

Autumn 2012



News

Your local GP Services covering, Tibshelf, Holmewood, Pilsley, and Stonebroom Areas

Do you have views about Staffa Health - Join our PPG

Patient Participation refers to patients taking an active interest in their health care, recent research has shown that 40% of English practices now have a PPG. Patient participation group (or reference group) is patients working with the practice to:

- contribute to the continuous improvement of services;
- foster improved communication between the practice and its patients;
- help patients to take more responsibility for their health; and
- provide practical support and help to implement change varied to suit local needs

Ask in surgery for our Patient Reference Group leaflet or for more information to join.

Olympics - Success 2012!

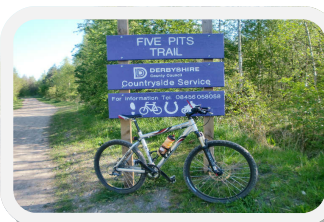
Can Team GB's successes motivate us to change our attitudes towards health and fitness? Over the summer we have seen many national and some local world-beating athletes who should inspire us all to engage in exercise.



At Staffa Health we believe that prevention is better than cure - if people lead healthy lifestyles, they are less likely to become unwell and more likely to live a long and healthy life, we need to make sure we continue to tackle the problem of obesity, smoking and misuse of alcohol - particularly in young people. Education of these issues need to start at a young age so we can really build on the inspiration of strong positive role models. "London 2012 has given us an opportunity to make a real difference, to inspire a generation and improve lives."

Many sporting activities may be out of our reach however walking, jogging and cycling are simple, free and the easiest ways to get more active, lose weight and become healthier. Walking is an underrated form of exercise and ideal for all the family who want to be more active, as people of all ages and fitness levels can take part. Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes, asthma, stroke and some cancers.

On our doorstep we have the opportunity to get outdoors, get together and get fit in the spectacular setting of Hardwick Estate or on the local **Five Pits Trail** which is great for walkers and cyclists. This is a five and half mile off-road surfaced route through our local villages Pilsley, Tibshelf, Holmewood, Teversal, North Wingfield, Grassmoor, linking on to many more trails. More information is available by contacting Clay Cross Countryside Centre 01629 533020 or Call Derbyshire 08 456 058 058 or to access the free **Five Pits Trail Map and Walking Routes** go to www.derbyshire.gov.uk/leisure/countryside/access/walking/walk



and click on the link for the Five Pits Trail.

We also have **Walks for Health** in our area these are organised walks taking place on Thursday mornings with the **Hardwick Walking for Health Group** starting at Hardwick Park Centre at 10.30 am. These walks are a great way to meet people and explore Hardwick and the local area. Join in on a selection of short to medium length walks to explore your local countryside. Family Walks are available, these are aimed at parents with young children and run on



Hardwick Park Visitor Centre the First Monday of each month until November, meeting at the visitor reception building at 10.30am. In October a walking festival with lots of walks for all the family during half term week is planned. For more information see the website www.walkingforhealth.org.uk or phone 01246 851787 or email hardwickhall@nationaltrust.org.uk or go to www.wfh.naturalengland.org.uk

Staffa Health - Flu Clinic information 2012

The aim of the national flu immunisation programme is to protect those most at risk of serious illness or death should they catch flu.

In the UK, the Department of Health recommends annual flu vaccination for:

- adults aged 65 and over,
- pregnant women,
- those living in long-stay residential care homes,
- healthcare workers and carers,

All patients aged six months and over with any of the following conditions:

- Serious heart disease
- Chest problems including certain asthmatics on steroid inhalers or steroid tablets, those with chronic bronchitis and emphysema
- Serious kidney disease
- Diabetes
- Lowered immunity due to disease such as cancer or an absent or dysfunctional spleen and treatment with chemotherapy or high doses of steroids
- Serious liver disease
- Anyone who has ever had a stroke or a mini-stroke

Most patients within these at risks group will have been sent an invitation postcard of the details below, if you have not received an invitation and have either previously had a flu vaccination or think you fit in to the above criteria please ask at the surgery.

If you wish to have a flu vaccination please attend any of the clinics listed below.

YOU DO NOT NEED TO RING THE SURGERY TO MAKE AN APPOINTMENT

TIBSHELF	WEDNESDAY 10 th OCTOBER	8.30 AM – 6.00 PM	STAFFA HEALTH CENTRE
PILSLEY	FRIDAY 12 th OCTOBER	9.00 AM – 11.30 AM	PILSLEY COMMUNITY CENTRE
STONEBROOM Behind the surgery	THURSDAY 18 th OCTOBER	9.00 AM – 2.00PM	NEW SPORTS PAVILLION
HOLMEWOOD	WEDNESDAY 24 th OCTOBER	8.30 AM – 11.30 AM	ST ALBANS PARISH CENTRE
TIBSHELF	WEDNESDAY 31 st OCTOBER	8.30 AM – 6.00 PM	STAFFA HEALTH CENTRE
TIBSHELF	SATURDAY 10 th NOVEMBER	9.00 AM – 11.30 AM	STAFFA HEALTH CENTRE

NHS Choices - Health information on the web

NHS Choices, provides health information on line at www.nhs.uk and has the following popular services:

- ♥ Self-help guide – provides you with quick and easy ways of checking your symptoms and deciding whether you need to seek health advice.
- ♥ Health encyclopaedia - provides reliable information on more than 800 conditions and treatments.
- ♥ Common health questions – allows you to obtain answers to topical and frequently asked health questions.
- ♥ Online enquiry service – you can submit and receive answers to non-emergency health questions.

Edited by Claire Halksworth, Practice Administrator. For news, comments or feedback telephone: 0844 477 1896 or email: Claire.halksworth@nhs.net

Staffa Health
3 Waverley Street
Tibshelf, Alfreton
Derbyshire, DE55 5PS

Staffa Health
189 Birkinstyle Lane
Stonebroom, Alfreton
Derbyshire, DE55 6LD

Staffa Health
Willow Close
Pilsley, Chesterfield
Derbyshire, S45 8JA

Staffa Health
19 Heath Road
Holmewood
Chesterfield S42 5RB

Drs TNB Scott, RE Cooper, AP Parker, P Gadsden, T Taylor, D Stinton, N Humes