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## Measles

Measles spreads very easily among those who are unvaccinated.

Measles can be a very unpleasant illness. In some children it can be very serious and lead to hospitalisation – and in rare cases tragically can cause death. People in certain risk groups including babies and young children, pregnant women, and people with weakened immunity, are at increased risk of complications from measles.

Symptoms include a runny nose, cough, high fever, sore red watery eyes, and a blotchy red-brown rash.

Having two doses of the Measles, Mumps, Rubella (MMR) vaccine is the best way to protect your child and help prevent it spreading.

Two doses of the MMR vaccine give you excellent lifelong protection. If you or your child have missed out, contact the surgery to catch up as soon as possible.

Increase in measles cases has occurred in England. Most of the cases have been in children under the age of 10 years with many outbreaks linked to nurseries and schools.



## C- wallet & C-scheme

If you're over 16 years old and normally pick up free condoms and lube from a sexual health clinic, please use the free Condoms by post scheme or collect C-Wallets anywhere you see this sign including our reception.



If you're aged between 13 & 24 you can also sign up for the C-Scheme. You can access the service however you identify and whatever your sexual orientation. It doesn't matter whether you're having sex, thinking about having sex or if you're just curious.



[Free Condoms \(yoursexualhealthmatters.org.uk\)](https://yoursexualhealthmatters.org.uk)

## Health Promotion No smoking day 13<sup>th</sup> March

The best possible way to observe National No Smoking Day as a smoker is to take the opportunity to choose to quit.

It may not be easy but there is a clear improvement to health– within just hours and days of stopping, with even more benefits over long periods of time!

Many people try to quit smoking with willpower alone, but it's much easier to go smoke-free with the right help.

There are lots of support options available to help you on your quitting journey.



you're three times more likely to quit with livewell. with free treatments and lots of expert encouragement, finding your will power to quit smoking tobacco is within your reach. simply complete our online join form and book your telephone appointment today.



## London Marathon April 21<sup>st</sup>

Practice Nurse Kate will be aiming to fulfill her long held ambition of completing the 26-mile course of this year's London Marathon. Kate will be running in aid of [Cancer Research UK](#). We all wish her the absolute best of luck!!



[www.tcslondonmarathon.com](http://www.tcslondonmarathon.com)

## Carers



Are you a Carer? Do you look after a member of family or help a friend or neighbor with day-to-day tasks?

Caring for someone can mean being in demand round the clock and lead to feelings of isolation. We want to ensure you can access the help and support you may be entitled to.

If you do care for someone, please let us know so we can update your record.

You can come into practice and ask reception for a Carers Identification form, alternatively you can access the form via our website (<https://www.derwentvalleymedicalpractice.co.uk/navigator/register-a-carer/>) and if you agree, we can pass your information to the Carers Service or our Social Prescriber, Toni who can offer advice on local support available to you.

You can also refer yourself to a range of Carer and Mental Health services via our website <https://www.derwentvalleymedicalpractice.co.uk/digitalpractice/wellbeing-centre/carers/>

## Meet the Team DATA

Our DATA team comprises of Sal, Liane & Vicky and they are based at St Mark's Road surgery.

Their main role is to deal with any incoming correspondence i.e., Royal Mail, internal post, electronic hospital letters & external emails.

They read, process and file them on to the patient record, or forward to the GP/Pharmacist as appropriate. The team also send out annual review reminders and Did Not Attend notices.



## NHS England Updates

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

It can be quite daunting waiting for a hospital consultation, treatment, or surgery. NHS England have put together some helpful information for patients via the [My Planned Care](#) webpage.

- \* Patients can search by [area](#), [hospital](#), or [specialty](#) for waiting times updated weekly.
- \* Preparation advice ahead of surgery for better outcomes – '[Fitter, Better, sooner](#)' initiative.
- \* What to expect during recovery.
- \* Decision support tools/Managing risk.
- \* Employment & money advice.
- \* Support for parents & carers.



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