



# **PARKSIDE SURGERY NEWSLETTER**

## **DECEMBER 2025**

We have recently said a sad farewell to Dr Cottrell. She has been with the surgery many years and she will be missed. We wish her all the best for her early retirement.

Dr Yousaf also leaves us after completing her 4 months placement with us and we welcome Dr Charlotte Greenall who will be with us until April 2026.

Reminder of our new telephone system, please continue to bear with us whilst we are getting used to the new way of working. We are hoping that the new system will reduce the waiting time for you. So far we have received positive feedback from yourselves with regards to the new phone system. If you can avoid ringing at 8am especially if you have a routine request. Please do not call before 8am as your call will not be answered.

For routine requests, you may prefer to use our online consultation service available on our website.

We will also be starting the **Winter Hub** this month, this is where we will be offering additional appointments for certain, New and Acute conditions, which have not already been seen or dealt with by a clinician. These appointments may be here at Parkside Surgery, Crich Medical Practice, Somercotes Medical Centre or Church Farm Primary Care Centre in Ripley.

The **Pharmacy First service** is still running so please see your local pharmacy for the following conditions:

Sore Throat, Ear Ache in Children, Impetigo, Infected insect bites, Shingles, Sinusitis, UTI in women only (ages 16 to 64)

If you are 18 years and over and have been newly prescribed one of the most common anti depressants, you are able to seek additional advice and support from your local pharmacy about your medication, healthy life-style changes and help with understanding treatment options.

### **Prescription requests for Christmas period**

We are anticipating that prescription requests will take longer than the normal 2 working days to process due to the demand of requests that we receive at this time of year.

**Please allow plenty of time when submitting your order so that we have time to process your request.**

We may be able to process some orders earlier than normal if your medication is due over the festive period.

If you require **emergency medication** over the festive period please **call 111**.

## Grief Awareness

National Grief Awareness week will take place between the 2nd December - 8th December.

This year their theme is “Growing with Grief”

Losing a loved one feels like an ending in so many ways, but in time, it can also become the ground from which something new begins. After that loss, we can't go back to who we were, but instead, we can grow into someone new shaped by love, memories, and resilience. This growth doesn't erase the pain, but it allows HOPE to return. We may even become more present, more compassionate, more aware of what truly matters in life.

### The 5 Stages of Grief

- Denial – feelings of shock, disbelief, panic or confusion
- Anger – feelings and behaviours such as blaming yourself or blaming others
- Depression – feeling tired, hopeless or helpless – like you have lost perspective or feel isolated
- Bargaining – feelings of guilt often raise questions like "If only I had done more"
- Acceptance – this does not mean that you like the situation, it's about accepting your loss and being ready to move forward.

There is no right or wrong way to feel and the thoughts and feelings you have will vary. Sometimes they may be very intense and stop you doing things. Other times, they may be in the background and you can still do your day-to-day activities. Some of the feelings may not go away, but as time passes you find ways of coping with them.

### Things that may help when you are grieving.

Try talking about your feelings to a friend, family member, health professional or counsellor – you could also contact a bereavement support organisation such as Derbyshire Bereavement hub or [Cruse](#) or [call: 0808 808 1677](#).

## Christmas & New Year Bank Holiday Closure

The surgery will be closed on the 25th & 26th December  
for Christmas  
&  
1st January  
for New Year's Day.

**If you need medical treatment during this time please call 111.**