



# PARKSIDE SURGERY NEWSLETTER

## OCTOBER 2025

**Training Closure Date: Wednesday 15th October from 1:30pm.**

### Appointments

Do you need a **routine** appointment? Would you rather not have to wait in the telephone queue?

If so, you can request a non urgent appointment via our website:

<https://www.parksidesurgery.co.uk/appointment> or click on the link [Appointments - Parkside Surgery](#).

You do not need to be registered for online access to do this. All requests received will be looked at within 2 working days and an appointment will be given within the next 14 days.

**Please note:** This service is **not** for urgent issues, please call the surgery to arrange an urgent appointment.

Please make a note of your appointment when booking and do not rely on appointment reminders.

### New telephone system

In November we will be rolling out a new phone system, you won't notice the change when calling us and we hope this will make the calls more efficient in the future. Please bear with us whilst we get used to the new system.

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

We are still looking for patients for our Virtual Patient Group.

If this is something that you are interested in please contact us on the email: **ddicb.c81053-reception@nhs.net**

### Macmillan

The surgery recently took part in the Macmillan coffee morning where we enjoyed cake and yummy treats for the whole of the week. We will share the amount raised once we have gathered it all together.

### Go Sober for October

Macmillan Cancer Support are doing whatever it takes to support people living with cancer, but they need your help. By going sober this October, you'll be raising vital funds for Macmillan, so they can continue providing much-needed physical, financial and emotional support to the millions of people living with cancer in the UK. Going sober for October is a small sacrifice that makes a big difference!

Sign up now on the following website: <https://www.gosober.org.uk> or click on the

link: [Go Sober](#) | [Macmillan Cancer Support](#)

**MACMILLAN**  
CANCER SUPPORT

# Menopause

All women will experience the menopause. Natural menopause takes place when the ovaries become unable to produce the hormones Estrogen and Progesterone.

Menopause can also occur when the ovaries are damaged by specific treatment such as chemotherapy or radiotherapy, or when the ovaries are removed, often at the time of a hysterectomy.

The average age of the natural menopause 51 years, but can occur much earlier or much later. Menopause occurring before the age of 45 is called early menopause and before the age of 40 is called premature menopause.

Perimenopause is the stage from the beginning of menopausal symptoms to the postmenopause.

Postmenopause is the time following the last period, and is usually defined as more than 12 months with no periods in someone with intact ovaries, or immediately following surgery if the ovaries have been removed.

Early menopause symptoms include **Physical**, **Sexual** and **Psychological** problems.

**Physical** symptoms include:

- Hot flushes
- Night sweats
- Palpitations
- Insomnia
- Joint aches
- Headaches

Later menopause symptoms are due to the effects of Estrogen deficiency on the bladder and vagina and include:

- Passing urine more often by day and/or by night
- Discomfort on passing urine
- Urine infection
- Leakage of urine
- Vaginal dryness, discomfort, discharge, burning and itching.

## Menopause Matters

Is a helpful website to visit for more information on the Menopause

[www.menopausematters.co.uk](http://www.menopausematters.co.uk) or  
click on the link

[Menopause Matters, menopausal symptoms, remedies, advice](http://www.menopausematters.co.uk)