



PARKSIDE SURGERY NEWSLETTER

JUNE 2025

We recently said goodbye to Dr Oluwakemi Majiyagbe, we wish her all the best for the next steps in her journey as a Doctor.

The **Spring Covid Vaccine** for the over 75's is ending on the 17th June, if you have not booked your vaccine please contact your local pharmacy as we do not have any more clinics at the surgery.

Travel Vaccines: Holiday Season is upon us, we would like to take this opportunity to remind you that we are unable to provide travel vaccines at the surgery. We are able to provide your vaccination history, for you to take to a local travel Clinic. Please fill out an online admin request via our website or pop into reception with 2 forms of ID, including 1 photo ID for us to be able to print this out for you.

Hay fever medication— You do not need a prescription for Hay fever medication, please visit your local pharmacy who will be able to offer advice and treatment. Your local pharmacy can also help with insect bites too!

Training Closure Date: Wednesday 18th June from 1:30pm.

VIRTUAL PATIENT PARTICIPATION GROUP

**Would you like to be more involved
with the GP surgery and help us to
shape and improve the service we
offer?**



We are looking for patients who would like to join our Virtual Patient Participation Group. We would send our practice newsletter on a monthly basis. We may contact you for feedback on the services we provide or any changes that we may be making. If this is something that you would be interested in, please contact us on the email address:

ddicb.c81053-reception@nhs.net

We look forward to hearing from you!

Father's Day —15th June 2025

Father's day is on the 15th June this year and we would like to wish all existing, new and soon to be dads a

Happy Father's day!

In the run up to Father's day, it is national **Men's health week**, this falls between the 9th—15th June.

Men's Health week is to raise awareness and encourage you to seek medical advice for physical and mental health issues.

Many men put off going to the GP for medical problems however early detection and treatment is crucial, if you are experiencing any symptoms make an appointment with your GP.

Men's Health week also raises awareness of preventable health problems for males of all ages. At the surgery we offer a free NHS Health Check which identifies whether you are at risk of getting certain medical conditions and how to prevent it. We will contact you once you are eligible for this.

Prostate screening is available to anyone over 50 years of age. The earlier Prostate Cancer is found the better it is to treat. If you are experiencing symptoms, please contact your GP.

Men's Mental Health—40% of men said that it would take thoughts of suicide or self-harm for them to seek help. If you are struggling with your mental health the GP can provide you with support that is available.

Help in the community:

Andy's Man Club—This is a group that meets every Monday in various locations across the UK.

Bottled up Blokes are also a Nottinghamshire charity that offer activities like football, which encourages exercise and socialising to support groups. It is also a good way to meet like minded men who have been or are going through similar problems.

For more information on Men's Health week visit:

<https://www.nhsprofessionals.nhs.uk/health-and-wellbeing/helpful-links/mens-health-week>



Awareness Days—June

Loneliness Awareness Week: 9th—15th June The week aims to raise awareness about loneliness and encourage people to find ways to connect with others. Find out how you can connect with other people via the website <https://www.lonelinessawarenessweek.org>

SANDS: This years Sands Awareness Week takes place between the 16th—22nd June. Sands offer support to anyone touched by pregnancy or baby loss. Always. Find out more: <https://www.sands.org.uk/>

The World Blood Donor Day—14th June—to thank all the unpaid volunteers for donating lifesaving blood and to raise awareness of the need for regular donations.