



# LITTLEWICK NEWS

November 2025



## Raising Awareness: Neurodiversity and the Oliver McGowan Campaign

We're committed to supporting everyone's health needs, including people with learning disabilities and autism - often called neurodiverse.

The Oliver McGowan campaign aims to improve healthcare by raising awareness about the unique challenges neurodiverse patients face, like communication difficulties and the need for personalised care.

If you or a loved one is neurodiverse, please let us know. We're here to listen and make reasonable adjustments to help you get the best care possible.

To learn more, visit [www.olivermcgowan.org](http://www.olivermcgowan.org).

## Touch Screen

Please feel free to use the touch screen to desk to check the right of the reception yourself in for an appointment.

### What's on?



**Carers Coffee Morning**  
Thursday, 27th November 2025  
9.30am - 11am

## Wear it Pink Day

On Friday 24th October, staff at Littlewick took part in Wear it Pink Day, raising funds for Breast Cancer Now.

This year we managed to raise a total of £58.

Thank you to everyone for their donations and support!



## 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](mailto:ddicb.littlewick.letters@nhs.net)

## Friendly Reminder for November

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 October 2025, 388 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.

## 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](http://www.nhs.uk/seasonal)

## Sole Mates - Sunday Walking Group

Join Sole Mates, a friendly local walking group meeting every Sunday at different locations in Ilkeston. All paces welcome! Led by Laura Elvey, Liam Robinson, and Ashley Johnson, the group is about connection, wellbeing, and enjoying nature.

Check Sole Mates on Facebook for weekly locations. No booking needed, just come along!

## Disposing of Sharps Bins

If you have a yellow sharps bin containing needles that you need to dispose of, you are welcome to hand it in at reception to a member of staff. Please ensure your personal details such as name, address and date of birth are clearly labelled on the box and the lid is fully clicked down, so it's locked.

Locking the lid keeps our staff safe from needle stick injuries. We cannot accept boxes that are not securely closed or have a purple top. Many thanks in advance.

## Surgery Closures

We will be closed on Wednesday, 12th November 2025 from 12 noon for staff training. We will reopen on Thursday, 13<sup>th</sup> November 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 **111.nhs.uk**

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