



PARKSIDE SURGERY NEWSLETTER

MARCH 2025

We are pleased to welcome our new salaried GP Dr Louise Clarke to the practice. Some of you may have had the pleasure of meeting with her already as she started with us in January.

Jayne our Trainee Nurse Associate will be back with us from the 17th of March, she has been on a placement completing further training to enhance her job role.

During our monthly training in February. Staff have completed a refresher of their BLS (basic life support) training. This has to be completed regularly to ensure staff are competent in this.

We would also like to share with you that during the month of February our practice nurse Melanie has been raising awareness and funds for cancer research UK by doing 100 squats everyday. Well Done!

As we step into spring we come to the end of our Winter Hub Clinic, which we have had running during the winter months. This clinic helped us to provide extra appointments for those extra winter illnesses the winter inevitably brings.

Training closure date: Wednesday 19th March from: 1:30pm

MEDICATION INFORMATION

Prescription requests should be placed via the Medicine order line

You can call them on: 01246 588860 Or Visit their website: www.derbyshiremol.nhs.uk

Or alternatively via the NHS app or your online account.

You can place your prescription requests up to one week before your medication is due.

Prescriptions can take up to 2-3 working days to be processed before going to your pharmacy.

Important information:

If your medication is not showing on your NHS app or your online account it could be due to the following reasons:

You are placing your request too early Or you may require a medication review

During January, we had a total of 122 appointments where patients did not attend, this amounted to 22 hours of clinical time lost.

We would like to thank those patients who did attend their appointment, we had 5560 appointments which were attended. 😊

Please let the surgery know if you are unable to attend your appointment so that we can offer this to someone else. You can do this via the NHS App, your online record or via our website www.parksidesurgery.co.uk



Mother's Day 30th March

We would like to wish all soon to be, existing and new mum's a Happy Mother's Day!

So far this year, the surgery have welcomed 5 new babies to families registered at the surgery.

Congratulations to these new parents.

We thought we would take this opportunity to provide some extra advice after having a baby.

You are eligible for a post natal check 6 weeks after having your baby. This is usually done by a GP here at the surgery. This will be to check in with how you are feeling and how you are recovering post birth.

Having a new baby can be overwhelming which is why it is important to take a little time each day for yourself. Even if it is just half an hour doing something you enjoy. Make sure you get plenty of rest where possible and accept help if available from your partner, friends and family if available. Gentle exercise when you feel able too can help your body recover and make you feel more energetic.

Having a baby can effect your mental health, so it's a good idea to talk about how you are feeling to loved ones and if you are struggling to cope, speak to your GP.

One of the best way to protect your baby from diseases like measles, rubella, tetanus and meningitis is through immunisation

Once baby reaches 8 weeks they will be eligible for their immunisations. These will be done at the time of their baby check.

Please register baby as soon as possible after birth so an appointment can be arranged.

For more help and advice after baby is born please visit this website <https://www.nhs.uk/conditions/baby/support-and-services> or use the following link [Support and services - NHS](#)

Or <https://www.nhs.uk/start-for-life> or [Start for Life home - NHS](#)

Awareness Days - March 2025

Young Carers Day—12th March— this year's theme is "Give Me A Break", focusing on the importance of rest and respite for young carers. If you are under 25 and looking after a family member due to illness or disability. Please see the website for more information:

[Carers.org/ycad](https://www.carers.org/ycad) or link [Young Carers Action Day 2025: Resources](#)

100 Miles in March for Mind—1st—31st March 2025. Can you go the extra mile for mental health. Physical activity can help relieve stress, build confidence and manage symptoms of depression and anxiety. So not only are you helping to raise awareness and money for a great cause. You will do wonders for your own wellbeing.

For more information: <https://www.mind.org.uk> or [100 miles in March - Mind](#)

The Great Daffodil Appeal—Every 5 minutes, someone dies without the care they need. This is your chance to help. Will you support the Great Daffodil Appeal and help Marie Curie be able to provide end of life care to those who need it?

For more information: <https://www.mariecurie.org.uk/daffodil> Or [Donate to the Great Daffodil Appeal | Marie Curie](#)

