

Sherborne Apples Forum

The core members of the group recently had their AGM. Alan Harrison stepped down as Chair, we would like to thank him for all his hard work and determination to help set up the group, which is going from strength to strength, we have a good working relationship with Newlands PPG.

We would like to welcome Bridget Thomas into the role of Chairperson.

Our next idea following on from the success of the Cake Stall is to have a Harvest Box – Fresh Produce Box, for patients to bring in to be displayed in the porch.

The Apples PPG is represented at the local S.A.D.D.A Sherborne and District



We are learning how to create a Dementia friendly Practice . Which will assist sufferers, their carers and the public to understand the condition and help to make a difference



The
Apples
Medical Centre
East Mill Lane
Sherborne DT9 3DG
01935 812633

Sherborne Good Neighbours

Offers neighbourly help with transport

For shopping and other essential journeys

In the DT9 post code area.

Category (ies): Transport, Services.

Who is it for: Residents of Sherborne and Adjacent villages, who need help with transport.

Where available: Local service covering:

West Dorset (Dorset)

Sherborne-

DT9 Postcode areas ONLY

What it Cost: 40p per mile for mileage travelled

Tel: 01935 815806

Other numbers available



Age 50+ ?

or concerned about someone who is ...

Come to a Home Safety Falls Prevention Event

9.30am – 12.00pm on Thursday, 6th October 2016
Digby Hall, Hound Street, Sherborne DT9 3AA

Bin your sloppy slippers and collect a new pair

fitted free of charge!

Falls caused by accidents in the home can often be prevented, and the Dorset Partnership for Older People's Programme (POPP) has teamed up with Dorset & Wiltshire Fire and Rescue and a number of other partner agencies, for home safety and falls prevention events taking place across the county starting in September 2016

The aim is to raise awareness of potential dangers in the home, including faulty or damaged electrical equipment that can lead to domestic fires, and injuries caused by slips, trips, and falls.

There will also be information about surviving the winter, accessing aids and adaptations for your home, joining local activities, and managing your finances.

For information phone: 01305 224841 or email: sue.warr@dorsetcc.gov.uk





Flu season is now upon us, please contact the surgery to book your flu injection – our flu clinic is on **Friday 7th October at the Digby hall**, we are also having Flu Clinics during surgery times. Patients who are eligible for the Flu Jab; patients aged 65 or over, patients who have a serious medical condition or Pregnant women.

Harvest Box In the Autumn

Patients can leave a small donation in return for the produce. All proceeds go towards new equipment for the surgery.

If you have any fundraising ideas or would like to attend the S.A.F. meeting we would like to hear from you



Service Providers
LiveWell Dorset is a service for people living in Bournemouth, Poole and Dorset to access health and wellbeing information, advice, support and referrals into stopping smoking, physical activity, weight management and alcohol reduction.

We understand that sometimes it can seem difficult to make a change and stick with it and that's where we can help and make a difference.

[My Life](#)

[My Care](#) Wellbeing Coach!

LOCAL NEWS

The Sheilings. Day centre
Ongoing discussions about how to integrate services in order to reduce costs. The current building is no longer suitable for changing needs.

Medicine waste information

PLEASE.

Only order what you need' Unused medication cannot be reused',

- O** The money saved (£3m)
C could pay for:
T •1,200 more hip replacements
O • 840 more heart
B by-pass
E operations
R • 8,400 more cataract operations

Waste medicines can be returned to your local pharmacy



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Autumn 2016

Surgery Information !!!!!

Please remember to let us know

If you have changed address or other details /mobile number, and/or Home phone.

Thank You

Accessible Information

This standard aims to make sure people who have a disability, impairment or sensory loss are provided with information that they can easily read or understand with support so they can communicate with local health and social care services

Any Queries,
Contact Philippa Cunnings Practice Manager