



St Marks 01332 224588
Sitwell St 01332 673905



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

Vaccination Catch Up Appointments

Our Practice Nurses are happy to check your record to see if you need any booster vaccinations or determine if you did not complete a certain course. Please get in touch with reception if in doubt. We can usually catch you up in order to provide you with the best possible cover against many diseases. These appointments are pre-bookable in nature.

Vaccines for adults



<p>University and college students</p> <p>All doses should be taken:</p> <ul style="list-style-type: none"> MenACWYF MMR HPV 	<p>Pregnant women</p> <p>Every year</p> <p>Flu</p> <p>From 16 weeks</p> <p>Whooping cough (pertussis)</p>	<p>65 years and over</p> <p>Every year</p> <p>Flu and COVID-19</p> <p>At 65 years</p> <p>Pneumococcal</p>
<p>50 years and over</p> <p>50 years if immunocompromised or turned 65 on or after 1st September 2023 or 70-79 years old</p> <p>Shingles</p>		<p>If you have missed a vaccine, contact your GP practice to catch up</p> <p>www.nhs.uk/vaccinations</p>

Health Promotion



10-16 June 2024



The law says that a carer is anyone who cares, unpaid, for a friend or family member who cannot cope without their support. This may be due to illness, disability, addiction, or a mental health problem. Seek support at:

<https://www.derwentvalleymedicalpractice.co.uk/digitalpractice/wellbeing-centre/carers/>



These organisations have joined together to make Carers Week happen in 2024



DVMP Team News

A warm welcome to **Dr Fatema Chowdhury** who has recently joined the practice as a salaried GP.

A fond farewell to our **Advanced Nurse Practitioner Catherine**, who leaves us on 24th May. Catherine will be relocating, so we all wish her the very best in her new surgery and thank her for her work, support, and commitment to DVMP.

What are Family Hubs?

Get the advice and support you need whilst having fun as a family!

Derby's Family Hubs are here to welcome you and your family to find the help you need through support and friendship.

We offer a range of activities, sessions, advice and support for families and young people aged from 0-19 years and up to 25 years for young people with Special Educational Needs and Disabilities.



Becket Family Hub
35 Stockbrook Street
Derby, DE22 3WR
01332 640250
BecketFamilyHub@derby.gov.uk



Derwent Family Hub
Monmouth Street
Derby, DE21 6BD
01332 641010
DerwentFamilyHub@derby.gov.uk



Mackworth Morley Family Hub
Reigate Drive, Mackworth,
Derby, DE22 4EQ
01332 208175
MackworthMorleyFamilyHub@derby.gov.uk



Osmaston Allenton Family Hub
60 Cockayne Street North
Allenton, Derby, DE24 8XB
01332 956850
OsmastonAllentonFamilyHub@derby.gov.uk



Rosehill Family Hub
17-19 Lower Dale Road
Derby, DE23 6WY
01332 641315
RosehillFamilyHub@derby.gov.uk



Sinfyn Family Hub
345 Sinfyn Lane, Sinfyn Moor
Derby, DE24 9SF
01332 956967
SinfynFamilyHub@derby.gov.uk



Follow us on Derby Family Information Service Facebook page for regular updates [facebook.com/DerbyFIS](https://www.facebook.com/DerbyFIS) or scan here for further information

Type 2 Diabetes

Are you the 1 in 16?



TYPE 2 DIABETES KNOW YOUR RISK

Currently around 4.4 million people in the UK are living with Diabetes. This represents about **6%** of the population. **Diabetes UK** estimate there are a further 1.2 million people who have not yet been diagnosed. Gender, age and family history can all have a bearing on whether somebody is **more likely** to develop diabetes, however there are several other factors to take into consideration when calculating risk. Over 18's are being recommended to visit [riskscore.diabetes.org.uk](https://www.riskscore.diabetes.org.uk) to use the simple online tool, which gives a calculated risk within minutes. You can expect a copy of the results and some expert advice from **Diabetes UK** to lower or maintain your risk level.



Practice Nurse Kate – Marathon Update

A huge congratulations to **Kate** for completing this year's London Marathon and raising an amazing **£1362.00** for her chosen charity!! She completed the 26.2-mile course in 4hrs 17minutes and 46 seconds which is a massive personal achievement. **Kate** has definitely got the running bug and is already signed up for next year's event. DVMP is certainly very proud.



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