



NHS Derby & Derbyshire

Certain vaccines are recommended by the NHS whilst pregnant to protect both yourself and your baby from illness.

nhs.uk/pregnancy/keeping-well/vaccinations/



Flu Vaccine – recommended due to complications that can arise (pneumonia, hospital admission) from contracting the flu.

Whooping Cough Vaccine – can be a very serious infection in expectant mothers and young children.

RSV Vaccine – can lead to serious lung infections including pneumonia and bronchiolitis

Please ask your **Midwife** for more details.

DVMP Team News

Congratulations to our lovely Practice Nurse **Sam**, who was voted employee of the month by her colleagues. Sam consistently goes the extra mile in her role, and this is greatly appreciated. Well done and thank you Sam!

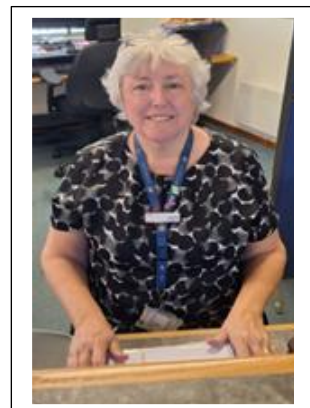
Goodbye to **Akeem**, who has been working tirelessly processing patient requests for access to their medical records, and all other individual requests. Akeem will be moving to Vernon Street Surgery to work for the PCN. Goodbye also to our fabulous receptionist **Cerri**, who is leaving DVMP to work at the Florence Nightingale Hospital. I'm sure you'll join us in wishing them both all the very best in their new roles. You will be missed.



Goodbye from Denise – in her own words

"I would like to take this opportunity to say thank you and goodbye to my dear colleagues and the patients at Derwent Valley Medical Practice, as I am retiring at the end of May 2025 after 24 years of service".

"The job has been stressful at times, but ultimately very rewarding. I shall miss my colleagues of course, but also you, the patients, some of whom I have come to know very well along with your families." " I wish you all the very best, and hope you don't miss me too much! With love, **Denise** x"



Health Promotion –Men's Health Week 9th to 15th June 2025

Organised by the Men's Health Forum, this week aims to raise awareness of preventable health issues and actively encourage men & boys to seek professional help. The forum aims to provide the male population with information, access to services and treatments in order to lead longer and more rewarding lives. 1 in 5 men die before age 65, with percentages being much higher in disadvantaged areas. Health issues such as heart disease, cancer, obesity & diabetes are on the increase in men due to lack of engagement at primary care level. The aim is to remove barriers to accessing help and reduce the worrying trend of hospital admissions in men who have not sought assistance.

Manifesto (in brief!) – tackle the stigma around men's health, improve booking options and online access to appointments, reach out proactively (i.e. take the services to where men are...pubs, workplaces, sports facilities, prisons), special focus on high-risk frequent non attendees, PSHE to focus on boys of school age and helping them to understand how to utilize the health system.

For more information visit:

<https://www.menshealthforum.org.uk/dont-wait-men-engage-especially-mental-health>

Men's health by numbers

1 man in 5 dies before the age of 65
(2 men in 5 die before 75).

NHS health checks are available from age 40.

A body mass index (BMI) over 25 is considered overweight. Over 30 is considered obese.

A waist over 37 inches puts you at increased risk of many serious health conditions.

Aim to drink no more than 14 units of alcohol a week.

Aim for 5 portions of fruit and veg a day.

Aim for 150 minutes of exercise a week.

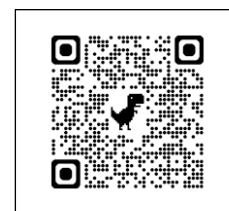
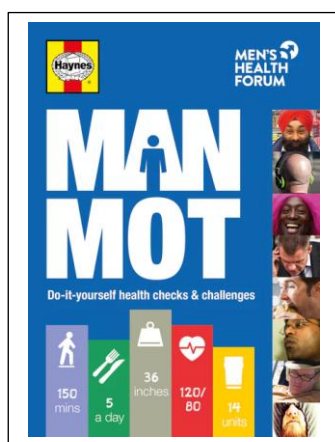
Aim to walk 10,000 steps a day.

**MEN'S
HEALTH
WEEK**

MEN'S HEALTH FORUM

#menshealthweek
[menshealthforum.org.uk/mhw](https://www.menshealthforum.org.uk/mhw)

green
Health
116123
age65
laugh30cool
120/80
swim
walk
BMI
green
1in5
sing
heart
age40
salt
cycle
14
D
A
5
C
talk
GA
30
fruit
read
stairs
sugar
25
1
50
60
90
25
30
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120/80
140/90
blood
dance
mindful
aerobic
friends
mental
swim
thankful
Join
new
stand
laugh



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