



Summer Newsletter 2019 The Apples Medical Centre

Patient Participation Group

Our Patient Participation Group meets regularly to discuss matters relating to the surgery and locality - this is an informative meeting to update members on the pending topics – ALL WELCOME

Our next meeting is on **Tuesday 20th August 2019 6pm at the surgery**, the first part of this meeting will be our **AGM** – our current PPG Chair; Trevor Rogers will be stepping down, I would like to thank him for all his hard work, dedication and support to me and the PPG. If anyone is interested in taking on this role but isn't too sure what is involved, please do give me a ring at the surgery and I will be happy to discuss.

Nursing Team – Unfortunately we are saying 'Goodbye' to our newest Nurse, Claire DuBois, she is hoping to work closer to home, we wish her well in her new adventure – we are excited to welcome back to the Nursing Team, Mary Dalison, some of you may remember Mary as she has worked at the surgery previously!

Dispensary update – We are also saying 'Goodbye' to Donna Davison, again Donna is working closer to home, we wish her every success for the future, watch this space for a new face in Dispensary!
Thank you for your patience whilst we go through the transitional change of staff.

Social Media – Do you know that the surgery is now on Instagram and Facebook; on here you can keep up to date with any news that is happening within the surgery - Update on the team's weight loss –

The Brain Tumour Charity, the target is 8 stone weight loss! As of 2nd July total weight loss is 7stone and 2lbs, only another 12lbs to go!

For more information please go to our @JustGiving page:

<https://www.justgiving.com/fundraising/sherborne-apples-weight-loss>

eConsult

The surgery started using this new method of patients communicating with the GPs on 1st April 2019.

What is e-consult? - Online consultation and self-help advice, eConsult lets you consult with your own GP by completing a quick online form that is sent and reviewed by the practice

Where/how do I find the e-consult form? - eConsult is added to our existing practice website (banner on the home page) you can complete the form online or get self-help advice at a time that suits

How does the practice receive the forms - eConsult reports are sent securely as a short PDF directly into the clinical system, to be triaged by the staff as appropriate?

When should I expect a response back? - You should receive communication from the practice by the end of the next working day (however if you have a medical emergency please ring the practice or 999)

Surgery Closure Training dates 2019

Thursday 18th July – 3.30pm to 6.30pm Protected Learning Time for Staff

Tuesday 23rd July – 1pm to 2pm Staff meeting

Thursday 26th September – 3.30pm to 6.30pm Protected Learning Time for Staff

Hot Weather warnings - Stay hydrated

It's essential to stay hydrated in hot weather so you should drink more fluids than normal throughout the day and evening. It's also a good idea to:

- limit the amount of caffeine you drink
- avoid alcohol and drinks that are high in sugar
- eat cold foods, such as salads and fruit, as they contain water

Symptoms of dehydration can include:

- dizziness
- thirst
- headaches
- tiredness
- Store your medication below 25° or in the fridge. Check the storage instructions on the packaging.



FLU SEASON – Save the Date, The Apples Medical Centre

Flu day is on Friday 27th September at the Digby Hall, by the Library 8.30am-12.15pm
Advised for over 65s or those with certain chronic diseases. Please contact Reception to book an appointment.

If any patient would like to volunteer to assist in the kitchen with the refreshments, please contact the practice.

Alternative Format - If you would like this Newsletter or information in an alternative format (for example, large print or easy read), or if you need help with communicating with us (for example, because you use British Sign Language), please let us know. You can call us on 01935 812633 or email applesmedcentre@nhs.net

Friends and Family Test

We received the following responses in the last 3 months:

Month	Number of Responses	Extremely Likely to recommend	Likely to recommend	Neither Likely nor Unlikely to recommend	Unlikely to recommend	Extremely unlikely to recommend
Apr 2019	7	7	0	0	0	0
May 2019	16	16	0	0	0	0
June 2019	19	18	0	0	0	1

If you would like to assist the practice in producing this Newsletter please contact Reception on 01935 812633 – Many Thanks Philippa Cannings, Practice Manager