

# Winter Newsletter 2018

## The Apples Medical Centre

### Practice News

**Test Results;** we have received some very positive feedback with regards to the way we give out your test results; telephone, texting or emailing – speak to the reception for more information.

**The Dorset Care Record:** - is a safe way to keep all of your health information in one place, this means that it is easier and quicker for GPs, nurses and social workers to give you the right care. Soon you will be asked to choose who can see your records and for how long. Leaflets, posters and videos informing people about the DCR will be available in GP surgeries, libraries, hospitals and local authority buildings over the next few weeks. – 16<sup>th</sup> February the members of the Dorset Care Record team are holding a Live Better roadshow at Ludbourne Road, Sherborne (3pm to 7pm) If you require further information please contact Dorset Care Record helpline on 0345 200 0026 alternatively visit [www.dorsetforyou.gov.uk/dorset-care-record](http://www.dorsetforyou.gov.uk/dorset-care-record) - the first phase will go live early spring.

### Patient Participation Group

The Patient Participation group met on 29<sup>th</sup> November 2017, a very successful meeting! Members discussed the outcomes of the recent survey (if you would like to review the full presentation and full details of the action plan please go to the Apples Website) from the presentation small Steering groups were formed to action the following issues:

- **Waiting Room**
- **Promoting online services**
- **Patient Education**
- **Test Results**
- **Communication**

The patient group will also be looking into the following issues (along with Newlands Medical Practice and Bute House) **Lack of public transport in the surrounding villages, Yeatman project, Gryphon School, Prescription Modifications and Blood Pressure Monitor** – for full description please see the website or contact the practice manager.

**Next Patient Group meeting Tuesday 27<sup>th</sup> February 6pm at the practice – all welcome!**

### Friends and Family Test:



We received the following responses in the last 2.5 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
Nov 2017	24	24	0	0	0	0
Dec 2017	13	13	0	0	0	0



## Sherborne Walking For Health scheme

Sherborne GP surgeries are looking for volunteers to become trained to lead health walks. No prior experience is required, just lots of enthusiasm!

There is plenty of evidence that shows regular walking helps people to live happier and healthier lives. 'Walking For Health' is a national scheme focused on helping those least active or with a medical need to take regular exercise to get out and get walking with a friendly, local group.

As a volunteer Walk Leader you will share responsibility for organising and providing regular walks linked to a local GP surgery. Walk Leaders receive free training, ongoing support and are covered by public liability insurance.

A one day training course will be held in Sturminster in February 21<sup>st</sup>.

For further information or to get involved contact Keith Harrison on 07825 691508 or email [keith.harrison@dorsetccg.nhs.uk](mailto:keith.harrison@dorsetccg.nhs.uk).

Further details about the North Dorset Walking For Health scheme - <https://www.walkingforhealth.org.uk/walkfinder/north-dorset-walking-for-health>

### Clinical information

**COUGH AND COLD ADVICE DURING WINTER;** There is no cure for the common cold and antibiotics have no effect on viruses, but you can treat the symptoms with some practical self-help measures and over the counter medicines. 'CATCH IT AND BIN IT'. Wash hands regularly with soap and water and keep surfaces clean

### 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 [reception@gp-j81029.nhs.uk](mailto:reception@gp-j81029.nhs.uk)

### Surgery Closure Training dates:

Wednesday 31<sup>st</sup> January 2018 3.30pm to 6.30pm

Tuesday 27<sup>th</sup> February 1.00pm to 2.30pm

Tuesday 6<sup>th</sup> March 2018 3.30pm to 6.30pm

**THANK YOU FOR THE LOVELY KIND CHRISTMAS GIFTS THE PRACTICE RECEIVED, WE WISH YOU A HEALTHY AND HAPPY 2018**



# 2018