



DERWENT VALLEY MEDICAL PRACTICE NEWSLETTER SEPT 2023



Sitwell Street 01332 673905

St Marks 01332 224588

Meet the Team



Aleena is one of our **1st contact physiotherapists (FCP)** in the surgery. This service is available to any patient over the age of 16, suffering with a musculoskeletal complaint. Whether it be neck, back, knee or generalized pain, our physiotherapists can offer a thorough assessment of an individual's symptoms and create a personalised plan to assist with pain management and restoring compromised mobility.

Each patient's aims are different, so our **FCP's** start by conducting a physical examination (sitting, lying, standing), and look at any past history to understand a patient's current situation. By utilising an app called 'Phystrack', our **FCP's** can suggest exercises specifically targeting concerns for individuals and follow up after 3-4 weeks to see how effective they are. If any further investigation is required, a referral for MRI scans, X-Rays or steroid injections can be made on the patient's behalf. Please speak to your GP or reception if you feel this service may be of use for you.

What's New

Chronic Pain Peer Support Group

Are you struggling with chronic pain, caused by conditions such as:

- Fibromyalgia
- Arthritis
- Neurogenic pain

**STARTING THURSDAY
7TH SEPTEMBER
2023!!!**

Please come and have a chat. The group is here to support you through shared experiences. Grab a cuppa and lets talk ...

Every other Thursday,
10:30 am till 12:00 pm
Fairdene Court, Lowerdale Road, Derby, DE23 6XE
For more information please contact
Shabana, Social Prescriber 07539 775510

Health Promotion Flu vaccination



Flu vaccination provides the best protection against an unpredictable virus which infects many people and can cause serious illness and death each year. [Book at the surgery for the vaccine.](#)

The vaccination is **free** and recommended **yearly** for those most at risk from flu. This includes:

- children aged 2 to 3 years old on 31 August 2023
- pregnant women
- people living with certain long-term medical conditions such as chronic respiratory or cardiac disease.
- everyone aged 65 years and over.
- people who receive a carer's allowance or are the main carer for an older or disabled person who may be at risk if the carer gets sick.
- close contacts of immunocompromised individuals
- frontline health and social care staff



Primary school aged children and secondary school children in Years 7 to 11 will be offered the vaccine at school.

Staff Training



The practice is closed for staff training one afternoon a month from 1.30pm. The Next closure will be **Wednesday 20th Sept 2023**

Should you need a doctor during this time, please telephone the surgery number and your call will be dealt with by the GP cover.

HRT Prepayment Card

Did you know you can get an HRT prescription prepayment certificate (HRT PPC) from the NHS if you've been prescribed an [eligible hormone replacement therapy \(HRT\) medicine](#).

The HRT PPC costs £19.30 for 12 months.

Scan the QR code for details or follow the link <http://www.nhsbsa.nhs.uk/hrt-ppc>



Home Visits



If you require a home visit, please call the practice before **12:00**. Home visits are for those who are truly housebound, those who are in bed terminally ill, or those who would come to serious harm if they were moved.

If possible, please try to attend the surgery. We have better facilities for examining you and treating you than in the home.

Home visits should be requested only when you are genuinely too ill to travel to the surgery. A truly housebound person would not be able to leave the home under any circumstance, this means going to the hairdressers, shops, going to hospital or physio appointments. If you can manage any of these, even if you need support or transport to do so, you are not considered to be housebound. We follow this policy for the benefit of all our patients. By only visiting those who truly need a home visit, this allows us to concentrate limited resources on dealing with more patients who can come to the surgery.

Macmillan Coffee Morning

Macmillan's Coffee Morning is a fundraising event to support people living with cancer. The official date of the Coffee Morning is **Friday 29 September**. Join us at the Derwent Valley Medical Practice to support this event or sign up to hold your own. [Coffee Morning | Macmillan Cancer Support](#)



MACMILLAN
CANCER SUPPORT

Cancer can affect people's whole lives – health, money, family, job. Macmillan cancer support understand that the most important thing is to treat people as individuals. They take the time to understand the support people need to live their lives as fully as they can. From the moment of diagnosis, they help people find their best way through. For information, support or just someone to talk to, call Macmillan free on 0808 808 00 00 (7 days a week, 8am-8pm) or access their website. [Macmillan Cancer Support | The UK's leading cancer care charity](#)

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