



## This Issue

We continue our aim to keep you informed of the services at Ivy Grove and also let you know about the latest medical developments.

## Exercise

If you have decided to get yourself fitter this year, then perhaps our front page article will give you some hints and tips.

## Blend Youth Project

For our younger readers, we give you details of Blend, the local youth work provision in Ripley.

## Community Services

Details of free community services are provided on the back page to help older age groups.

## Do we continue this newsletter?

Do you want us to continue this newsletter? It would be great to hear from any patients who have found any articles interesting or helpful. We would love to see your submissions for the newsletter and any suggestions on other topics that may interest other patients.

Don't make us do all the work – let us know, and help us to keep it going for the benefit of others. Your feedback is important to us, please write to us at the address on the back page, or email us at

[ivygrove.news@gmail.com](mailto:ivygrove.news@gmail.com)



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## Here's to a healthier year for all...

**So, here we are well** into 2011. Hopefully some of you will still be keeping up to date with your New Year's resolutions, including taking part in more exercise. We all know exercise improves our health and makes us feel better – but what does it actually do?

### Firstly, what exercise should I do?

Any physical activity will count, so everyday activities like walking, cycling, doing the housework, gardening or DIY will help. Recreation such as dancing, active play with children, or sport, such as fitness training in a gym, swimming or an exercise class all counts towards physical activity.

Adults should aim to do 30 minutes of moderate intensity physical activity most days a week, and children and teenagers should aim for an hour each day – this can be in play, PE, games, brisk walking, dancing, cycling and other outdoor activities.

### The benefits of exercise

By exercising, you can:

- reduce your risk of dying early by 20-30%
- reduce your risk of having a heart attack by 50%
- reduce your risk of stroke by 33%
- reduce your risk of developing diabetes
- reduce your risk of osteoporosis (thinning of the bones)
- reduce your risk of developing bowel cancer by 50% and other cancers too
- help to reduce your stress levels, boost energy levels and improve general well-being and self-esteem
- help to improve your sleep habit
- keep flexible and mobile for longer

- possibly reduce the risk of developing dementia
- help yourself to quit smoking

### Is exercise harmful?

There are only a few reasons why physical activity may be harmful. Contrary to popular belief, exercise is actually good for your heart. Generally, as long as you build up slowly towards moderate intensity physical activity, the benefits of exercise will far outweigh any risks.

If you are concerned that a problem may be made worse by exercise, you can always book a routine appointment to discuss your worries with us. For instance, those with known heart disease or previous stroke, chest pains, severe breathlessness or joint or back problems may wish to consult first.

### Tips on keeping that resolution going

Here are some hints and tips on maintaining your exercise programme:

- Build up slowly, start with 10 minutes first
- Brisk walking is a great activity to start with
- Don't be disheartened
- Keep exercise high on your list of priorities
- Make it enjoyable
- Set realistic goals – don't aim for the marathon just yet
- Use everyday activities as part of your programme
- Include muscle building exercises in your regime (eg, digging the garden, climbing stairs, pilates, yoga)
- Use a pedometer (aim for a magic 10,000 steps per day!)
- Go to a Health Referral Scheme (see page 2)! Good Luck!





## Inappropriate calls

The East Midlands Counter Fraud team has received separate reports of inappropriate communications between a private company and patients discussing their medication.

Reported cases include a caller telephoning patients, usually elderly, and advising on their medications. The patient believes the caller is either from the patient's health body or from the Health Centre.

In the reported cases, the caller has advised the patient to stop taking essential medication and to change to their own much better herbal remedy. The patient has then been subject to a hard sell and bank details have been continually requested.

Patients should be advised to speak to their local community pharmacist or their GP before they stop taking any prescribed medication or start taking any alternative medications.

Patients should never give their bank details over the phone if they are unsure of the identity of a caller. If unsure of a caller's identity the patient should take their full name and job title and inform the caller that they will call them back.

A patient should never just call a telephone number back that the caller gives them, as obviously the caller may well just give a number that allows any deceit/scam to continue. The patient should always seek to use numbers they have for the local health authority or find the generic switchboard number of the local health authority in order to verify the identity of a caller.



## Be Active (Derbyshire County Health Referral Programme)

Be Active is an exercise and activity scheme for people who want to improve their health by becoming more active in their everyday lives. It is especially for those people who currently do either none or very little physical activity but who are motivated to do more. We know that being active and doing a little exercise each day makes us feel good, boosts our confidence and helps towards lowering our risk of poor health.

Be Active is suitable for adults (16 years and over) who are living with a health condition which would benefit from an increase in physical activity; such as you need to lose weight, hypertension, asthma, diabetes, angina, ischemic heart disease, mental health,

chronic joint and mobility problems, respiratory conditions and stroke.

The programme is delivered locally from Ripley, Heanor, Alfreton and Belper Leisure Centres in Amber Valley, although it is also available in centres across the whole of the county (excluding Derby City), which you could attend to fit in with work commitments etc.

