



DMC News

The Newsletter of Desford Medical Centre

2026 Issue 1

This Newsletter is produced by Friends of Desford Surgery on behalf of the practice, who hold no responsibility for its accuracy

Practice news

Thank you! – Dr Maini and all the Staff would like to say a huge thank you to our patients for all the kind wishes and generous gifts which were received over the Christmas period. Your ongoing appreciation and support of the Practice is gratefully received.

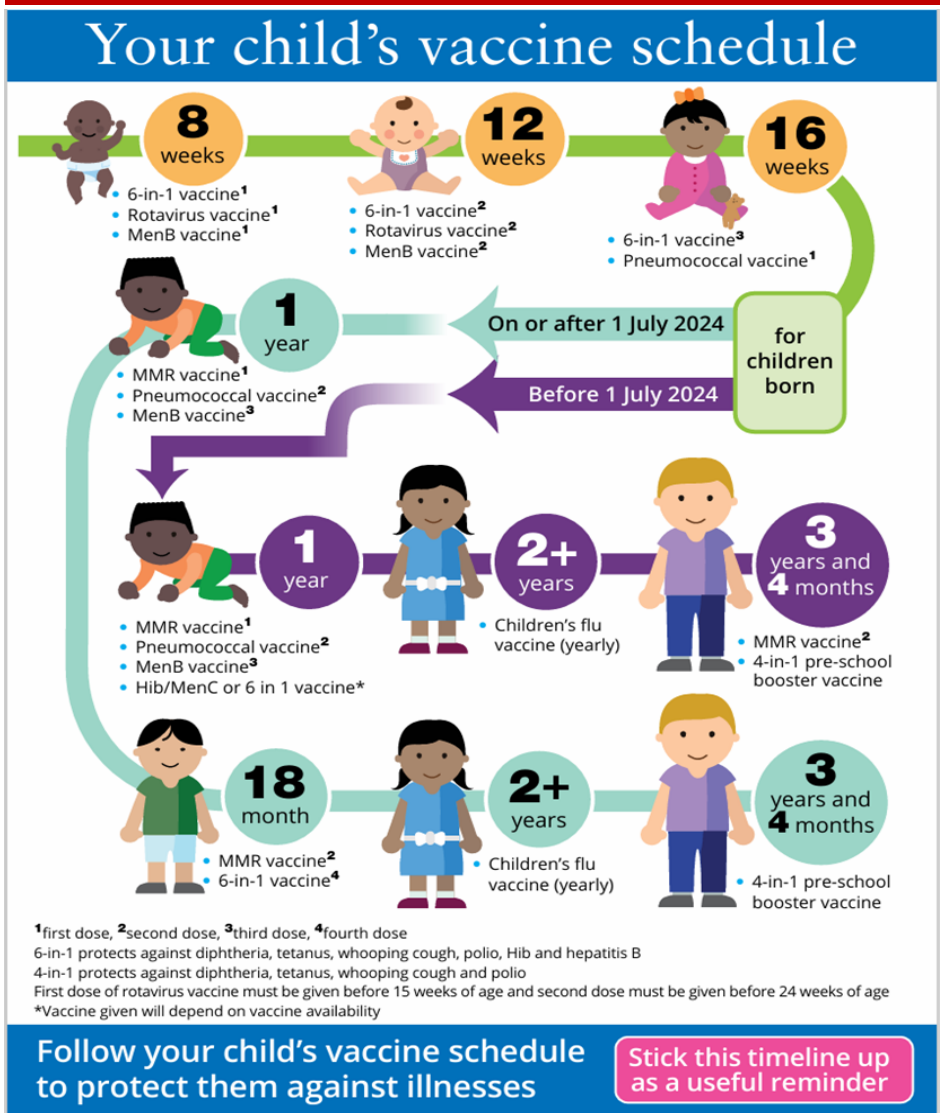
Flu Vaccinations – In the last two months, we have seen a sharp rise in hospital admissions for patients suffering from Influenza. The Flu vaccine offers protection, and we encourage all eligible patients who have not yet had the vaccine, to contact the Surgery to book in for one.

Vaccines continue to be available.

