



# Hannage Brook Medical Centre

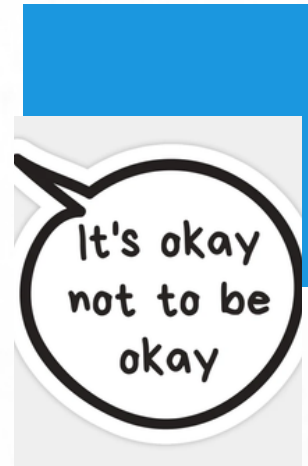
01629 822434

## Mental Health.

Around 1 in 4 of us will experience mental health concerns at some point. Knowing what we can do to support both ourselves and others' wellbeing is so important. Being kind to our mind includes things like connecting with other people, being physically active, learning new skills, giving kindness to others and paying attention to the present (mindfulness).

Supporting others includes expressing concern, listening, being patient and reassuring and offering practical help. Online resources can be found at "Every Mind Matters", "Mind.org.uk" and "Derbyshire Healthcare". We have fantastic local provision in Derbyshire for talking therapy as well, all of which are accessed by self-referral (you do not need to see a GP for this): Talking Mental Health (0300 123 0542); Trent PTS (01332 265659 or 01246 387 498); Derwent Rural Counselling (0800 047 6861) or Vitamins (0333 0153 496).

We're also very proud to support Men's Mental health and have a peer support group running on a Tuesday evening 19:30 - 21:00 called Tough Enough to Care. This is run by a local man, Alex (who is happy to talk to anyone interested in coming along).



**Do you have a long-term condition** and have you been putting off having your review? One of the best ways to keep well is to **STAY** well, so please respond to your invites as soon as you get them. We work really hard to proactively care for you all year round and responding when you're invited will stop us nagging you (and save us time and effort, keeping nagging!). We can do reviews in so many ways, including phone appts and online questionnaires, as well as face to face for those who are needing more support or monitoring with their condition(s). It's also really important that we get you vaccinated against winter viruses all year and these include you responding to flu, pneumovax and shingles invites if you get one. "ARMS! - WE NEED YOU!"

Please come and have these done at Hannage Brook: all of the money that we receive from your vaccinations is ploughed back into staff and running costs and to keep us innovating.

**Screening** - winter and spring are good times to get screening appts up to date. This is the most proactive thing you can do to manage your own health. We have a huge role to play in supporting national screening programmes, which include bowel, cervix and breast screening. So if you're invited: do that poo test (60-74y); get that smear booked (anyone with a cervix aged 25-64y); have your boobs checked (50-71y).

These appts could just save your life and for a few minutes of discomfort, we think it's worth the effort.

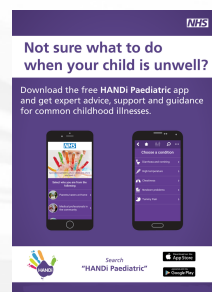
They are NEVER as bad as you think they might be.



**New Year: New You...**it's never too late to start making a change. Live Life Better Derbyshire, funded by Derbyshire County Council provides free help to, well - Live Life Better! They say that whatever your goal, you'll be amazed how a little extra support and advice can make a big difference to a happy healthy future for you and your family. Includes support to stop smoking, lose weight, get more active, prevent falls, mental wellbeing, alcohol support (to reduce!). Give them a call on 01629 538200 or online at [www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)



We all worry when our children are unwell and sometimes it's difficult to know where to turn and what information to trust. As well as phoning us, there are two resources that we love here at Hannage Brook and are helpful for you if you have young people at home to care for (or if you're working with children and young people). These are the **SAM leaflet** from the Sepsis Trust (<https://sepsistrust.org/wp-content/uploads/2020/08/Paediatric-Leaflet.pdf>) and **The Little Orange Book** (<https://newcastlegatesheadccg.nhs.uk/wp-content/uploads/sites/12/2020/08/Little-Orange-Book.pdf>). There is also the fabulous (and free) **HANDi Paediatric** app written by consultants that talks you through what to do with common childhood illnesses (*diarrhoea, 'chesty' symptoms, a high temperature, newborn problems and tummy pain*).



