



DERWENT VALLEY MEDICAL PRACTICE NEWSLETTER

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Meet the Team



Hi, I'd like to introduce myself, I'm Toni and I am the **Social Prescriber**, but what does that mean? My role is to work alongside the team at both surgeries to help people recognise what matters to them.

Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated or lonely. Some may have concerns with work, money, or their current housing situation. Sometimes it's the stress of managing different long-term conditions. That is where social prescribing comes in. It all starts with a conversation. I'm here to listen to you and put you in touch with the people and activities that might help to make you feel better. I might introduce you to a community group, a new activity or a local club. Or help you find legal advice or debt counselling. They might just help you find inside information and guidance which is specific to your local area.

Social prescribing can help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

What's New

Relaunch Patient Participation Group (PPG)

The patient participation group consists of patients who wish to be involved in the local practice whilst taking an active role in developing local health services.

We wish to recruit further patients from as broad a spectrum as possible to get a truly representative group. We need young people, workers, retirees, people with long-term conditions and people from non-British Ethnic groups, basically anyone is welcome to apply.

If you are interested, please fill in the [PPG Registration form](#) and the Chairman of the PPG will be in contact with you.

Health Promotion Sun Protection & Skin cancer awareness

Prevention

Cover up with clothing & hats.

Wear sunglasses.

Apply sunscreen.

Stay in the shade.



Skin cancer detection

Where should I look? Any part of the body.

What should I look for? Change in shape/edges/colour/size.

What should I do if I find something? Contact GP surgery.



<https://www.skinhealthinfo.org.uk/sun-awareness/>

<https://www.britishskinfoundation.org.uk/how-to-stay-safe-in-the-sun>

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>

Did not attend (DNA)

340 appointments in June were 'Did Not Attend' (DNA), i.e. the patient does not turn up for the appointment & does not [contact the surgery](#) to [cancel or change appointment](#). This leads to an increase in the waiting time for appointments, see the practice policy for information. [Did Not Attend \(DNA\) Policy | Derwent Valley Medical Practice](#)

Medication shortage

The NHS is currently facing supply issues with glucagon-like peptide receptor agonists (GLP-1 RAs), a range of drugs used for managing blood glucose levels in people with [type 2 diabetes](#).

Check if you are on one of these medications and find the answers to common questions at

[FAQs – GLP-1 RA shortages | Diabetes UK](#)

Medicines Order line

Prescription Medicines order line (MOL) is a convenient way to order repeat prescriptions.

The Medicine Order Line service is open from 9AM to 4PM Monday – Friday (excluding bank holidays).

Call NHS Prescription

Medicines Order Line on 0115 855 0260



Alternatively use the [NHS app](#) to order.

The NHS App is available on iOS and Android:



You can also [use the NHS website](#).

Self-care & Community Pharmacy Consultation Service



Self-care is the best choice to treat minor illnesses, ailments, and injuries. A range of common illnesses such as coughs, colds, sore throats, upset stomachs, insect bites, aches and pains can be treated with a well-stocked medicine cupboard. See the following links for help: -

[Self-Care - Pharmacy Services - YouTube](#)

[Homepage - Self Care Forum](#)

[Treat Yourself Better](#)

Pharmacies are also a great community resource and can help support you and your family when you are feeling unwell.



NHS

Our practice is working closely with local pharmacists to support you with certain health conditions

It may be more appropriate to have your NHS consultation with a trained pharmacist instead of the GP practice. You can choose from any available pharmacy providing the service and we will arrange this for you.

[Ask us for more information](#)



Referring suitable patients to a community pharmacist for a consultation under CPCS helps improve access to primary care services, supports patients to be treated by the right healthcare professional at the right time and improves the integration of community pharmacy into urgent care.

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