Childhood Immunisations – We would like to remind parents and guardians of babies and young children of the importance of attending the Surgery for all scheduled Children’s Immunisations.

- * Illnesses like measles and whooping cough can spread very easily between children who are not vaccinated.
- * These illnesses can make children very sick, leading to hospital stays or lifelong problems.
- * If your child is not vaccinated, they are not protected.
- * It’s important that vaccines are given on time for the best protection. Some need booster doses later too.
- * Check your child’s red book or speak to the Practice Nurse to see if they have missed any.
- * You can still catch up on most missed vaccines.
- * All the childhood vaccinations are free. As children grow up, they will be offered more vaccine appointments, right up until they are teenagers.
- Some vaccines are offered at school.
- * Vaccinations offered by the NHS are thoroughly tested to assess how safe and effective they are. All medicines can cause side effects, but vaccines are among the very safest.

Please read this helpful guide to all children’s vaccines. If your child has missed any of these, please contact us.



* Research from around the world shows that immunisation is the safest way to protect our children’s health.

FODS Christmas coffee morning

On Saturday 6 December, the Friends of Desford Surgery (FODS) held their annual coffee morning in the practice. Attendance was great, with everyone enjoying each other's company - not to forget the delicious cakes on Offer! It was the perfect way to end the year. The FODS would like to say a big thank you to everyone who attended, and to all patients who supported the event by kindly donating prizes for the raffle and buying raffle tickets. Together we raised £611. The money will



be used to purchase new medical equipment for the surgery, benefitting of all our patients.

Spotlight on . . .

Social Prescribers at Desford Medical Centre

The Social Prescribing Team for Desford Medical Centre includes Lucy (the Senior Social Prescriber who manages the team of social prescribers across Hinckley and Bosworth), Indie and Molly - who are also Social Prescribers for Desford Medical Centre.

Social Prescribing connects people to non-medical community-based resources. For example, this could include connection to art groups, debt advice, gardening clubs, bereavement support, housing related needs, loneliness and isolation problems, and long term health condition support. They address practical, social, and emotional needs affecting a person's health and wellbeing.

Social Prescribing Link Workers tailor plans to each individual and offer a "what matters to me" approach when working with patients. They co-create a care plan together with patients to meet individual support needs in a means that is accessible and patient led - empowering patients to manage their wellbeing through local support.

Social prescribing referrals come from your medical practice teams, wider organisations, and services locally. You can also self-refer to your GP Surgeries Social Prescribing service, you don't need to see a GP or nurse, you can simply ask for a referral at reception. Following a referral your Social Prescriber will contact you by phone initially to introduce the service and discuss your support needs.

Social Prescribers will work flexibly with you, and can

offer both telephone, and face to face appointments. These can be in the surgery, in your own home, or we can meet you in the community.

The Social Prescribing team also offer a monthly drop-in social support session at St Mary's Church in Hinckley - the session runs on the third Tuesday of every month from 1pm to 3pm.

No appointment needed; just drop in as frequently as you want, for free refreshment in a relaxed safe space. You can meet others, and connect with both the Social Prescribing Team and wider services for signposting and advice. *Social Prescribers cannot offer medical advice and are not an urgent service.*

If you feel that you, or someone you know, would benefit from speaking to a Social Prescriber at the Practice - please contact reception.

Introducing the Healthy Choices Quiz . . .

The local NHS is encouraging all adults to take the *Healthy Choices Quiz* this new year. This health and wellbeing quiz aims to empower adults to take control of their health by making small changes day-to-day.

Taking about five minutes, the quiz asks about your lifestyle in the areas of eating, movement, alcohol consumption, smoking and vaping, mental health and sleep.

You'll receive an overall score based on your Answers, which indicates how your lifestyle could be affecting your health and wellbeing.

Give it a go at <https://www.nhs.uk/hcquiz>.

Lucy Moore



Indie Dean



Molly Brown



*It's nice to know
that one's appreciated . . . !*

I can't rate Desford medical centre and Desford Pharmacy highly enough. Everyone is so friendly, helpful and professional. We are so lucky in Desford to have such super teams.