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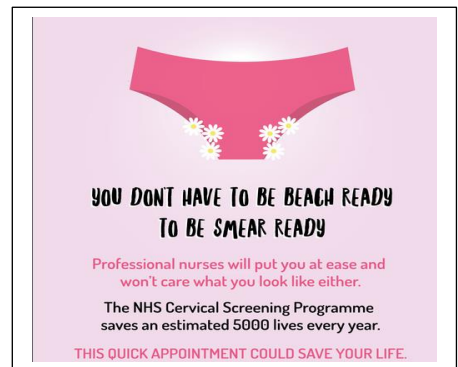
DVMP Team News

A very warm welcome to **Dr Reema Akhter** who will be joining the Derwent Valley team the week commencing 20th January.

Also welcome to **Mark Evans** and **Paul Hemsil**, who have been with DVMP for a few months now. Mark works for the Drug & Alcohol service and Paul offers support with over reliance on prescription medications. Both of these clinics are available for our patients to be referred into by either a clinician, or by their own request. For more information contact reception or speak with your clinician.

Smear Clinic – Saturday 1st March

Once again, we will be inviting eligible patients to attend our cervical screening clinic on Saturday 1st March, running from 8am to 1pm at St Marks Road surgery. This is ideal for anyone struggling to book an appointment during the week. Booking links will be sent via text over the coming weeks. If you feel you are overdue, and may have been missed, please contact reception and we will be happy to verify this for you.



"Roses are red, violets are blue, but why should your heart age, matter to you?"

Find out if your **heart age** is higher or lower than your actual age

Did you know that if your heart age is older than your actual age, you could be more susceptible to **heart attack** or **stroke**?

The best gift you could give yourself this **Valentine's Day** is to calculate your heart age.

<https://www.nhs.uk/health-assessment-tools/calculate-your-heart-age>

Military Veteran Aware Accreditation

We are pleased to announce that DVMP is now a 'Veteran friendly' surgery. This means that former members of the armed forces or merchant mariners will have priority access to services, medical care or treatment required in relation to any conditions likely to have been sustained whilst in active service. By definition, 'active service' meaning having served for at least one day. DVMP's registration forms now have a section dedicated to ex service personnel, allowing us to identify and code the record of those who may require priority care.

Time To Talk Day – 06.02.2025



[Get comfortable and start talking about Mental Health](#)

Time to Talk day was launched back in 2014 in a bid to end the stigma around mental health and the discrimination that often accompanies it. It involves people being open to the idea of talking and creating supportive communities where we can support both ourselves and others.

If somebody opens up, knowing how to support them can make a huge difference. Here are some helpful tips and ideas to keep the conversation going:

ASK questions & **ACTIVELY LISTEN** – allow space to express themselves/non-judgmental

POSITIVE body language – encourage by asking open questions

DON'T try to "fix it" – unless they have directly asked for advice, listening is very powerful

AVOID cliches – these are really unhelpful and can undermine the conversation

PATIENCE – it may have taken someone a lot of courage to speak up

<https://www.rethink.org/campaigns-and-policy/awareness-days-and-events/time-to-talk-day/>

<https://www.mind.org.uk/get-involved/time-to-talk-day-2025/>

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