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Whooping Cough Cases

Whooping cough (Pertussis) cases are on the rise, with babies too young to be vaccinated at greatest risk. A child's first dose would be at around 8 weeks as part of the 6 in 1 vaccine offered at their first post-natal appointment.

The NHS are recommending that all pregnant patients are vaccinated at around 20 weeks (but can be up to 32 weeks in most cases as a catch up) in order to pass on crucial antibodies to their unborn child from birth.

Pregnant patients should alert their midwife, GP or a member of reception if they have not been offered this vaccination.

E Coli Outbreak UK

The UKHSA has confirmed that cases of **E Coli** within the UK are rising, citing the likely culprit to be salad within pre prepared sandwiches and wraps. Symptoms of the infection include stomach cramps, vomiting, fever and bloody loose stools. Anyone who suspects they may have contracted **E Coli** should speak to a clinician in the first instance, as samples may need to be sent away for testing. Those infected should avoid preparing food for others or being in contact with immuno-compromised relatives.

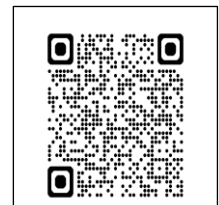


Health Promotion

World Breastfeeding Week

World breastfeeding week, 1st-7th August 2024, is centered around 'closing the gap' and making support more accessible. Key objectives of #WBW2024 are:

- **Inform** people of the inequalities existing around breastfeeding support
- **Anchor** breastfeeding as an equalizer to close gaps within society.
- **Engage** with both individuals & organisations to enhance the support on offer.
- **Galvanise** action on reducing inequality in access to breastfeeding support by focusing on vulnerable groups.



<https://worldbreastfeedingweek.org/>

Out of area guidance

Our practice catchment area largely covers the DE21 area of **Chaddesden & Spondon**. New registrations cannot be accepted outside of this. Existing patients moving out of area will not be pushed to change GP surgery, however, they would no longer be eligible for any type of home visits, or our midwife services should they stay with us.

Over 50's Fitness-Derby

Willows Sports Centre are running weekly indoor sessions of low impact sports, suitable for those over the age of 50, people recovering from an injury, or those looking to stay active. There is even time to socialize after with complimentary refreshments being provided. Call **01332 204004** to book.



Vapes-Advice for Parents & Carers

Signs your child may be vaping:

- * Increased **secrecy**
- * Unwillingness to stay at home
- * Disappearing money
- * Increased thirst
- * Increased **irritability/mood changes**

Schools across Derby are supporting parents and carers with having conversations around vaping, to understand why young people are using vapes, and discuss the potential dangers of doing so. Anyone caught vaping in school may have to attend an education & awareness programme under new plans. Purchasing cigarettes and vapes under 18 years of age remains illegal.



Zero Tolerance

Derwent Valley Medical Practice will **not** tolerate:

Offensive Language or **Swearing!**

Verbal abuse of any kind!

Racist comments or **Stereotypes!**

Threats of, or actual **Physical harm!**

Poor behaviour could result in **removal from the practice list.**



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