



# DERWENT VALLEY MEDICAL PRACTICE NEWSLETTER

## NOV 2023



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### Meet the Team ANP/ACP

The ANP/ACP can assess and examine patients, make a diagnosis, order investigations, refer and provide advice and treatment including prescribing medication. They focus on acute illnesses but also have special interests.

#### Advanced Nurse Practitioner (ANP)

Catherine Crichton



Registered nurse. Masters in advanced clinical practice. Special interest in women's health including HRT, contraception, and ring pessary fitting.

#### Advanced Clinical Practitioner (ACP)

Alex Spurling



Registered pharmacist. Masters in pharmacy. Specialist interests in the management of complex polypharmacy with a specific focus on older adults with associated frailty.

### What's New Shingles Vaccines.

This year the Shingles Vaccine programme has been updated. Many of you will have seen the TV and poster campaign.

From 1 September 2023, the vaccine programme is being offered to healthy people turning 65 or 70 years on, or after, that date.

The roll out will continue at these ages until all those aged 65 years in 2023 have turned 70 (by 2028) & been offered the vaccination

Scan the QR code for more details.



**UK Health Security Agency** **NHS**

### Eligibility for shingles vaccine

If you have a severely weakened immune system (as described in the Green book chapter) you will be offered the shingles vaccine from 50 years of age  
If you are over 70 years of age and have not had shingles vaccine before you remain eligible up to your 80th birthday

ELIGIBLE FROM (YOUR BIRTHDAY)	DATES OF BIRTH	PROGRAMME START DATE	PROGRAMME YEAR
CATCH UP STAGE 1 70 <sup>th</sup>	1 September 1953 – 31 August 1954	1 September 2023	Year 1
	1 September 1954 – 31 August 1955	1 September 2024	Year 2
	1 September 1955 – 31 August 1956	1 September 2025	Year 3
	1 September 1956 – 31 August 1957	1 September 2026	Year 4
	1 September 1957 – 31 August 1958	1 September 2027	Year 5
65 <sup>th</sup>	1 September 1958 – 31 August 1959	1 September 2023	Year 1
	1 September 1959 – 31 August 1960	1 September 2024	Year 2
	1 September 1960 – 31 August 1961	1 September 2025	Year 3
	1 September 1961 – 31 August 1962	1 September 2026	Year 4
	1 September 1962 – 31 August 1963	1 September 2027	Year 5

### Health Promotion Self Care week

National Self Care Week runs from 13 - 19 November 2023



#### What is self-care?

Self-care refers to the actions we take to recognise, treat, and manage our own health. It's also about doing small, everyday things for yourself to keep healthy and happy.

**Eat a healthy diet, get a good night's sleep, exercise, stop smoking, reduce alcohol, maintain a healthy weight. Look after your mental health.**

#### Where can I go for advice?

There is lots of information now available to support self-care and to help manage minor illnesses. Below are some links & suggestions.

[The NHS website](#)   [NHS 111](#)   [Derbyshire self care](#)   [The little orange book](#)

[HANDi Paediatric app](#)   [Local pharmacy](#)



WORLD'S BIGGEST  
COFFEE  
MORNING



MACMILLAN  
CANCER SUPPORT

[Macmillan  
Cancer Support](#)

What a fabulous effort! Our coffee morning raised a fantastic £150 for a great cause. Thank you to all who donated.



Derby City Council & Derby Community Health Services are in consultation to create a new team (**Community First**) solely devoted to supporting people at home after hospital stays, or when their health needs change. Due to commence in Spring 2024, this will facilitate independent living, reablement and rehabilitation.

Read more online or join the consultation at [letstalk.derby.gov.uk](http://letstalk.derby.gov.uk)



FamilyHubDerby  
Stronger families through support & friendship

[Family Hub Derby](#)

Monmouth Street  
Chaddesden, Derby DE21  
6BD

Tel: 01332 641010

Audrey Drive, Derby,  
DE21 4NP

Tel: 01332 642200

[derwent.childrenscentre@derby.gov.uk](http://derwent.childrenscentre@derby.gov.uk)

Help and support for families of babies and children up to 19 years old, or 25 years old with additional needs. Open Monday to Friday, 9am to 5pm.

[Family Hub Derby](#) can support with: **Mental** or **Physical** Health issues, **Housing** and **Debt** problems, **Domestic Abuse**, Parenting Classes, finding a Health Visitor or Midwife, help feeding your **baby**, **Perinatal Mental Health** support and some **Youth** services.

## Domestic Violence

The [Domestic Abuse Act 2021](#), creates a statutory definition of domestic abuse, which is:

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence, or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.

Domestic abuse can happen to anyone regardless of age, race, income, religion, belief, sex, disability, culture, or sexual orientation.

Most people will recognise [physical abuse](#) as being a type of domestic abuse but there are many other ways for abusers to assert power over their victims, including:

- [psychological \(safelives link\)](#)
- [emotional \(relate link\)](#)
- [sexual \(counselling directory link\)](#)
- [financial \(womens aid link\)](#) or [economic \(surviving economic abuse link\)](#)
- [online and digital \(online support link\)](#)



Children, young people, and families who are affected by domestic abuse or violence can get support, including refuge accommodation, by contacting [Derbyshire Domestic Abuse Helpline](#). It's available 24 hours per day, 7 days per week and is a single point of contact to get the help you need.

<tel:08000198668> If it's an emergency, Tel: 999 follow the link or scan the QR code for more information [Domestic abuse - Derbyshire County Council](#)

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