



PARKSIDE SURGERY NEWSLETTER

SEPTEMBER 2025

Training Closure Date: Wednesday 17th September from 1:30pm.

We have recently welcomed our new registrar Dr Muhammad Iqbal to the practice, he will join our other recent new registrar's to further his training.

Flu Vaccinations

We are now offering the flu vaccine to children and pregnant ladies.

We will be starting vaccinations for Flu and Covid (if you are eligible) for these from October, please contact the surgery to arrange an appointment in our clinic.

Reminder we are only offering the covid vaccination if you are over 75 years or are immunosuppressed.

Did you know? You can order your prescriptions via our website even if you are not registered for online access. Visit the website: <https://www.parksidesurgery.co.uk/prescriptions> or click on the link: [Prescriptions - Parkside Surgery](#)

Macmillan coffee morning—Every year the surgery takes part in the Macmillan coffee morning to raise money for such an important cause, however we do so with a twist. We have a whole week of bakes, cakes and yummy treats. With everyone working different days at the surgery, this means everyone gets to join in and have a delicious treat on their day or days of choice.



Get the pill for free from a pharmacy

No need for a GP prescription,
just ask a local pharmacy for the
contraceptive pill.

This service is confidential, and
you will be seen in a private
consultation room.



Find a pharmacy offering the
contraceptive pill



World Alzheimer's Awareness Month

September is World Alzheimer's Month with World Alzheimer's day being on the 21st September.

Alzheimer's is the most common cause of Dementia in the UK, it is most common in people over the age of 65. Alzheimer's disease is a progressive condition which means the symptoms develop gradually over many years. The first signs of the disease is usually minor memory problems. For example, forgetting recent conversations or events, the names of places and objects. Further symptoms can develop such as confusion, disorientation or getting lost in familiar places, problems with speech and language, difficulty making decisions and problems performing self care tasks.

Find out more about Alzheimer's on the following website <https://www.nhs.uk/conditions/alzheimers-disease/> or click the link. [Alzheimer's disease - NHS](#)

What support is there locally?

[Derbyshire Dementia Information & Advice Service](#) offer a range of support to anyone affected by Dementia, including carers.

The local Dementia Advisers offer 1:1 tailored information and also hold fortnightly online carer information sessions. Plus the following groups are also available:

Memory Café—Information and advice will be presented by a guest speaker followed by activities and an opportunity to chat and meet other people.

Singing for the Brain—Singing improves your brain activity, wellbeing and mood. The group sing for pleasure and cover a wide variety of songs. An ideal opportunity to meet new people in a sociable setting.

Please contact 01332 208845 to book your place.

These groups are available locally and take place on the 3rd Wednesday of the month at Alfreton Town FC. Other venues are available on different days and times.

Visit their website for more information: [https://](https://www.dementiaderbyshire.org.uk)

www.dementiaderbyshire.org.uk or click on the link [Derbyshire Dementia Information and Advice Service](#)



Gynae Cancer Awareness Month

There are five gynae cancers and September is the month where awareness is raised for these.

The five gynae cancers are:

Womb Cancer, Ovarian Cancer, Cervical Cancer, Vulva Cancer, Vaginal Cancer

For more information, symptoms and advice visit the following website: <https://eveappeal.org.uk/campaigns/gynae-cancer-awareness-month> or click on the following link: [Gynae Cancer Awareness Month - The Eve Appeal](#)