# HANNAGE BROOK MEDICAL CENTRE

## Who are your GPs?



At Hannage Brook we have 7 permanent GPs: our partners are Dr Penny Blackwell and Dr Phil Packer and our associate GP's are Dr James Peers, Dr Bernadeta Bridgwood, Dr Buddug Reeves and Dr Adela Giles (formerly Szrok), and we have 1 vacancy that we have successfully recruited to fill; our new GP will hopefully be with us in April (watch this space!)

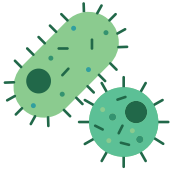
We are proud to be a teaching practice and you may come across GP registrars when you book an appointment: currently we have Dr Sagheer Hanif with us. Dr Hanif is a fully qualified doctor but is undergoing his specialist training, luckily for us, he has chosen General Practice! In addition, we have a regular intake of medical students, who we teach and supervise to enable them to have patient contact. To support this, Dr Packer is a GP Trainer and Dr Bridgwood is Programme Director for NHS Derby GP Training Scheme, we enjoy taking the students and registrars and hope that their experience with us at Hannage will help provide us with the GPs who will care for us in our later years!

Locum GPs: we are currently working with a number of locum GPs as a result of various issues. Unfortunately, Dr Giles is on long term sick leave, a vacancy recruited to but waiting to be filled, and more cheerfully, Dr Bridgwood enjoying some time out on maternity leave. Unfortunately, these events cannot be avoided, and we have worked quickly to cover the gaps in the GP rota. In the last couple of months we have managed to find some fabulous locums to cover from our locality who will be with us until our associate GPs are all back to work, some of them you may already know or have seen! Our locums are Dr Phil Das (former GP Partner-we can't seem to let him go!), Dr Mohamed Ali, Dr Nathan Gillick and Dr Jonathan Smith.

Between them they provide us with 50% of our GP cover at the moment and you will find more appointment availability with them than our Hannage GP's at the moment.

A lot of our regular Hannage GPs will have roles which are essential in order to keep the practice running well and safely: adult and children safeguarding meetings, palliative care, significant events and practice improvement activities, medical and coroner reports as well as providing urgent on call cover for the practice.

**Coughs and colds:** this year has seen horrible levels of viral illnesses (and of course also the bacterial Strep A, which hit before Christmas). This is likely due to the fact that as we've all been masking against COVID for a good while, this has also prevented some exposure to 'normal' winter viruses. What can you do? Make sure your vaccinations are up to date (children AND adults). Practice great hand washing and hygiene to prevent spread. Viruses take some time to improve, antibiotics don't help. Symptoms include high temperatures, sore throat, cough, headache, achy limbs, sticky eyes and runny noses. Expect these to last around 7 - 10 days. You can support yourselves by resting, drinking plenty of fluids and taking pain (and high temperature) relief in the form of paracetamol, ibuprofen (if you're able to) and throat sprays, all of which can be bought over the counter. Your community pharmacy is a great first place to call on for advice.



Signs that you might need antibiotics include: if you develop a severe headache, skin is cold or you develop a rash, if you feel confused or speech becomes slurry, difficulty breathing, chest pain, difficulty swallowing your own saliva, coughing up blood or feeling a lot worse.

**A reminder on how to register with us - go to our website <https://www.hannagebrook.co.uk> & on the left hand side is our new patients section, here you can check our practice boundary (if you live inside the black line) & register. We also have paper forms available from reception.**

We post most of our updates on facebook, <https://www.facebook.com/hannagebrook> you do not need to have a facebook account to view our page.

## New Patients

**We make it easy to register you and your family.**

### Contact details:

**Telephone: 01629 822434.**

**Email [ddicb.hannagebrook@nhs.net](mailto:ddicb.hannagebrook@nhs.net).**

**Website [www.hannagebrook.co.uk](http://www.hannagebrook.co.uk)**

