



PARKSIDE SURGERY NEWSLETTER

MAY 2026

Training Closure Date: Wednesday 20th May from 1:30pm.

We are sad to say goodbye to Dr Mohamed Salem, he has passed his exams and is now on the next step of his GP journey. We wish him all the best for his future.

The NHS targets GP practices on abandoned calls. These are calls that are made by patients but are ended before getting in the queue or requesting a call back. We monitor the phones and have noticed that there are times when this has happened when there is no queue on the line, and other calls are coming through ok. Please feedback if there are any reasons that you may be abandoning calls.

To help us support our patients, when calling please can you either hold on the line or request a call back. You will get a call from us when your turn in the queue comes but saves you waiting in the queue. When ringing please call after 8am as any calls before this time will not be answered or go in the queue.

RSV Vaccine— The RSV Vaccine criteria has now become available to patients who are over 80 years of age and haven't been eligible in the past. This is in addition to patients over 75 years of age. We have been sending out invitations to patients eligible.

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!

May Bank Holiday

Closures:

Monday 4th May

&

Monday 25th May

Please call 111 if you
require medical assistance
during this time.

Hay fever

As we head into the warmer months we will start to see a rise in hay fever symptoms as the pollen count rises.

Symptoms of hay fever include:

- sneezing and coughing
- a runny or blocked nose, loss of smell
- itchy, red or watery eyes
- itchy throat, mouth, nose and ears
- pain around the sides of your head and your forehead
- headache



Where can I go for help with hay fever?

Your local pharmacy can give you advice and suggest treatments to help with your hay fever symptoms.

Ways to help relieve your symptoms yourself when the pollen count is high:

- put petroleum jelly (such as Vaseline) around your nostrils to trap pollen
- wear wraparound sunglasses, a mask or a wide-brimmed hat to stop pollen getting into your nose and eyes
- shower and change your clothes after you have been outside to wash pollen off
- keep windows and doors shut as much as possible and avoid spending too much time outside.
- vacuum regularly and dust with a damp cloth. Dry clothes inside to avoid pollen getting caught in the clothes.
- try to use a pollen filter in the air vents of your car, if you have one, and a HEPA filter in your vacuum cleaner

A new **'Healthy Beginnings'** campaign has launched to support parents-to-be.

This Derbyshire wide campaign has launched to help parents to be access clear, trusted and up to date information about having a health pregnancy.

Healthy beginnings brings together expert advice, local services and practical guidance for anyone planning a family or already expecting.

This support includes:

- Advice from NHS and maternity experts
- Tips on staying healthy and active during pregnancy
- Practical guidance on preparing for pregnancy and birth
- Tips on nutrition and emotional wellbeing.
- Support on maintaining a health weight, taking folic acid, stopping smoking, reducing alcohol and managing long term conditions.



Learn more at joinedupcarederbyshire.co.uk/healthybeginnings or click on the following link: [Preconception and pregnancy » Joined Up Care Derbyshire](#)