

DERWENT VALLEY MEDICAL PRACTICE

Newsletter
July 2026

PRACTICE NEWS

From the 1st of July, the only way to contact the Derbyshire Mental Health Helpline will be by calling 111 and then selecting the 'mental health' option (option 2). The helpline's 0800 number will be switched off on this date.

This transition means that people who need immediate support with their mental health will not need to remember a long 0800 number, and will be able to get the help they need quickly and efficiently.



NHS

Think pharmacy first

Sore throat? Your pharmacist can now provide treatment or some prescription medicines, if needed, for seven common conditions, without you seeing a GP.

Subject to age eligibility, including 8 years and over for sore throat prescription medicines. Services available at majority of pharmacies.

See your pharmacist Help us help you

For the 7 common conditions, pharmacists will follow a robust clinical pathway which includes self care and safety-netting advice and, only if appropriate, supplying a restricted set of prescription only medicines without the need to visit a GP.

These clinical pathways have been developed with input from various experts including practising GPs, pharmacists, and antimicrobial resistance specialists as well as representatives from national organisations such as the National Institute for Health and Care Excellence (NICE) and UK Health Security Agency. This ensures that the steps we take together match the care patients would receive in general practice and follow the latest national guidelines.

Pharmacies have private consultation rooms that can be used for consultations with patients, and pharmacists can see patients for clinical services without always needing an appointment.

Every pharmacist trains for 5 years in the use of medicines and managing minor illnesses, so they are well equipped to provide health and wellbeing advice to help people stay well. They are also experienced in spotting warning signs, otherwise known as red flag symptoms, which may warrant a referral to another healthcare provider.

After a consultation with the pharmacist, the pharmacy will send a notification to the patient's GP on the same day or on the following working day.

Do you have an injury or illness that isn't serious or life-threatening?

Choose the right NHS service.

Visit an Urgent Treatment Centre or Minor Injuries Unit instead of a busy A&E department.

Minor Injuries Unit and Urgent Treatment Centre locations

- Derby Urgent Treatment Centre (01 222)
- Minor Injury Unit, Sir Robert Peel (019 256)
- Ilkeston Hospital (015 946)
- Minor Injury Unit, Samuel Johnson (0153 555)
- Ripley Hospital (015 946)

USE 111

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NHS
Derbyshire Healthcare
NHS Foundation Trust

**From 1 July 2026
the only way to
call the
Derbyshire
Mental Health
Helpline will be
by dialling 111**

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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.



HEAT ALERT: Important advice for patients taking antidepressants

With the hot weather, we'd like to remind patients taking medications such as sertraline, citalopram, fluoxetine, duloxetine, mirtazapine (and other SSRIs/SNRIs) that these can make you more prone to overheating and dehydration.

Stay safe in the heat by:

Drinking plenty of fluids

Keeping out of direct sun where possible

Wearing sunscreen and light clothing

Taking regular breaks in the shade

If you feel unwell (e.g. dizziness, headache, confusion, or excessive sweating), please seek medical advice.

If you have any concerns about your medication during the heat, please contact the surgery or speak to a pharmacist.

ALERT!!

ANTI-DEPRESSANTS DURING HOT WEATHER

If you are taking sertraline,
citalopram, duloxetine, fluoxetine,
mirtazapine
OR

Any other SNRI/SSRI you are more
prone to overheating and
dehydration

Please stay safe in this heat!
stay in the shade, stay hydrated and wear sun cream

July Half Day Closure

We will have our monthly Half day closure, June the 15th. the Practice will be closed from 13.30pm and we will reopen, 08.00am Thursday the 16th, if you require assistance during this time please contact NHS 111 for help or advise.



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