



# PARKSIDE SURGERY NEWSLETTER

## FEBRUARY 2026

**Training closure date: Wednesday 18th February 2026**

### **Telephone system**

We have noticed that the new telephone system is working a lot better than our previous system and the call waiting times have reduced.

We would like to remind you to call from 8am onwards, any calls made before 8am will not be put in the telephone queue and will not be answered.

We ask that if your call is for a non urgent reason that you call after 9:30am, this will enable all urgent calls to be dealt with quickly and will reduce the waiting time.

The prescription option is for prescription queries, we ask that you contact your pharmacy directly to check if a prescription is ready to collect as this information is not available to us. We are unable to take medication orders via this route. Placing your medication order remains the same as before and you can do this via the following options:

Medication order line.

You can call them on: 01246 588860 or visit their website: [www.derbyshiremol.nhs.uk](http://www.derbyshiremol.nhs.uk)

You can order via the NHS App, your online account, hand in your request into surgery or via our website with our without an online account: <https://www.parksidesurgery.co.uk/prescriptions> or the following link: [Prescriptions - Parkside Surgery](#)

### NHS APP

#### **What can I do on the NHS App?**

- ◆ You can view your current medication, request a prescription, change your nominated pharmacy and if applicable view hospital medication.
- ◆ Make and manage upcoming appointments with your GP and hospital.
- ◆ View your health records, this includes viewing your test results, appointment notes, allergies and sensitivities, health conditions and documents.
- ◆ View and manage hospital referrals that were made via the e referral service, this includes managing appointments.
- ◆ You will receive messages to your NHS App from different NHS services. Including reminders of upcoming appointments, advice for queries that you have submitted, request to book appointments for example cervical screening. It is important that you allow notifications on your device for these to come through.
- ◆ You can also get medical help and advice via the NHS App.



## Looking after our Hearts

Every February the UK marks National **Heart** Month.

It's a campaign that raises awareness of a variety of health conditions directly related to cardiovascular disease, and promotes healthy living measures such as diet and exercise that can lower risks.

Coronary heart disease (CHD) is usually caused by a build-up of fatty deposits on the walls of the arteries around the heart (coronary arteries).

The build-up of fatty deposits makes the arteries narrower, restricting the flow of blood to the heart muscle.

### To help look after your heart it is important to:

- \* Eat a well balanced diet, including lots of fruit and vegetables, wholegrains. Limit salt, sugar and unhealthy fats.
- \* Stop Smoking.
- \* Aim for 7-9 hours of sleep per night.
- \* Avoid high alcohol intake.



It is important to know your family history and if any family members have Coronary Heart Disease

### Existing Cardiovascular Conditions

If you already have an existing cardiovascular condition such as chronic heart disease, heart failure or you have had a stroke, you will be invited into the surgery for a yearly review.

This will provide advice and assistance in managing your condition.

As part of your review you will require a blood test for monitoring.

You will usually see one of our Practice Nurses or Practice Pharmacists for your review.