

Summer Newsletter 2018

The Apples Medical Centre

Dispensary – Change to collecting Controlled Drugs - must be collected between 9am and 5pm, Monday to Friday.

Please note that due to the nature of these drugs, two trained members of staff will be required to sign these out of the Controlled Drugs register so you will be asked to take a seat whilst this happens.

Reminder - All prescriptions have to be signed by the GP before they are dispensed.

Changes to GP Clinic times - You said, we listened!

As a result of feedback from our autumn patient survey we will now be offering more Saturday Clinics. This will mean that the Monday and Tuesday evening (6.30pm to 7.20pm) clinics will then cease. We will further review in early 2019. Details of the survey (see suggestions for improvement page) are available on the website.

Reception – we would like to welcome back Nikki O'Laughlin to the team. Some of our patients may recognise Nikki as she worked at the surgery a few years ago! We are delighted to have her back in the team.

Patient Participation Group

Our Patient Participation Group meets regularly to discuss matters relating to the surgery and locality. If you have a non-medical issue that you would like to talk to one of our PPG members about please ask at reception and we will put you in touch with our PPG chair or one of the members.

We always welcome new members and input - Our next meeting is on **Tuesday 21st August 2018 at 6pm at the surgery**, this is an informative meeting to update members on the pending topics – ALL WELCOME!

Friends and Family Test



We received the following responses in the last 4 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
April 2018	10	9	0	0	1	0
May 2018	12	9	3	0	0	0
June 2018	12	11	1	0	0	0

Surgery Closure Training dates

Thursday 19th July – Protected Learning Time from 3.30pm

Thursday 26th July – Staff meeting 1.00pm to 2.30pm

Thursday 27th September – Protected Learning Time from 3.30pm

Tuesday 23rd October – Protected Learning Time from 1.30pm to 4.30pm



EARLY BIRD - FLU CLINIC Friday 19th October 2018, 8.30am-12.15pm

Digby Hall – by the Library (this has been amended)

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.

Sherborne health walk

Don't forget the Sherborne Health walks – weekly on Friday afternoons starting from Waitrose at 2pm, no need to book just turn up!

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 but there is no commitment to lead every week, just as and when you can be available. Walk Leaders receive free training, ongoing support and are covered by public liability insurance. For further information or to get involved contact Keith Harrison on 07825 691508 or email keith.harrison@dorsetccg.nhs.uk.

Hay Fever Awareness - Don't let hay fever spoil your summer

Hay fever and seasonal allergy treatments such as tablets, eye drops and nasal sprays are all easily available at low cost from your local pharmacy – no prescription from your GP required!

- Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings between 5pm and 7pm)
- Avoid large grassy areas, woodland, cutting the grass and car fumes
- Wear wrap-around sunglasses
- Use petroleum jelly inside your nose to block inhalation of pollen
- Don't dry wash outside to avoid pollen sticking to your clothes
- When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes

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