

# DERWENT VALLEY MEDICAL PRACTICE

Newsletter  
December 2025

## DVMP TEAM NEWS

### EMPLOYEE OF THE MONTH

Congratulations to our  
Employee of the Month  
for November- Rachel  
Patrick

Rachel worked additional  
hours to support  
reception alongside her  
normal shifts, showing  
willingness to support  
other teams across the  
practice



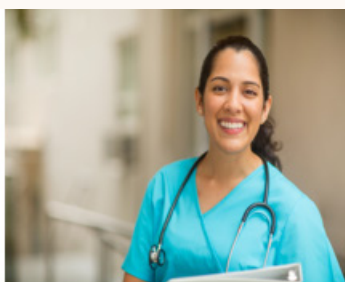
### CHRISTMAS AND NEW YEAR OPENING HOURS



CHRISTMAS DAY 25TH  
CLOSED  
BOXING DAY 26TH  
CLOSED  
NEW YEARS DAY 31ST  
CLOSED

Derwent Valley  
Medical Practice

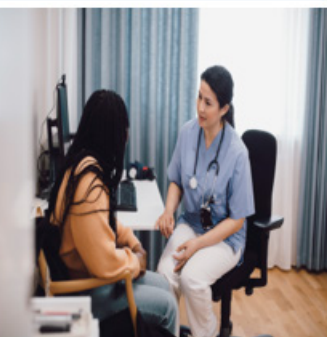
GP Hub appointments  
Based at the Walk-in  
Centre



The Practice may book an  
appointment for you at:

Derby NHS Urgent Treatment Centre  
Entrance C, Derby Urgent Treatment  
Centre,  
Osmaston Road,  
Derby,  
DE1 2GD

Please note: this is not a Walk-in Centre Appointment,  
this is a booked appointment provided by  
Derwent Valley Medical Practice



Appointments are booked by Rapid Health online via  
surgery website, by visiting or calling the Practice on  
01332 224588 or 01332 673905.

Please note you will still need to complete the smart  
triage questions as part of the booking process.

Please note: this is not a Walk-in Centre Appointment, this is a booked appointment provided by  
Derwent Valley Medical Practice based in the Walk-in Centre building

### Medicine Order Line

#### Christmas ordering

As Christmas, New Year and multiple bank holidays are approaching, we expect the Medicine Order Line (MOL) to experience high demand and higher than usual call volume.

To help with the increased pressure on both the MOL service and GP practices, if your medication is due during the Christmas period (w/c 22nd and 29th December), the MOL will accept your medication request **14 days** prior to the due date, as opposed to the usual 7 days (For example, if medication is due on 25th December, the MOL will accept the request on the 11th December).

Controlled Drugs will be dealt with in the normal way, whereby future dating them to the date due on the clinical system. These will **not** be issued any earlier. If the date due falls on a weekend or bank holiday, then they will be future dated to 2 working days prior to this (allowing for pharmacies to order in any stock needed).

All patients are encouraged to order your prescriptions in advance ensuring enough time for the prescriptions to be signed by a GP and processed by the pharmacy.

The MOL is one of many ways to order prescriptions. If you have access to the internet or email, you can use the following alternative ordering methods:

- Medicine Order Line ordering form via [www.derbyshiremol.nhs.uk](http://www.derbyshiremol.nhs.uk)
- Online ordering via the GP clinical system
- NHS app
- Electronic Repeat Dispensing (eRD)

To confirm, the MOL will be closed on the following bank holidays - 25<sup>th</sup> December, 26<sup>th</sup> December, 1<sup>st</sup> January.



Joined Up Care  
Derbyshire



[HTTPS://WWW.FACEBOOK.COM/DERWENTVALLEYMEDICALPRACTICE](https://www.facebook.com/derwentvalleymedicalpractice)

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ST MARKS 01332 224588  
SITWELL ST 01332 673905



## Important update

### Tips for coping with seasonal affective disorder (SAD)

#### **SAD in winter months – practical day-to-day tips**

If SAD affects you during winter months, there are particular things you could try that might help. You could:

**Make the most of natural light.** It might help to spend time in natural light. You could go for walks, spend time in parks or gardens, or simply sit near a window. This seems to be helpful if you experience SAD in winter. If you work indoors, try to get outside at lunchtime. Or ask if you could sit near a window.

**Plan ahead for winter.** For example, you could plan some meals that are quick to prepare. Or prepare some meals in advance and freeze them. This might help if you know you're likely to lack the energy during the most difficult period.

#### **Talk to someone**

It can be hard to reach out when you're not feeling well. But it might help to share how you're feeling. If you don't feel you can talk to the people around you, you could contact a helpline such as:

Samaritans  
116 123 (freephone)  
jo@samaritans.org (email response may take several days)  
Freepost SAMARITANS LETTERS  
samaritans.org

Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day).

Sane  
0300 304 7000  
support@sane.org.uk  
sane.org.uk

Offers emotional support and information for anyone affected by mental health problems, including a helpline.

Campaign Against Living Miserably (CALM)  
0800 58 58 58  
thecalmzone.net

Provides a helpline, online and WhatsApp chat, as well as information and support, for anyone affected by suicide or suicidal thoughts.

#### **Useful Numbers**

Social Services 01332 717777  
District Nurses 01332  
564900  
Midwife 01332 861192  
Pharmacies:

#### **Chaddesden**

01332 347981 St Marks Rd  
01332 673059 Wiltshire Rd  
01332 660760 Maine Drive

#### **Spondon**

01332 663046 Chapel St  
01332 673574 Sitwell St  
01332 826717 Asda Derby Rd

#### **Mental Health**

01332 623900 Crisis Team  
111, Option 2 Mental Health  
designated line, 24 hrs.



**ST MARKS 01332 224588**  
**SITWELL ST 01332 673905**

