



St Marks 01332 224588
Sitwell St 01332 673905



Meet the Team Reception

Jess Your first point of contact
Emmy-Lou in the surgery, available from
Margaret 8am until 6.30pm



Denise W

Denise S



Lauren

Sherrie



Cerri

Kate



Hollie

Sarah



Rachel

Jenny



Useful numbers

Social Services [01332 717777](tel:01332717777)
District Nurses [01332 564900](tel:01332564900)
Midwife [01332 861192](tel:01332861192)
Family Planning [0800 3283383](tel:08003283383)

Pharmacies:

Chaddesden

[01332 347981](tel:01332347981) St Marks Rd

[01332 673059](tel:01332673059) Wiltshire Rd

[01332 660760](tel:01332660760) Maine Drive

Spondon

[01332 663046](tel:01332663046) Chapel St

[01332 673574](tel:01332673574) Sitwell St

[01332 826717](tel:01332826717) Asda Derby Rd

Health Promotion Dry January



DRY JANUARY®

Dry January. Are you in?

Take on 31 days alcohol-free with Alcohol Change UK for a total body and mind reset. From better sleep and a mental health boost, to saving money and time - there's a whole lot to gain this Dry January.

Sign up or get more information at the following

website or scan the QR code.

<https://alcoholchange.org.uk/>



Alcohol guidelines

ALCOHOL
CHANGE™

14
units
per week



To keep health risks from drinking alcohol to a low level, men and women should not exceed 14 units per week and it is advisable to spread your drinking over three days or more.*

This is what 14 units looks like...



14 single measures of spirit
(25ml) 40% ABV

or



6 glasses of wine
(175ml) 13% ABV

or



6 pints of ordinary strength
beer/lager/cider
(568ml) 4% ABV

Remember the drinks you pour at home may be larger than the measures used in pubs.

Food Banks Ring for opening hours.

Derby Food 4 Thought Alliance **01332 346266**

Salvation Army **01332 291694**

Hope Centre Derby **01332 341189**



Antimicrobial Resistance

The World Health Organisation has warned that we are in danger of bacteria and fungi growing resistant to drugs designed to kill them. This is becoming a global concern, but a few simple steps can slow this alarming trend.

- Only take antibiotics prescribed by a medical professional and never share leftover medication belonging to someone else.
- Always follow your clinician's advice carefully regards to usage.
- Follow good hygiene routines at home and in the workplace.



Livewell with pain LiveWell withpain

More than a 1/3 of the population live with persistent pain. It is a long-term condition and cannot be 'fixed or cured'. Traditional medical treatments such as pain medicines are now recognised as having only limited value.



Instead, a different way of living with persistent pain is growing in influence. It's called a 'self-management' approach.



Live Well with Pain is run by an alliance of healthcare professionals working in pain management and people with lived experience of persistent pain that can help.

Access the resource at [Resources for people with pain - Live Well with Pain](#) or click the QR code.



or speak to the surgery for a referral to a local service.

NHS England Updates



Help us to help you!

As we head into winter, some services will become very stretched. Receptionists will ask you the reason for the appointment, in order to signpost you to the most appropriate resource or clinician, not because we are prying! Please be patient, we are trying to help & assist you.

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