

Practice News: We have recruited a new

Practice Nurse, **Julie Lee**. *Welcome Julie*



CLINIC TIMES

MON 2pm-7pm

TUES 8.30am-6.30pm

WED 2pm-6.30pm



*The Apples  
Medical Centre  
East Mill Lane  
Sherborne DT9 3DG*

## APPLES NEWS Summer 2016



**Dr Miles** and friends cycled, unsupported, **11,37miles** down Italy from Turin to the bottom of Sicily. They raised money for young stroke survivors via the Stoke Association and for one particular courageous young man Dr Miles knows, **Alexander Valentine** who

had a stroke at 21 years of age, while running the Leeds Half marathon last May **AMOUNT RAISED.....£5,771.99p**

The Apples Medical Centre East Mill Lane, Sherborne DT93DG 01935 812633



**Sherborne Apples Forum (S.A.F)**  
*Cake stall was a great success, thank you all, contributors and customers. We raised £163.10*

*Future project will be a*

*Harvest Stall in the Autumn.*



**The next Sherborne Apples Forum meeting will be on Tuesday 23<sup>rd</sup> August 2016 AGM 6pm at the surgery**



New practice leaflet  
available now.

**The practice provides complete medical care including**  
Contraception • Counselling • Diabetic Care • Dietary  
Advice • Full Maternity Medical Services • Health  
Promotion Screening • Minor Surgery • Travel Advice  
including Yellow Fever • Well Man/ Well Woman Checks.

**Asthma Care with regular reviews, and more**

**Extra Information re public events NHS Dorset**

**Please visit for details**

<http://www.dorsetsvision.nhs.uk/have-your-say/#event-public-information-events-2>



As a young person, from time to time you may experience some sort of emotional difficulty and might feel you are alone, but you're not. It can be very difficult to talk about your feelings and what's happening in your life.

You may feel sad or confused; you may be experiencing loss or even questioning your sexuality. Whatever the issue, we all need help from other people at times.

You can ask to speak to a nurse in confidence at any time. We are here to help you. There is also a very good web site at <http://www.wheresyourheadat.co.uk/teenagers/> Which is an NHS supported site