



St Marks 01332 224588
Sitwell St 01332 673905



Perinatal Mental Health Project

Have you or a partner given birth, gone through pregnancy, or had contact with any perinatal mental health services in Derby over the past two years? If so, then we would love to hear from you!

We are incredibly excited to announce that we are currently undertaking an important piece of mapping work. Over the next twelve months we will be taking a deep dive into the perinatal mental health services available in Derby: providing parents with an opportunity to have their voices heard and make a real difference to your services.

We will be facilitating several listening sessions and Focus groups, both online and in person, to better understand your experiences, and hear your views. The QR code below will allow you to register your interest, and receive the dates for our planned sessions.

FamilyHubDerby

More Information: 07719064041 / 07719065740 | hannah.moore@perinatalsupport.org.uk / nicola.armstrong@perinatalsupport.org.uk

SEXUAL VIOLENCE SHOULD NOT EXIST AND NO ONE SHOULD DEAL WITH IT ON THEIR OWN

SV2 is a Derbyshire based service who offer a variety of support to anyone effected by any form of sexual abuse or rape. Regardless of age, gender or when the incident took place.

- Counselling and Therapy
- Independent practical advice and support (ISVA)
- Holistic therapies
- Dedicated support for men
- Support for families and close friends
- Bespoke awareness workshops
- Community Development services
- Consent Workshops

TALK TO US

Tel: 01773 746 115
Email: help@sv2.org.uk
Visit: www.sv2.org.uk
Monday to Friday 9am - 5pm

Scan me

Health Promotion Sun Awareness Week 2024 6 May to 12 May.

In the past 10 years, skin cancer rates in the UK have increased by 59% in men and 36% in women*

Use at least factor 15 in the sun and apply sunscreen to all exposed skin.

#CoverUpMate

How to enjoy the sun safely

- Find shade**
Take a break under trees, umbrellas or head indoors
- Cover up**
Wear a loose, long-sleeved top with a hat and sunglasses
- Use sunscreen**
On bits that aren't covered up. Use plenty with at least SPF 30 and a 4- or 5- star rating

Find out more at [cruk.org/sun](https://www.cruk.org/sun)

Together we will beat cancer

<https://www.skinhealthinfo.org.uk/sun-awareness/>

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

<https://www.britishskinfooundation.org.uk/how-to-stay-safe-in-the-sun>



Public Health England **NHS**

Immunisation

helps to protect your baby when they need it most

Immunisation helps to protect your baby against 17 diseases such as

- Whooping cough
- Septicaemia
- Meningitis
- Diphtheria
- Measles
- Tetanus
- Polio
- Rotavirus

Keeping up to date with vaccination protects your baby

See your GP, health visitor or practice nurse for details

Immunisation
helping to protect everyone, at every age

Check the immunisation schedule at



If your baby/child is due/missed any book at reception now.

NeuroHub-Derby

Help and support for Neurodivergent young people aged 0-25 and their parents/carers.

Self-referral encouraged by online form via the NeuroHub website:

<https://www.communityactionderby.org.uk/projects/children-young-people/derby-neuro-diverse-hub>



St. James Centre
Serving the Whole Community

Hub Opening Hours:
Calls and booked appointments:
Monday - Thursday 10am-13:30pm
Friday 10am-13:00pm

Contact
Mob: 07561 856 320
Please try the mobile number first
Tel: 01332 604080

Email: neurohub@stjamescentre.org

www.stjamescentrederby.co.uk
St James Centre, Malcolm Street, Derby, DE23 8LU

DVMP Team News

Welcome to Nicola who joins the reception team, working across both sites. Please say hello and make her feel welcome. Also welcome back to Jade, previously our assistant practice manager, who is now taking care of all aspects of HR within the practice.

A fond farewell to Dr Julie Osborne who has now retired from medicine. She has told us she plans to visit China within the next couple of months to kickstart her free time. I'm sure we all wish her the very best in her retirement.

NHS England Updates Spring Covid Boosters



You may be offered a Spring Covid Booster vaccine by the surgery if you are:

Aged 75 years old or over.

Live in a care home for older adults

Are aged 6 months old or over and have a weakened immune system.

Invites have now gone out by text or telephone call. If you believe you have been missed, please contact reception who will check your eligibility and book you into an available clinic.

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<https://www.facebook.com/derwentvalleymedicalpractice>