There is a session charge for the programme (currently 20 sessions over a 15 week period), although the initial consultation with the instructor is free. At the initial consultation the health referral instructor will look at your medical history, reasons for referral and any medications you may be taking. They will then develop a programme of activity that meets your individual needs and



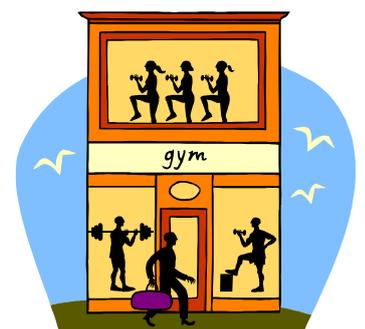
## Information on Derbyshire County PCT's Exercise Programme

interests.

If you feel this programme is for you and you are ready to start to lead a more healthier lifestyle and would like to be referred to Be Active please ask your GP, Nurse or other health professional, such as a Physiotherapist who will be able to make the referral for you.

If you have any queries or require any further information please contact:

Health Referral Administrator on 01773 525000 (Monday - Friday office hours/out of hours answer phone available) or visit [www.healthreferralscheme.co.uk](http://www.healthreferralscheme.co.uk)





**Blend Youth Project represents the youth work provision of local charity Valley CIDS.** Launched 10 years ago Valley CIDS has an inspired vision to build and strengthen community, by supporting local children, young people and families. The charity operates through a growing network of Lighthouse charity shops, a coffee shop together with a youth work team and children's work team who are active within the local communities and schools.

In delivering our youth work we operate from two youth centres based in Ripley and Heanor. Our Ripley based centre on Nottingham Road was launched in February 2007 and we have had the privilege of working with over 500 local young people in that time. We have also recently opened our second centre on Mundy Street in Heanor, thanks to a successful funding application to the Big Lottery's Young People's Fund and have already engaged with almost 300 local young people.

With the motto of "Raising Aspirations, Releasing Potential", Blend Youth Project aims to provide a space where young people feel safe, valued and supported by the youth work staff and where they can enjoy activities and opportunities designed to improve their leisure time opportunities, health, quality of life, reduce the risk of getting involved in alcohol/drug misuse, crime and anti-social behaviour and promote their economic well-being.

### RAISING ASPIRATIONS, RELEASING POTENTIAL

Each centre offers a drop-in area with internet access, large screen console games, pool, snack and coffee bar, chill-out zone, information zone and much more. Other activities on offer include street dance, healthy-eating workshops, dj-ing, traversing wall, music workshops and art workshops. We also provide holiday activity programmes during each half-term and throughout the summer.

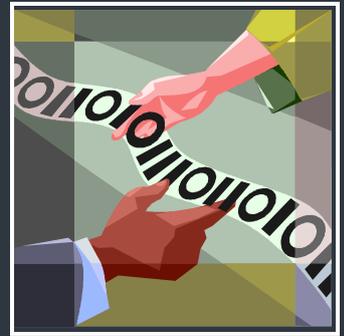
As a project we are committed to working in partnership in our support of young people and as such we provide a young person's counseling service in partnership with Safe Speak and Sexual Health drop-ins in partnership with the Derbyshire County Council Youth Service. We also work with local schools and agencies in providing alternative education provision for young people who are facing difficulties or barriers to succeeding in mainstream education.

As a project we value the support of the local community. You can support us by donating or purchasing goods from your nearest Lighthouse Charity Shop or by volunteering with us.

For more information on Blend Youth Project or the volunteering opportunities we offer, please visit our website at [www.blendyouthproject.co.uk](http://www.blendyouthproject.co.uk) or contact us on:

E: [info@blendyouthproject.co.uk](mailto:info@blendyouthproject.co.uk)

T: 01773 749975 (Ripley)  
T: 01773 769980 (Heanor)



## HELP US TO UPDATE OUR RECORDS

Keeping our records up to date helps us to provide you with the best care possible.

Whilst it may seem that we are always asking you for information and pointlessly collecting health data from you, there are actually specific reasons why we do so. In this article, we explain why we collect this data.

We are now required to collect information on ethnicity and first language of all patients. This is to enable practices and health trusts to assess the needs of their population and address inequalities in health.

It is known that certain illnesses and conditions are more common or have more serious health implications in people of particular ethnic origin. By knowing this information, we can provide better healthcare. Please be assured that we will keep the information you provide completely confidential.

It would also help us if you can let us know your smoking habits, alcohol intake and exercise regime as we can then target health promotion advice to those who are known to be more at risk as a result of their lifestyles.

Often when you make appointments, we will ask you for an up to date contact number, and a mobile number where possible – this will enable us to contact you should we need to inform you about abnormal results or urgent appointments.

Remember, if you change your details, please always contact reception so that we can update our systems. Thank you.



## COMMUNITY SERVICES

Derbyshire County Council have set up a 'Trusted Trader Directory' to help you find honest and reliable traders who commit to doing a good job for a fair price. It can be a big worry finding the right trader. All the businesses on the 'Trusted Trader' Directory have been checked by the Councils trading standards team. The Directory includes plumbers, builders, roofers, decorators, joiners, electricians, gardeners, retailers and many more.

