



PARKSIDE SURGERY NEWSLETTER

AUGUST 2026

We are pleased to say that Dr Robert Schofield will be staying at the surgery as a salaried GP following on from his completion of his GP training.

We will also say hello to our new GP registrar's Dr Admire Chinyowa, Dr Randa Ali, Dr Sam Lomas, Dr Sarah McCarthy and a welcome back to GP Registrar's Dr Sanaa Malik, Dr Akpevweoghene Oji and Dr Albagir Abdallah.

Dr Chinedu Okere will sadly be leaving us this month. We wish her all the best at her next placement.

Men B

NHS England are now offering the Men B vaccine to anyone born between the 1st September 2007—31st August 2008 or born on or after the 21st July 2001 and starting at university or some colleges for the first time in Autumn 2026.

You will be contacted by letter or text message if you are eligible. The Vaccines will then be administered at local pharmacies.

August bank holiday

We will be closed on the 31st August for the bank holiday.

If you need medical assistance during this time please call 111.

Breast Feeding

- Breast feeding awareness week is observed from the 1st—7th August every year.
- Breastfeeding provides numerous benefits for both baby and mother. For infants, it supports immune function, reduces the risk of infections, and promotes healthy growth. For mothers, it can aid postpartum recovery and reduce the risk of certain cancers. Breastfeeding also strengthens the emotional bond between parent and child.
- For help and support with breastfeeding midwives, health visitors and locally trained volunteer mothers (peer supporters) are there to help you get breastfeeding off to a good start. They can give you lots of information and support just when you need it.
- If you need to speak to your midwife or health visitor between appointments, you should find their contact details in your baby's red book.
- Breast feeding is welcomed at the surgery.
- For more help and advice you can also contact the National Breastfeeding Helpline: [0300 100 0212](tel:03001000212)



Health and wellbeing

Where to find help:

Mental Health Support: Struggling with stress, anxiety and or depression? You are able to self refer to Vita health group for NHS talking therapies. This is available to anyone aged 16 years or over.

Please visit the website: <https://vitahealthgroup.co.uk/nhs-talking-therapies/derby-derbyshire> or click on the link: [Derby & Derbyshire - Vita Health Group](#)

For 24/7 Mental health support— please contact 111 and select the option: Mental Health

Drug and Alcohol support: Derbyshire Recovery Partnership provides advice, support and treatment for adults in Derbyshire who wish to address issues and problems arising from the use of drugs or alcohol. You can self refer via their Derbyshire recovery partner ship website.

Would you like help stopping smoking ? Visit live life better Derbyshire who can offer advice and support, they offer telephone or one-to-one support, advice on stop smoking medications and access to free nicotine replacement therapy.

Weight loss: Live life better Derbyshire can also help with advice for weight loss and healthy eating on their website: <https://www.livelifebetterderbyshire.org.uk/home> or click on the link [Home - Live Life Better Derbyshire](#)

They also offer weight loss programmes are available if you are aged 18 years or over, live in Derbyshire and have a BMI of 25+ or 23+ if you are black or Asian ethnicity.

Foods high in GLP1 which help us feel fuller for longer:

Protein rich foods: Fish, eggs, lean meat like Turkey or Chicken breast, Greek yoghurt, cottage cheese.

Higher fibre grains like oats, beans, lentils, whole wheat, leafy greens, berries.

Health fats: Avocados, nuts, seeds and olive oil

Other foods: Sweet potatoes, quinoa, wholegrain bread,

Vegetables: carrots, broccoli, brussels sprouts, are high in fibre which help regulate the blood sugar levels which effect the GLP-1 levels.

The Eatwell plate is a good indicator for a healthy balanced diet, it shows how much of each food group you should eat. This is available on the live life better Derbyshire website or via the following link:[The Eatwell Plate](#)

