340131**
Talking Mental Health **0300 1230542**
Derbyshire Substance Misuse Service **9309442**
Crisis out of hours **01332 625580**
Emergency Midwife **01332 340131**
District Nurses **01332 258200**

