

Heartwood Medical Practice

Winter Newsletter 2020

The past few months have seen a great deal of change at Heartwood Medical Practice. To help you understand these changes here is a brief guide to how the practice is operating at the moment to limit face to face contact where possible and help stop the spread of coronavirus:

If you feel you are unwell and need to speak to either a Doctor or Advanced Nurse Practitioner the telephone lines open up at 8am. If urgent you will be offered a telephone consultation on the same day to assess whether management can be initiated over the phone or by video consultation, or whether you need to be seen in person.

If you need to have a blood test or routine vaccinations, these are being done by our Healthcare Assistants and Nurses, appointments may be booked by telephoning reception.



Routine telephone appointments are also offered for any non-urgent problems, please ensure you inform the receptionist team that a routine appointment is required.

If you aren't sure whether you need to speak to a GP or your problem can be managed elsewhere please consider the following:

- Self-care remedies
- Speak to a local Pharmacist or Dentist
- Download and use the NHS App for information on your symptoms and order repeat prescriptions.
- Call NHS111 or go on line to seek advice <https://111.nhs.uk/>

Influenza vaccinations



It is the time of year for patients to be vaccinated against the influenza virus, this year it is most important to protect ourselves more than ever. As many of you may be aware, we have been holding walk through flu clinics over the past few weeks. These have been socially distanced and organised on a one way system. Patients have appreciated the way the system works and have commented on how safe they have felt by using this system. Please note all patients are required to wear a face covering.



We must thank our PPG chair, Mr. Graham Joynes and his wife Dawn, who have given time up to help us direct our patients through the one way system during the clinics.

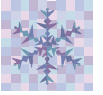
Our last weekend flu clinic was held on Sunday 25th October between 9am and 12 noon. This was for patients under the age of 65 who are at risk. If you are an at risk patient and have not yet had your influenza vaccination we will be holding further clinics between 5pm-6.30pm, details are to follow as we are waiting for further supplies of both the under 65 and over 65 vaccination, details will be posted on the website.

The at risk groups who qualify for an influenza vaccination are:

- Everyone who will be aged 65 or over by 31st March, 2021



- Everyone aged 55 to 64 by 31st March, 2021 (**only available from December 2020 more information to follow as soon as the Government gives us appropriate guidelines**)
- All primary school age children (via the school vaccination programme)
- All children aged 2 to 5 years old on 1st September 2020 (children in this age range already attending school will be vaccinated at school)
- Anyone aged 6 months and over with the following conditions:
 - Asthma (you must require regular use of a steroid inhaler or tablets for control, or have had an emergency admission to hospital because of your asthma in the last year)
 - Other chronic respiratory disease (such as COPD, emphysema, chronic bronchitis or cystic fibrosis)
 - Chronic heart disease
 - Severe kidney or liver disease
 - Chronic neurological disease (e.g. Stroke/TIA, MS)
 - Diabetes
 - Lowered immunity due to disease or treatment
 - Asplenia or dysfunction of the spleen (including sickle-cell anemia & coeliac disease)
 - Patients with Learning Disabilities
- Adults with a body mass index >40 kg/m²
- Women in any stage of pregnancy
- Unpaid carer, or a young carer for someone who could not manage without your help if you became ill
- Household members of those people who were shielding during lockdown



We will also be offering the Pneumonia vaccination to patients who are at risk and have not been previously vaccinated, if you receive a text message or letter, please contact the practice to arrange an appointment.

Derbyshire Carers Association

Derbyshire Carers are excited to announce the launch of their new counselling service. The team will support carers with the impact of the caring role and mental wellbeing, especially if it has been impacted by Covid19 restrictions. The service is free to registered carers who are based in Derbyshire. The counselling sessions will be delivered remotely via telephone or secure video platform- depending on preference.

For more information on accessing this service, please contact Georgina by phone on 07966391622 or email: georgina.rolfe@derbyshirecarers.co.uk

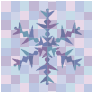
Although Derbyshire Carers aren't currently running face to face groups, they have scheduled a range of online activities for unpaid carers:

Week commencing 2nd November

Tuesday: Chair based Yoga 1.30pm-2.15pm

Thursday: Creative writing 1pm-2.30pm





Week commencing 9th November

Wednesday: Coffee and chat 10-11am

Friday: Exercise classes 1.30pm-2.15pm



For more information contact: Katie Matkin 07773 173 416

Share your views to help improve health and wellbeing support for armed forces families in England

The NHS has launched a questionnaire and series of virtual events to explore how it can improve health and wellbeing support for serving, reserve and veteran families in England. Whilst most armed forces families enjoy healthy lives, the unique circumstances of military life can cause pressures for some, and affect an individual's health and wellbeing. The NHS wants to help change this so that armed force families are able to access NHS services across England.



Anyone can share their views, however the NHS is particularly keen to hear from serving, reserve and veteran families, people who are serving or have served in the British Armed Forces and organisations working with or supporting the armed forces community.

To find out more and get involved please visit the NHS England and NHS Improvement website. The deadline for responding is 30 November 2020. The link is:
<https://www.engage.england.nhs.uk/survey/health-and-wellbeing-support-armed-forces-families>