



St Marks 01332 224588
Sitwell St 01332 673905



NHS
Derbyshire Healthcare
NHS Foundation Trust

Dementia Hub

Support and advice services all in one place

Dovedale Day Hospital, Derby
London Road, DE1 2XX
Thursday 25th January 2024
Thursday 21st March 2024

**Ilkeston Resource Centre/
Midway Day Hospital**
Heanor Road, DE7 8LN
Thursday 22nd February 2024

Join us 9.30am-11.30am

Please contact us to book a place:
Tel: 01332 866980 opt.1
Email: dhcft.specialistdayservices@nhs.net

Making a positive difference

In partnership with:
Alzheimer's Society, HEARING SUPPORT, making space, UNIVERSAL SERVICES, healthwatch Derbyshire, ageUK, Hardy, hearinghelpuk, Derby City Council, Derbyshire County Council, AdmiralNurses

DHCFT @derbyshcft
www.derbyshirehealthcareft.nhs.uk

NHS
University Hospitals of
Derby and Burton
NHS Foundation Trust

Overseas patients

Hospital treatment is free to people classed as 'ordinarily resident' in the UK.

This is not dependent on nationality, payment of UK taxes, National Insurance (NI) contributions, being registered with a GP, having an NHS Number, or owning property in the UK.

To be considered ordinarily resident, and entitled to free hospital treatment, you must be living in the UK on a lawful and properly settled basis for the time being – you may be asked to prove this. Non-EEA nationals who are subject to immigration control are not classed as ordinarily resident unless they have indefinite leave to remain.

If you're a visitor to the UK, please visit [How to access NHS services in England if you are visiting from abroad - NHS \(www.nhs.uk\)](#)

Health Promotion Hay Fever and Allergic Rhinitis

Hay fever, also known as allergic rhinitis, is an allergic reaction that occurs when the immune system overreacts to allergens present in the air. Common triggers include pollen, house dust mites, mold spores, and pet dander.

Hay fever is usually worse between late March and September, especially when it is warm, humid, and windy. There is currently no cure for hay fever, and you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high.

- Do**
- ✓ put Vaseline around your nostrils to trap pollen
 - ✓ wear wraparound sunglasses to stop pollen getting into your eyes
 - ✓ shower and change your clothes after you have been outside to wash pollen off
 - ✓ stay indoors whenever possible
 - ✓ keep windows and doors shut as much as possible
 - ✓ vacuum regularly and dust with a damp cloth
 - ✓ buy a pollen filter for the air vents in your car and a vacuum cleaner with a HEPA filter
 - ✓ try to stay at home and avoid contact with other people if you have a high temperature or you do not feel well enough to do your normal activities



- Don't**
- ✗ do not cut grass or walk on grass
 - ✗ do not spend too much time outside
 - ✗ do not keep fresh flowers in the house
 - ✗ do not smoke or be around smoke – it makes your symptoms worse
 - ✗ do not dry clothes outside – they can catch pollen
 - ✗ do not let pets into the house if possible – they can carry pollen indoors



Warm Space

Age UK Derby & Derbyshire extend a warm welcome to all! Every Friday, 9am to 12pm at Chaddesden Park Centre, off Maine Drive.

Free hot drinks, toast, cereals & pastries!

Quiz morning

Free parking on site

Meet the Team Secretaries

Sally, Katie & Caroline are based at St Mark's Road surgery. Their day-to-day role involves typing up dictated letters for the GP's, chasing referrals on behalf of patients, and responding to important mail.

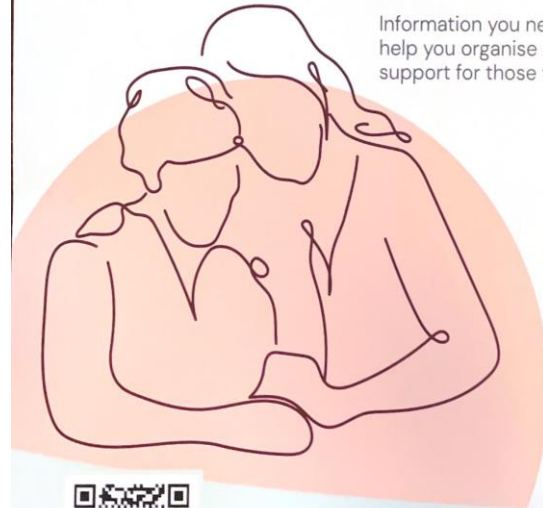


Carents



ARE YOU LOOKING AFTER AN ELDERLY PARENT OR RELATIVE?

Information you need to help you organise care & support for those you love



Find out more
www.carents.co.uk

It's free, available 24/7

NHS England Updates Royal Derby Hospital & Carsington Unit

Work has begun onsite at The Royal Derby hospital to improve and expand parking facilities. A 5-storey structure will be built where car park six is currently located, creating over 300 extra spaces. Completion is expected around April 2025. When attending appointments, please allow extra time to park, or use an alternate method of transport. No update on temporary parking measures is available.



The Carsington Unit is part of a £150,000,000 scheme, to improve mental health provision across Derbyshire. The 54-bed facility, set to open in Winter 2024 will see the relocation of male patients from the existing Radbourne Unit. It is widely expected that the scraping of dormitory style accommodation in favor of en-suite individual rooms, will reduce the length of stay for patients considerably, and improve treatment outcomes.



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