

DVMP TEAM NEWS

EMPLOYEE OF THE MONTH



Congratulations to our Employee of the Month for January, Alex. Alex noticed a woman on CCTV stranded in the snow in Spondon car park. Without hesitation, he went outside, cleared the snow with a shovel and helped push her car to safety before returning to continue his clinic. This act of initiative and compassion shows a great level of dedication. Well done Alex.

time to
talk day

05/02/26



What is Time to Talk Day?
Time to Talk Day is the nation's biggest mental health conversation. It's a day for all of us to come together to talk, listen and change lives.

Why is talking important?
Talking openly and honestly can be the first step towards better mental health for everyone. It can reduce stigma and help people feel comfortable enough to seek help when they need it.



DVMP PPG UPDATE



OUR PPG ARE CURRENTLY RUNNING A SURVEY TO COLLECT YOUR INFORMATION ON THE NEW SYSTEM AND BOOKING APPOINTMENTS, IF YOU HAVE AN APPOINTMENT WITH US PLEASE COMPLETE THE SURVEY SENT TO YOU VIA SMS OR REQUEST A SURVEY FORM FROM RECEPTION.



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

FOLLOW US ON SOCIAL MEDIA



ST MARKS 01332 224588
SITWELL ST 01332 673905



Important update



Valentine's Day is a time to celebrate love and health, and the NHS encourages individuals to take proactive steps to ensure their heart health. Here are some key points to consider for a heart-healthy Valentine's Day: Check Your Blood Pressure: It's important to monitor your blood pressure regularly, especially if you have a family history of hypertension.

Stay Active: Engage in regular physical activity, such as a romantic stroll or salsa class, to maintain a healthy weight and improve heart health.

Healthy Diet: Focus on a low-fat, high-fibre diet rich in fresh fruits, vegetables, and whole grains, while avoiding saturated fats and excessive salt.

Medication Adherence: If prescribed heart medication, take it as directed and never stop taking it without consulting a doctor.

Home Comfort: Keep your home at a comfortable temperature to reduce strain on your heart and lower the risk of cold-related illnesses.

By taking these steps, you can help ensure a heart-healthy Valentine's Day and contribute to the well-being of your loved ones.

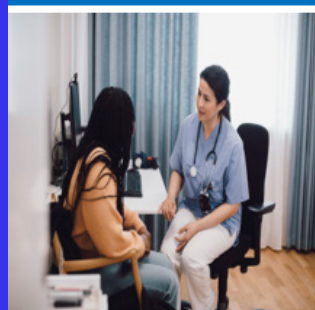
Our Online Booking System is open during practice opening hours.

To find out more information on our new appointment system please scan the QR code.



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



ST MARKS 01332 224588
SITWELL ST 01332 673905

