

MAY BANK HOLIDAYS

Please be advised we will be closed Monday the 4th of May and the 25th of May. If you do require medical assistance during this time, please attend Derby Urgent Care Centre or call NHS 111 for help and advice. Local Pharmacies, can assist with minor medical issues also, the opening hours for local pharmacies are advertised on our website.

Mental Health Awareness Week

MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026

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ACTION FOR YOURSELF, FOR SOMEONE ELSE, FOR ALL OF US.

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Our top ten actions to support good mental health

These simple actions may help lift your mood and improve your ability to cope with life. Try a couple and find which works best for you.

1. PLAN SOMETHING TO LOOK FORWARD TO

Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.



2. EAT WELL

One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.

3. GET CLOSER TO NATURE

Spending time in nature can boost your mood, lessen stress, and help you concentrate.



4. GET GOOD SLEEP

Good quality sleep helps your brain work better, lifts your mood, and is good for your overall health.



5. GET CREATIVE

Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most.



6. MOVE REGULARLY

Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts.



7. TRY MINDFULNESS

Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.



8. MAKE TIME FOR FRIENDS

Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.



9. BE KIND

Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.



10. TALK THINGS OVER WITH SOMEONE YOU TRUST

It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.



Everyone deserves good mental health. For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)



We have seen an increase in missed appointments (DNAs). If you no longer require your appointment, please cancel it as soon as possible so it can be offered to another patient. A member of our reception team will contact you the day before your nurse appointment with a reminder.



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DERWENT VALLEY MEDICAL PRACTICE

Newsletter
May 2026



Important update

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.



Medicine Order Line important update – temporary change to opening hours:

Due to high demand and reduced capacity, our phone lines are currently open from 8am to 3pm, Monday to Friday, excluding bank holidays (previously 8am-4pm) to allow staff to process all medication orders on time.

We apologise for any inconvenience this may cause and appreciate your understanding while we work to support all our patients. Please see below for information on the many other ways you can order your prescriptions.

Order Online

You can now order your medication quickly and easily using our online ordering form at <http://www.derbyshiremol.nhs.uk>. The form is available 24/7, requires no registration, and only takes a few minutes to complete. Your request will be processed by our team within 48 hours.

Try the NHS App

Ordering your medication through the NHS App is fast and convenient. With the NHS App, you can also book appointments, view your GP health record, check test results, and more. Download the app on your smartphone or tablet, or access it on your computer. Registration is simple—all you need is your full name, NHS number, date of birth, and postcode as recorded with your GP.

Help us keep lines free

If you have access to the internet, please use the online ordering form or the NHS App to order your medicines. This helps keep our phone lines available for those who may not have access to the internet.

Online ordering via the GP clinical system

If you have access to the internet, you can also manage your prescriptions online with your GP practice. Please discuss this with a member of the GP practice reception team, who will be able to assist and provide details with how to register for online access.

May Half Day Closure

We will have our monthly Half day closure, May the 20th. the Practice will be closed from 13.30pm and we will reopen, 08.00am Thursday the 21st, if you require assistance during this time please contact NHS 111 for help or advise.



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