

Useful numbers

Social Services 01332 717777

District Nurses 01332 564900

Midwife 01332 861192

Family Planning 0800 3283383

Pharmacies:

Chaddesden

01332 347981 St Marks Rd

01332 673059 Wiltshire Rd

01332 660760 Maine Drive

Spondon

01332 663046 Chapel St

01332 673574 Sitwell St

01332 826717 Asda Derby Rd

Health Promotion

Alcohol
Awareness
Week

1st -7th July 2024 is Alcohol Awareness week, with a specific focus on understanding alcohol harm. It is a chance for local authorities, charities, GP surgeries and businesses to think about and discuss alcohol harm within their communities.

Alcohol has the potential to harm our health and wellbeing by affecting our sleep, quality of our relationships and our working lives. Alcohol Change UK want to challenge the stereotype around alcohol use, in that it is not an 'individual's' problem, but rather that of society as a whole.

The average drinker in the UK spends around **£62,899** in their lifetime (Source Opinium survey conducted 6-9 June 2023). On the flip side of that, alcohol is estimated to cost society more than **£27 billion** each year in healthcare, crime prevention and lost productivity at work. Alcohol Change UK have a vision which would see a Britain with alcohol, but without harm.

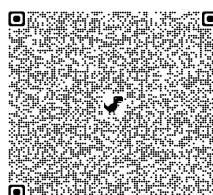
Take the quiz by following the link below to see how healthy your drinking is.

<https://alcoholchange.org.uk/alcohol-facts/interactive-tools/check-your-drinking>

Long-Acting Reversible Contraception

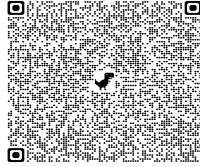
Derwent Valley Medical Practice will now be offering long-acting reversible contraception in the form of IUD's (copper or mirena coil) and the contraceptive implant. These will be available by making an appointment with Dr Fatima Choudhury via reception. In the initial consultation, all options can be discussed, and temporary contraception can be arranged during the waiting period for a fitting appointment. For any further information, please visit:

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



Contraceptive
implant





Joined Up Care

Derbyshire Self-Referral

Patients are able to **self-refer** for the following conditions & disorders, or to specific specialty **without** the need for an appointment.

Alcohol/Drug dependency, Audiology, Bereavement Support, Counselling & CBT, Continence, Dementia, Dermatology, Diabetes, Eating Disorders, Mental Health, Musculoskeletal, Pain, Podiatry, Respiratory/Pulmonary, Speech & Language, Sexual Health, Stopping Smoking, Weight Loss.

01332 981601 Integrated Board contact number at Derby Council House

Information via the link below.

<https://joinedupcarederbyshire.co.uk/self-referral/self-referral-for-patients>

Prescription Ordering

As a practice, we no longer accept paper/written medication requests effective as of Monday 17th June 2024.

Paper Repeat Prescriptions

We are no longer accepting paper prescription requests in practice in an effort to streamline our services.

We still have many ways in which you can order your repeats.

Medicine Order Line
Call 0115 855 0260 8am-4pm Monday to Friday

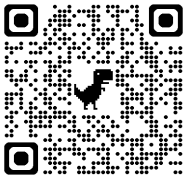
To prevent waiting in a queue, please call later in the week at the least busy times, as indicated by Amber and Green on the graph

Email medicinelinerequests@nhs.uk

Or use the online form **Medicine Order Line** (derbyshiremol.nhs.uk)

You can still also order via the NHS app or Systemonline by logging into your account.

Day	Amber	Green
Mon	High	Low
Tue	High	Low
Wed	Medium	Medium
Thu	Low	High
Fri	Low	High



Team News

A very warm welcome to **Sarah S**, who is our new receptionist within the practice. She will be working at both Chaddesden and Spondon surgeries. Be sure to say hello!

Good Luck to **Hollie** our receptionist who is going on Maternity leave. We will be forming an orderly queue for cuddles with baby when she arrives. All the very best Hollie.

Last, but not least, welcome to **Sara D**, who is the newest member of our Data team at St Mark's Road. She will be ensuring that any correspondence received is added to patient records and coded accordingly, as well as sending out reminders to patients for their reviews. Welcome!

Follow Us on social media: <https://www.facebook.com/derwentvalleymedicalpractice>