



LITTLEWICK NEWS

October 2025



One Month of Rapid Health!

This September, we launched Rapid Health, a new online consultation system, designed to get you the right advice, appointment and treatment from the right person, at the right time. We have received positive feedback from patients who have used Rapid Health so far.

Thank you for your patience and support as we continue to roll out this exciting new service.

For medical advice, please continue to book through Rapid Health (Monday - Friday, 8:00 am - 6:30 pm).

For other appointments, such as contraceptive reviews, smear tests (cytology), wound checks, or BP checks and similar, please use the **Questions and Admin tool** or contact us by phone or in person.

A polite reminder: after submitting your request, please be sure to check your emails regularly for updates.

To learn more about Rapid Health, and what to expect, please visit our **website**. There, you'll find helpful answers to common questions to support you in making the most of this new service.

What's on?



Carers Coffee Morning
Thursday, 30th October 2025
9.30am - 11am

Social Prescribing presents...

Winter WELLNESS & CONNECTION

Tuesday 14th October
1pm-4pm

Free Event

Free Smoothie Tasting

Free Art Workshop

Free Wellbeing Workshop

Arena Church, Rutland Street Ilkeston, DE7 8DG

Explore the Six Pillars of Wellbeing:

Nutrition	Relationships & Connections	Mental Wellbeing
Sleep	Positive Choices	Activity

To book your FREE place please scan the QR code.
Alternatively ring 01159 466740

Erewash Voluntary Action Social Prescribing

NHS

Erewash Health PARTNERSHIP

Patient Feedback



Thank you for reading our newsletter! If you have any feedback, please let us know via the feedback form page on our surgery website or alternatively email **ddicb.littlewick.letters@nhs.net**

Friendly Reminder for October

As the season changes, don't forget to update your contact details with us to help us keep in touch easily.

Also, if you take regular medications, be sure to order your repeat prescriptions in plenty of time to avoid any delays.

Rapid Health

Please note that online medical requests will be answered within 24 hours, whilst online admin requests will be addressed within 2 working days.

Thank you for your patience as we ensure all patients receive the care they need.

Missed Appointments

In September 2025, 299 appointments were missed without cancellation.

If you cannot attend, please call 0115 932 5229 (option 1) and leave your name, date of birth, and address.

If booked via Rapid Health, please cancel using the link in your confirmation email.

Thank you for your cooperation.

Jeans for Genes Day

On Friday 19th September, Erewash Health staff took part in Jeans for Genes Day, raising funds for Genetic Disorders UK.

This year we managed to raise a total of £66.

Thank you to everyone for their donations and support!



Veterans Breakfast

Veterans are invited to a friendly breakfast gathering on the second Saturday of every month at the Jolly Colliers, Derby Road, Heanor (DE75 7QL). This is a great chance to meet fellow veterans, share stories, and enjoy a relaxed morning together.

As a thank you, all veterans will receive a free hot drink. No need to book - just come along and join the community spirit!

Autumn Wellbeing Tips

As the days grow shorter and temperatures drop, it's important to take extra care of your health and wellbeing. Here are some NHS-recommended tips to help you stay healthy this autumn:

- Stay active with daily walks or gentle exercise.
- Eat plenty of seasonal fruits and vegetables.
- Get your flu and COVID-19 vaccines.
- Keep your home warm (around 18°C).
- Drink enough fluids, even if you don't feel thirsty.
- Wash your hands regularly to prevent illness.

For more information and helpful advice, visit the NHS Seasonal Health Advice page at: www.nhs.uk/seasonal

Surgery Closures

We will be closed on Wednesday, 8th October 2025 from 12 noon for staff training. We will reopen on Thursday, 9th October 2025 as normal.

We apologise for any inconvenience caused. Staff training is something we do to improve the services we offer to you.

Should you require urgent medical attention or advice whilst we are closed, please call **111** or visit [here](#).

If you feel your situation is life threatening, please call 999.