



DERWENT VALLEY MEDICAL PRACTICE NEWSLETTER

JULY 2023



Sitwell Street 01332 673905

St Marks 01332 224588

Meet the Team



Did you know that Derwent Valley Medical Practice has a designated mental health practitioner? Natalie has over 4 years' experience, supporting adults and children alike. Natalie can assist with new or ongoing problems, make recommendations and signpost to other services where appropriate. As we share Natalie with Chapel Street surgery, she is available to pre book for appointments in both Chaddesden and Spondon, face to face or over the phone. The well-being of our patients is at the very core of our practice values, so we are beyond pleased to be able to offer this service.

What's New



From the 1st June 2023, the NHS Low Calorie Diet programme for Diabetes patients will be referred to as the

NHS Type 2 Diabetes Path to Remission Programme.

The NHS, in collaboration with Diabetes UK, felt this name better described the overall programme and participant journey.

Ask your Practice Nurse if you feel you may be eligible for this programme.

Health Promotion

Alcohol Awareness Week 3-9th July 2023. Regularly drinking more than 14 units of alcohol a week risks damaging your health.



Know your units

Download the drink free days app

Seek help & support

Download the Drink Free Days app

Feel healthier, lose weight and save money by picking your days to go drink-free.

One simple way to cut down is to have at least a few drink-free days every week, so choose yours and get practical support to stick with it.

With the app you can:

- update and track your drink-free days
- get simple and practical tips to help you control your drinking
- receive reminders when you need it most
- celebrate milestones when you reach your targets

<https://aquarius.org.uk/our-services/adult-services>

<https://www.derbyshirehealthcareft.nhs.uk>

<https://derbydrugandalcohol.nhs.uk/young-people-support>

Contact details

Please ensure that your contact details are correct and keep them up to date including telephone or mobile numbers.

Please inform us immediately of any address changes so letters are not sent to the wrong address.

NHS app

Download the NHS App or open the NHS website up and login to access a range of NHS services online. The NHS app is available on iOS & Android



[Log in - NHS App](#)

[Online \(service.nhs.uk\)](https://www.service.nhs.uk)

Additional services

[Book directly by calling reception.](#)

Community care coordinator – Emma Sumner

Social prescriber – Toni Jantschenco

First contact physio – Anas Saynallabdeen, Aleena Benny

Mental Health Nurse – Natalie Doe

Midwife – Emma Lowe

Pharmacy team – Alex Spurling, Sonam Vaghela, Zara Bi, Abigail Lee, Mevesh Afsar, Muhammad Piracha

Useful telephone numbers/contacts

NHS 111 Call [111](#) at any time, 24 hours a day.

[Derby Urgent Care Centre](#)

Entrance C
London Road Community Hospital
Osmaston DE1 2GD
Tel: [01332 224700](tel:01332224700)
08:00-20:00

[Royal Derby Hospital](#)

Uttoxeter Road
Derby DE22 3NE
Tel: [01332 340131](tel:01332340131)
Open 24 Hours

Blood tests <https://www.uhdb.nhs.uk/service-phlebotomy-blood-tests/>

Sexual Health Matters 0800 3283383 www.yoursexualhealthmatters.org.uk

Trent PTS 01332 265659 [Trent PTS | Psychological Therapies Service](#)

Livewell Derby 01332 641254 <https://www.livewellderby.co.uk>

Cruse Bereavement 01283 533362/0808 8081677 <https://www.cruse.org.uk>

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