

North Hardwick & Bolsover PCN

Patient Newsletter

Autumn 2026

Who are we?

North Hardwick & Bolsover Primary Care Network brings together 7 local GP surgeries and community services.

We support improving health, wellbeing and access to care for people living in our area.

This newsletter is here to keep you informed. Each season we'll share,

- Health advice
- Local services
- Community support

We hope it helps you stay healthy and know where to go for support when you need it.



In this issue.....

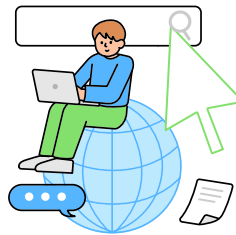
Stoptober, never too late to quit

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Visit our Website

www.northhardwickandbolsoverpcn.gpweb.org.uk

and find us on Facebook

search North Hardwick & Bolsover PCN

Getting ready for winter

Winter can be harder on our health. Colds, flu and other illnesses become more common as the weather gets colder.

There are a few simple things you can do now to help keep yourself well.

- Get your flu vaccine if you're invited
- Get your COVID vaccine if you're eligible
- Keep your home warm
- Order repeat prescriptions in good time
- Wash your hands regularly
- Stay active and eat well

Where possible have your flu vaccine with your GP surgery, this actively supports them and their vaccination campaign.



Support beyond your GP

Many people do not realise how much support is available in the community. Sometimes the best help does not need a GP appointment.

Social Prescribing

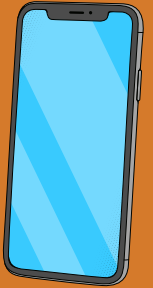
Social Prescribers help people find support in their local community. They can help with things such as:
Feeling lonely – Housing worries – Money concerns
Carer support – Local groups and activities –
Becoming more active.
They take time to understand what matters to you and help you find the right support.

You can self-refer to the Social Prescribing Team by email ddicb.socialprescribingnhbpcn@nhs.net or speak to your GP surgery to get referred.

The NHS app

Manage your healthcare online, anytime. Available 24 hours a day on your phone or computer. With the NHS App you can:

- ✓ Order repeat prescriptions
- ✓ View test results
- ✓ Check appointments
- ✓ Access your GP record



Search 'NHS App' online to for more information on how to set up!

Stoptober, never too late to quit

Stopping smoking is one of the best things you can do for your health. No matter how long you have smoked, quitting brings benefits almost straight away.

When You Stop Smoking:



After 20 minutes: Your heart rate starts to return to normal.



After 48 hours: Harmful carbon monoxide leaves your body.



After a few weeks: Breathing and circulation start to improve.



After one year: Your risk of heart disease is much lower.

You do not have to quit on your own.

There is support available to help you stop smoking, including ask your pharmacy about your local stop smoking service or search 'NHS Quit Smoking' online.

Looking after your mental health

Many people find autumn and winter difficult. The days become shorter, the weather changes and some people spend less time outdoors.

This can affect how we feel. Remember to look after yourself:

- Keep in touch with friends and family
- Get outside when you can
- Stay active
- Keep a regular sleep routine
- Make time for things you enjoy
- Talk to someone if you are struggling

Everyone has times when they feel low or overwhelmed. You are not alone.

Support is available, and talking to someone can be the first step to feeling better.

Search 'Every Mind Matters' online, or speak to your GP surgery if you are worried about your mental health.

Thank You, and be sure to keep a look out for our Winter newsletter we will publish it in December 2026