



DVMP Team News

A huge warm welcome to **Dr Lalit Maheshwari (GP Registrar)** who has joined our practice for an extended period. He will be working across both surgery sites, usually 3 or 4 days per week

We will also be joined by medical student **Iman**, who will be seeing patients independently alongside her clinical mentoring. Patients may be booked with our student for appropriate new or acute issues.

Welcome back to our lovely receptionist **Hollie**, who will be back 3 days per week after finishing her maternity leave.

Just a reminder that both surgeries will be closed on Monday 5th of May and Monday 26th of May for the Bank Holidays. All emergency services will remain open as normal over this period.

Medication Ordering – May Bank Holidays

With two Bank Holidays approaching in May we are reminding patients to be mindful of not leaving medication ordering to the last minute due to surgery and pharmacy closures.

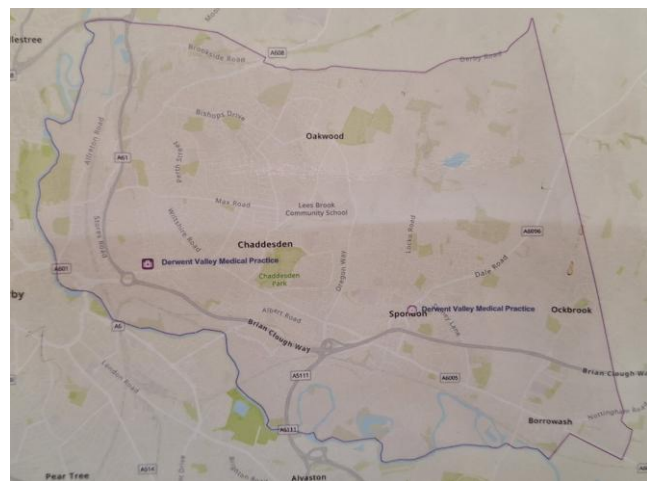
Medication can be ordered 7 days before it is due by ringing the **MOL** on **0115 855 0260**, by filling in the **MOL** online form at <https://www.derbyshiremol.nhs.uk/derby>, ordering via the **NHS app/Systemonline** or by email to ddicb.southmolonlinerequests@nhs.net

To check if your nominated pharmacy will be open, check here <https://joinedupcarederbyshire.co.uk/your-services/pharmacy/bank-holiday-pharmacy-opening-times>



Surgery Catchment Area

Our surgery catchment area is DE1 (this side of the River Derwent) and DE21 covering Chester Green, Oakwood, Breadsall, Chaddesden, Spondon, Borrowash and part of Ockbrook. Please check this before submitting any registration forms. Thank you.



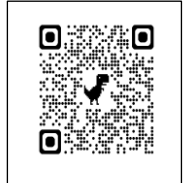
Nurse Appointments

Our Nursing team are exceptionally busy at present, sometimes booking 4/5 weeks upfront. If there are time sensitive appointments such as B12, Depo or Nebido injections, INR blood tests or wound checks/suture removals that the hospital has requested, we ask that patients give us as much notice as possible to get them booked in. It may not always be possible to book patients at their preferred site at late notice. The surgery thanks patients for their assistance in this matter.

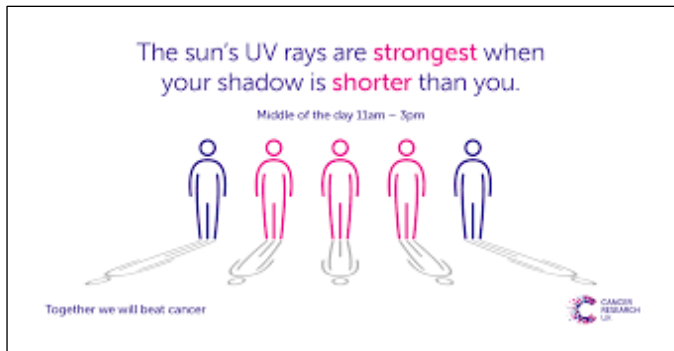
Reach Community Grocers

Membership is available to anyone struggling with the cost of living for £5 per year. This allows for 3 visits per week and for a contribution of only £6 for £25 worth of food.

Joining is by visiting the Pride Park address at Riverside Court between 10-4 weekdays.



Health Promotion – Sun Awareness



NATURAL SKIN COLOUR	Very fair, pale white, often freckled	Fair, white skin	Light brown	Moderate brown	Dark brown	Deeply pigmented dark brown to black
	1	2	3	4	5	6
UV SENSITIVITY & TENDENCY TO BURN	Highly sensitive Always burns, never tans	Very sensitive Burns easily, tans minimally	Sensitive Burns moderately, usually tans	Less sensitive Burns minimally, tans easily	Minimal sensitivity Rarely burns	Minimal sensitivity Never burns
SKIN CANCER RISK	Greatest risk of skin cancer	High risk of skin cancer		At risk of skin cancer	Skin cancers are less common, but are often detected at a later, more dangerous stage. Increased risk of low vitamin D levels.	



<https://www.skinhealthinfo.org.uk/sun-awareness/>

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

<https://www.britishskinfoundation.org.uk/how-to-stay-safe-in-the-sunpaign>

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