



PARKSIDE SURGERY NEWSLETTER

OCTOBER 2026

Training Closure Date: Wednesday 21ST October from 1:30pm.

Fit note requests – Fit note requests will be put with a clinician to review and issue, if a doctor feels they need to discuss your request for a fit note we will contact you to arrange an appointment. The doctor will be able to back date your note if required.

When requesting a continuation of your fit note, please only request a further one once your existing one runs out. We are unable to future date a sick note.

Telephone calls - For the month of August we received 6,122 calls, of these we answered 4,458. 1,294 calls were abandoned by the caller before they entered the queue.

We answered 4,458 calls from the queue and callers were waiting approximately 4 minutes for their call to be answered. We missed 371 calls and of these, 47 were callers who tried more than once.

Our call back service was used 526 times and of these calls 504 were successful. The remaining 15 we're not answered when we tried to contact.

Our phone lines open at 8am, if you call before this time your call will not be answered or joined in the queue. Please use the call back service if you are unable to wait, this keeps your place in the queue, and we will leave you a message if we haven't been able to speak to you.

Reminder:

On the 25th of October the clocks will go back by 1 hour.



Derbyshire Dementia information and advice service

Derbyshire Dementia Information and Advice service offers a range of information and guidance, to anyone affected by dementia.

The service provides information on dementia and advice on managing the condition, to help people with dementia stay independent for as long as possible. The service also helps people to navigate other available services to find the right support for them.

Get in touch today via the following:

Telephone: 01332 208845 or Email: derbyshire@alzheimers.org.uk

Breast cancer awareness month

59,000 women are diagnosed with breast cancer every year in the UK, breast cancer is the most common type of cancer in women. However, anyone can get breast cancer including men.

Symptoms of breast cancer and what to look out for:



LOOK

changes in skin texture
e.g. puckering/dimpling



LOOK

swelling in your armpit
or around collar bone



FEEL

lumps and thickening



FEEL

constant, unusual pain in
your breast or armpit



LOOK

nipple discharge



LOOK

a sudden change in size
or shape



LOOK

nipple inversion and
changes in direction



LOOK

a rash or crusting of the
nipple or surrounding area

Anyone can get breast cancer and it's not always clear what causes it.

You might be more likely to get it if you:

- Are over 50
- Have dense breast tissue
- Have family members who've had breast or ovarian cancer
- Have certain breast condition, such as benign breast disease.
- You may also be more likely to get breast cancer if you have higher levels of the hormones oestrogen, progesterone or testosterone.

Many breast cancers are also linked to lifestyle, such as smoking.

You may be referred to a breast clinic if a GP thinks you have possible breast cancer symptoms that need investigating, or if you've had a breast screening which showed abnormal results.

At the breast clinic, you will have more tests and scans to check for breast cancer or other breast conditions.

You cannot always prevent breast cancer but going for [breast screening \(mammogram\)](#) when you are invited can help find cancers that are too small to see or feel.

Help and support: **Breast Cancer Now**

Information and support for anyone affected by breast cancer.

- Website: <https://breastcancernow.org>
- Helpline: 0808 800 6000