

## Online Patient Services

**Beat the phone queues, Online patient services available 24 hours a day,**

You are now able to book/cancel appointments and request repeat prescriptions online using the EMIS Patient Access Online system at Staffa Health. You can also request access to view some of your medical record online through the Patient Access Online system.



Visit our website at Staffa Health/Patient Information /Patient Access Online Services to download the EMIS Information sheet giving you clear guidance on "Setting up Patient Access"

## NHS Choices - Health Information at your fingertips

NHS Choices is a comprehensive information service that helps to put you in control of your healthcare, by providing advice and support for patients, offering a wide range of useful services @ [www.nhs.uk](http://www.nhs.uk)

- **Health A-Z** - 100's of conditions explained.
- **Live Well** - 100's of healthy living topics
- **Care & Support** – the essential guide to social care
- **Health News** - Health news stories
- **Services Near You** - Local services & Choice

## Your FREE Health & Wellbeing Service

For INFORMATION on how to lose weight, give up smoking and eat healthily visit the **"ONE STOP"** service for Derbyshire patients.



Live Life Better Derbyshire, making it as easy as possible, to find lifestyle support services on offer. One to one appointments with a Wellbeing Worker will provide you with support and information to help you improve your health & lifestyle.

If you are ready to make changes help and support is available with stop-smoking, weight management, healthy eating and increasing activity. Our

Wellbeing Worker Naomi will make it easier for you to access all the FREE help on offer.

The Live Life Better Derbyshire scheme can be accessed by the following ways:

1. **At reception ask for a referral to Naomi Walker our local Wellbeing Worker**
  2. Call - 0800 0852299,
  3. E-mail - [llb.dchs@nhs.net](mailto:llb.dchs@nhs.net),
  4. Text - Easy to 80800
- or visit [www.dchs.nhs.uk/livelifebetterderbyshire](http://www.dchs.nhs.uk/livelifebetterderbyshire)



## And the prize goes to .....

Congratulations to our winner 14 year old Georgina Sellars.

Our Young Peoples Questionnaire was recently distributed at Tibshelf Community School.

We asked the students in years 9-11 (13-16yr olds) to complete a questionnaire asking what they expected and wanted from their GP practice.

A completed questionnaire was drawn from a hat to win a £50 **Love to Shop** voucher.

We have analysed our results and the Practice will be consulting with our Patient Participation Group and the School representatives and staff over the next couple of months about how we can improve the services we offer to young people.



## Who are the Community Support Team (CST)?

The Community Support Team at Staffa Health, deliver specialised care to patients with complex conditions in their own home, reducing the need for treatment on a hospital ward.

The CST will help patients:-

- Become more confident in looking after themselves
- Have a better understanding of their condition(s)
- Feel less lonely/isolated
- Have increased involvement in care choices and future care planning
- Access to other services required eg benefits, homecare
- Understand prescribed medication and the benefits of taking it correctly
- Have less need to call a doctor when the surgery is closed

### Where do they work?

CST sees patients in their own home or other community settings, referrals are usually made by the GP or practice nurse or hospital prior to patient discharge.

### Who are the CST?

The team comprises of the Community Matron, Long Term Conditions Nurse, Social Worker, Care Coordinator and work alongside the District Nurses all the team have specialist qualifications and training to carry out their role.

## Care Co-ordinator Karen Gammon is willing to Brave the Shave for MacMillan Cancer Support

Please pledge to help us to raise funds for Macmillan Cancer Support -

**Karen will only Brave the Shave if we raise the sum of £1000**, please pledge for Karen's #bravetheshave on

**Friday 8th July 2016.**

**BRAVE THE SHAVE**

[bravetheshave.org.uk](http://bravetheshave.org.uk)

PLEASE PLEDGE for  
Karen's hair to vanish

**#bravetheshave**

Sponsor forms available at  
Staffa Health Reception - all sites.

Anyone who wants to join Karen and **Brave the Shave**, give us a shout!  
[www.staffahealth.co.uk](http://www.staffahealth.co.uk)

# BOOKING YOUR SUMMER HOLIDAY?

## GOING ABROAD - THINKING OF AN EXOTIC LOCATION?

### DON'T FORGET YOUR TRAVEL VACCINATIONS.

If you are planning a trip abroad and need travel vaccinations, the vaccinations you need will depend on:

- ♥ The type of trip you are planning and the activities and location involved
- ♥ where you are travelling to
- ♥ any existing medical conditions that you have, and
- ♥ any medication that you are already taking.

A Travel Vaccination form needs to be completed by the patient **THREE MONTHS** before you go abroad, your completed form should be returned at least **Two months** before you are due to travel, this period of notice will ensure that:

- ♥ We can process your requests,
- ♥ Advise you about the best course of treatment,
- ♥ Order in any specific immunisation course,
- ♥ Accommodate your appointment in good time for vaccinations to take effect.

**If you are pregnant,** you should not be given any unnecessary vaccinations - talk to your nurse, who will be able to advise you of the risks.

As well as having vaccinations for common diseases in the country that you are travelling to, you should make sure that you are up-to-date with your booster jabs, such as tetanus.

The practice nurses offer 15 minute appointments for travel vaccinations and advice for all the family.

Details of vaccine requirements can be obtained from [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

**Please note there may be a charge for some vaccinations.**

If you are departing in less than two month, we may not have a suitable nurse's appointment available within the required time frame. If this is the case you should visit the website

[www.masta-travel-health.com](http://www.masta-travel-health.com)

Here you will be able to Find your nearest travel clinic - Enter a postcode or location to search for your nearest **MASTA Travel Clinic** to book an appointment for your travel vaccinations and advice.

**Ask at reception for a print out of your vaccination history to take with you.**

# HEALTHY LIFESTYLE - KEEP ACTIVE TO KEEP WELL

Being active provides long term benefits for your health. It helps to control your weight, reduce blood pressure and cholesterol and improve your mental health—helping you to look and feel great.

Being physically active doesn't have to mean long gym sessions or strenuous work-out regimes. You could go walking, swimming, take exercise classes or play a sport, but physical activity also includes everyday things like gardening, a walk to the shops and climbing the stairs.

Set yourself a goal to build up to at least 30 minutes of moderate activity on five or more days per week. Moderate physical activity makes you breathe more

heavily and makes you warmer. It's never too late to start - whatever your age, size or physical condition everyone can benefit from getting physical! Involve friends and family to make activities more fun, sociable and enjoyable.

## GET YOUR ACTIVITY BUG



## NATIONAL WALKING MONTH 2016

This year the whole of May is walking month, and **Living Streets** the national charity that promotes walking is encouraging everyone to pledge to walk for 20 minutes a day through their **#Try20** campaign.

We all know how good walking is for us and walking 20 minutes a day sets us well on the way to the 150 minutes a week of activity recommended to stay in good health.

Living Streets will show you 20 fun and easy ways to fit 20 minutes' walking into your day, we'll keep you up to date on #Try20 news and send you all our tips plus lots of free handy guides to keep you on your feet.

All pledgers will be entered in to a prize draw to win a £50 shopping voucher.



Pledge @ [www.livingstreets.org.uk/what-you-can-do/campaigns/national-walking-month-2016](http://www.livingstreets.org.uk/what-you-can-do/campaigns/national-walking-month-2016)

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