



# Gresleydale Healthcare Centre Autumn Newsletter 2022



## **Covid Boosters**

The next stage covid booster vaccinations are now being offered. They are available locally, but not via GP Surgeries in this area this year. All eligible individuals will receive a text or letter from the NHS to be able to book their vaccination via the national booking service. Please go to the website below, or alternatively call 119 and they will help you book.

<https://www.nhs.uk/book-a-coronavirus-vaccination/do-you-have-an-nhs-number?bookingtype=vaccine>

We are now using the  
National Booking Service

This means you should not contact the surgery

## **Staff News**

Naomi Gladwell will be our new Clinical Pharmacist working alongside Razia Hussein Ismail and Alex Coupar-Evans.

## **Autism Awareness**

Autism can be extremely difficult to diagnose especially in children,

signs of autism in young children include:

- Not responding to their name
- Avoiding eye contact
- Not smiling when you smile at them
- Getting very upset if they do not like certain taste, smells or sound, for example loud bangs
- Repetitive movements, such as flapping their hands, flicking their fingers, or rocking their body
- Repeating the same phrases

Signs of autism in older children include:

- Finding it hard to say how they feel
- Liking a strict daily routine and getting very upset if it changes in any way
- Having a very keen interest in certain subjects or activities
- Getting very upset if you ask them to do anything
- Finding it hard to make friends or preferring to be on their own
- Taking things very literally - not understanding common phrases
- Not seeming to understand what others are thinking or feeling

If you think your child may be autistic you could speak to your GP, a health visitor for children under the age of 5, any other child health professional your child sees, such as another doctor or therapist, special educational needs (SENCO) staff at your child's school. It is a good idea to refer your child for an autism assessment, this is done by autism specialists. For more information, please check the website as follows. <https://www.autism.org.uk>.

We are an autism friendly practice. Please contact our Health and Wellbeing Coach, Amy, who can offer support with healthcare access.

## **Armed Forces Veteran Friendly Accredited GP practice**

This means that as part of the health commitments of the Armed Forces Covenant, we have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment.

**If you are ex-forces, please let your GP know to help ensure you are getting the best possible care**



### **Mens Health Awareness Month**

November is men's health awareness month which aims to raise awareness of a range of men's health issues

A number of commonly asked questions and advice is available below, but if you have any concerns please contact your GP

<https://www.nhs.uk/common-health-questionsmens-health/>

### **Citizens Advice Services Referrals**

Do you know you can access Citizens Advice services through your GP surgery? There is a branch of the Citizens advice that is specific for patients registered to South Derbyshire Practices.

They can help with many issues including debt, cost of living concerns, how to access food banks plus much more.

Tel: 01283 753173



### **Building works at the surgery**

Advance notice of essential internal repair work at Gresleydale.

We anticipate that work on some of our clinical rooms, off the main corridor, will begin on Wednesday 16<sup>th</sup> November. It is hoped that the work will be completed on Friday 18<sup>th</sup> November. We will endeavour to minimise disruption and apologise for any inconvenience caused during this time.

### **Healthy Eating Event**

Our Patient Participation Group, along with our Health and Wellbeing Coach, recently organised a healthy eating event. This was a great success in which attendees were given fruit and veg to make into healthy meals. Thank you to every who attended.



### **Friends and Family data**

Thank you to all our patients who have completed the friends and family questionnaire so far. This helps us understand whether patients are happy with the service provided or where improvements are needed. We are very pleased to report that during July-September 2022 83% of patients stated that they would be likely or extremely likely to recommend Gresleydale to friends and family.

