

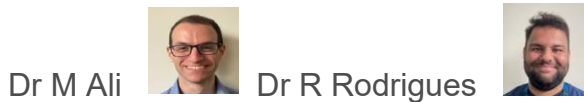
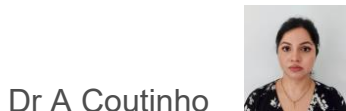
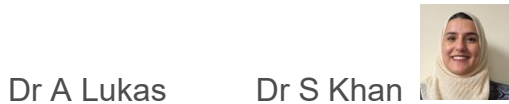
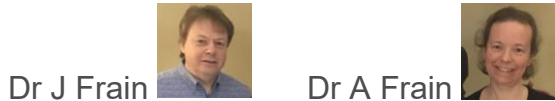


DERWENT VALLEY MEDICAL PRACTICE NEWSLETTER JUNE 2023



Meet the Team

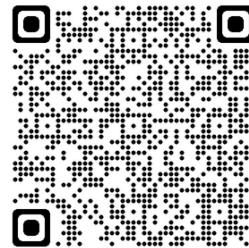
Put a face to the name - Your GP team.



What's New

getUBetter is working in partnership with the NHS to provide **digital safe self-management for all common muscle, bone, and joint injuries and conditions.** They support new, recurrent, and long-term conditions by providing 24/7 access to information, exercises, and advice.

To use getUBetter, you need to register through your GP practice. Speak to reception or scan the QR code below.



Health Promotion

MEN'S HEALTH WEEK JUNE 12-18, 2023

[Men's health and the internet | Men's Health Forum \(menshealthforum.org.uk\)](https://menshealthforum.org.uk)



Between the 12th-18th June, the world acknowledges Men's Health Week 2023. This annual event aims to raise awareness of preventable health problems that disproportionately affect men.

Seek help and support for smoking cessation, weight management, alcohol awareness and mental health support at [Home - Live Life Better Derbyshire](https://www.livewellderby.co.uk) and [livewellderby.co.uk](https://www.livewellderby.co.uk)

Interested in talking therapies self-refer at [Contact us / refer yourself :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](https://www.derbyshirehealthcareft.nhs.uk)