



PARKSIDE SURGERY NEWSLETTER

SEPTEMBER 2026

Training Closure Date: Wednesday 16th September from 1:30pm.

This month we say hello to Dr Deepak Kumar who has joined our team as a salaried GP. We are sad to say goodbye to Dr J Wilcockson who has moved on to his new surgery to complete his training, we wish him all the best!

Our flu clinic's will be running in October, the appointments are available to book now. If you know you are eligible, don't wait for an invite, please ring the surgery to arrange an appointment or complete our online consultation form via the following: <https://accurx.nhs.uk/patient-initiated/c81053> [Contact us about your request](#)
[- Accurx Patient Portal.](#)

The ADHD Referral process has changed for adults. If you require a referral for ASD/ADHD please collect an assessment form from reception and book an appointment with Nichola our GP Mental Health Assistant for her to process the referral. Please ensure that the form is completed before your appointment.

Appointments:

We have seen an increase in appointments where patients did not attend and did not cancel their appointment.

These also include the appointments which were by telephone and the phone was not answered. We kindly ask that if you no longer need or are unable to make your appointment to please cancel it so we can offer it to someone else.

You can cancel an appointment via the NHS app, via our website, or your online account.

For the month of August we had a total of 126 appointments where patients did not attend. This amounted to 21 hours of clinical time lost.

We would like to thank those patients who did attend their appointment, we had 5573 appointments which were attended.



good boost

at Alfreton Leisure Centre

- a low level, 8 session rehab programme for those with chronic pain or MSK conditions
- uses AI tablets to create individual, tailored workouts
- options to take part in water and on land
- supportive group class environment
- grab & go tablets to use outside of group classes
- accessed via a HCOM discounted membership

scan the QR codes:

for more info:

to self refer:



SEPSIS AWARENESS MONTH

September is **Sepsis** awareness month, let's talk a little more about it and the symptoms to look out for.

Sepsis is when your body fights too hard against an infection, it used to be called blood poisoning. You cannot catch **sepsis** from another person and it can be hard to spot. **Sepsis** is a serious reaction to an infection that can be life-threatening. It develops very quickly and needs urgent treatment in hospital

Here are symptoms of **Sepsis**:

At the start you may look ok but feel really poorly.

- Pale, blotchy or blue skin, lips or tongue. Blotchy skin is when parts of your skin are a different colour to normal.
- Finding it hard to breathe or breathing very fast.
- Being sleepier than normal or being hard to wake up.
- A rash that does not go away when you roll a glass over it. (A rash is when a part of your skin is covered in small spots or patches)
- Crying in babies and young children that sounds weak and quiet. Or crying that is a higher pitch than usual.
- Feeling very hot, very cold or shivering
- Not eating normally or being sick
- A cut that hurts a lot and is red or swollen
- Finding it harder to talk than you normally do. It may be mumbling or not making sense.
- Not peeing all day (or in 12 hours for babies and young children)
- Feeling very poorly or like something is really wrong with your body.

Call 999 if you or someone else has any of these signs of **sepsis**.

Blood Pressure (Hypertension)

Know your Numbers! Week – is the UK's biggest blood pressure testing and awareness event.

High blood pressure (also known as hypertension) can lead to heart attacks, strokes and other illnesses. Around a third of people in the UK have high blood pressure, but don't know it. High blood pressure does not usually cause any symptoms. The early detection of blood pressure gives people a better chance of preventing a stroke, heart attack or developing long term health problems. The best way to find out is to have a blood pressure check.

You can get your blood pressure checked at local pharmacies and at GP surgeries as part of a health check. You can also check your blood pressure regularly at home and keep an eye on your numbers by purchasing a simple good quality blood pressure machine.

Taking blood pressure at home: Take readings in the morning and in the evening every day for 7 days. Work out an average and if you suspect your readings are high, speak to a local pharmacist or send the readings into the practice for a review.

If you are diagnosed with hypertension, you will be invited into the surgery for a yearly review. It is important to attend the review to ensure you are on the right treatment for you.