For more information ring Call Derbyshire 08456 058 058 or visit <http://bit.ly/dpEHf3>

## How to access help when the surgery is closed

### GP out-of-hours

Just call your GP who will put you through to the out-of-hours service.

### Walk-In Centres (WIC)

Opening times may vary, please telephone beforehand to check.

North High Peak Urgent Care Centre: Hyde Bank Road, New Mills, High Peak, SK22 4BP. Tel: 01663 747 087

Ilkeston Community Hospital: Heanor Road, Ilkeston, DE7 8LN. Tel: 0115 930 5522

St. Oswald's Hospital: Clifton Road, Ashbourne, DE6 1DR. Tel: 01335 230 000

Swadlincote Clinic: Civic Way, Swadlincote, DE11 0AE. Tel: 01283 818 000

Derby Walk-In Centre: Osmaston Road, Derby, DE1 2RG. Tel: 01332 224 700.

### Minor Injury Units - 24-hour

Ilkeston Community Hospital: Heanor Road, Ilkeston, DE7 8LN. Tel: 0115 930 5522

Whitworth Hospital: 330 Bakewell Road, Darley Dale, DE4 2JD. Tel: 01629 593 003

Ripley Hospital: Sandham Lane, Ripley, DE5 3HE. Tel: 01773 571 403.

### Minor Injury Unit - 08:00 - 22:00

Buxton Cottage Hospital: London Road, Buxton, SK17 9NJ. Tel: 01298 212 208.

**Derbyshire Health United (DHU)** is commissioned by NHS Derbyshire County to

provide the out-of-hours GP service to patients when their own GP practice has closed. Visit <http://tinyurl.com/999dhu> to find out more about accessing DHU services.



Should you have any comments, complaints or compliments about the service you have received from the practice please ask to speak to our practice manager, Mrs. Charmagne Stephenson or write to us at the address below.

Contributions and letters to the newsletter are very welcome. Please address correspondence to the address below.

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This newsletter is available online at [www.ivygrove.org.uk](http://www.ivygrove.org.uk)

## COMMUNITY SERVICES contd.

Derbyshire Handy Van Network is open to those who are 60 and over living in Amber Valley locality area. Each household can access this service free of charge twice a year. The Van will call to do home fire checks, smoke alarm checks, security checks, give advice on energy efficiency and help with practical tasks such as securing carpets, hanging curtains, installing key safes, changing light bulbs etc.

The service can not offer an emergency service. For plumbing or electrical problems please contact the appropriate organisations for your area.

The service is available Monday – Friday 9am -5pm  
For more information contact 0845 850 8013 or visit <http://bit.ly/g74nvE>

## Outpatient prescription slips

### • Dr Wong clarifies some prescribing situations

Long gone are the days when GPs could prescribe any drug that was available on the market. These days, our prescribing is governed by the powers that be – currently this is the Primary Care Trust (PCT), Derbyshire County. All new drugs that become available on the market are reviewed by a special board at the PCT and put into various categories according to the latest research and evidence known about the drug. So for example, some drugs may be only prescribed by a consultant with specialist knowledge and experience, some drugs must initially be prescribed by a consultant then when the patient is stable, the GP takes over the prescribing, and some are not approved at all for prescribing by anybody, GP or consultant.

The nature of clinical responsibility is such that the person prescribing the medication assumes responsibility for the treatment and any problems that may occur as a result. The person prescribing must know what they are doing when they prescribe a drug and act within their level of knowledge and competence.

This is therefore why you may sometimes find that we have not prescribed you the medication that is on your outpatient prescription slip – this is not to be difficult with you or to cause you inconvenience. What is more likely to have happened is that the GP has checked the guidelines on what they can and can't prescribe and has made the decision that they are unable to prescribe this medication for you at this time. You will then be asked to go back to the hospital in order to get your prescription from there. Unfortunately we find that hospitals do not always follow their own guidelines!

In some other instances, for example, after a private consultation, we may not be able to issue a prescription from an outpatient prescription slip. In general terms, the cost of a prescription arising out of a private consultation should be met by the patient. However, as patients may switch between private to NHS at any time, an NHS prescription may be provided, but only if the medication is usually available on the NHS. There is no obligation for the GP to prescribe the recommended treatment if it is contrary to their normal clinical practice or the PCT's guidelines.



## NEXT ISSUE

Next issue will hopefully be published in about two months' time. Please help us to continue with the newsletter by sending in your own ideas, articles and other submissions!

## BANK HOLS

We are closed on Monday May 30th. Please remember to hand in your repeat prescriptions well in time.

## MAILING LIST

If you want to join our mailing list and get this newsletter sent out to you electronically in PDF format whenever it is published, send us an email at [ivygrove.news@gmail.com](mailto:ivygrove.news@gmail.com)

We would love to hear your comments.