



THE APPLES MEDICAL CENTRE

COVID-19 information available on our web site



Patient Participation Group *Note from the Chair*

The Apples Patient Participation Group (PPG) / Sherborne Apples Forum is a voluntary group, established by patients of the Apples Medical Practice as a link with the clinicians and staff to represent the interests of all patients. This newsletter provides topical information and help.

Do look at the Practice website, especially for information regarding eConsults; a quick and safe way to get help and advice from your GP.

See <https://www.sherborneapples.co.uk/> for full information including Covid-19 updates.

The PPG wants to grow and have an increasing role in helping the Practice operate. The volunteers we have provided for the Covid Vaccination Clinics have been an excellent example of help when it is needed. We would really love more patient members so do let us know if you are interested, via me on bruceduncanab@gmail.com or Philippa Cannings on philippa.cannings@dorsetgp.nhs.uk

Since the last newsletter Covid vaccination has been very successful with the Sherborne Group Primary Care Network (PCN = Apples, The Grove, and Yetminster surgeries) who have provided the staff and support. As at 14th June, 26,900 Covid vaccinations have been given 14,673 one dose and 12,227 both – what an achievement that is.

We were all delighted to hear that the Minor injuries Unit (MIU) at the Yeatman Hospital will reopen on the 21st June 2021 – the hard work lobbying for that outcome was worth it.

There are some interesting and serious issues on the horizon, one is the data sharing of NHS patient records, nationally. Patients can opt out, but otherwise they are assumed “in”. Again, see the Apples website for full details and background, with the help of how to opt out. That date for such has been delayed until September 2021.

The second issue is the new Health & Care Bill, which will have its draft published soon. This aims to build strong and Integrated Care Systems (ICS), and remove barriers to such integration. This should bring the NHS, local government and local partners together. These local ICS should set up health and care partnerships at the discretion of local areas. The definition of local areas will be important. Will it be the same as a current PCN for example? At present Our Dorset has a well-developed ICS with an independent Chair. We will say more about this topic after the draft is published.

In the long term the needs of Patients and the local area will change – as an example, the notes in the Spring Newsletter on Sherborne’s new housing, may mean about 2,500 more people in the town all wanting health care. It seems that we, The Grove and Yetminster surgeries will and should continue to work very closely and be proactive in research as to patients needs in the future.

For those who are not connected to the web we are still trying to find ways of communicating so any ideas please, how to achieve this, apart from a delivered hard copy, would be welcome.

In the meantime, stay healthy

Bruce Duncan, PPG Chair

Website: <https://www.sherborneapples.co.uk>

Facebook: The Apples Medical Centre

Instagram: [sherborneapples](https://www.instagram.com/sherborneapples)

New NHS Digital Data Collection

YOUR DATA – YOUR DECISION *Trevor Rogers, PPG*

The deadline for your decision on how you want your data managed by your GPs and by the NHS has been extended. The deadline for your decision is now 1 September 2021.

The General Practice Data for Planning and Research (GPDPR) service will now begin on 1 September 2021, by which date patients have the option to decide whether they want their health data collected by their GP or shared by the NHS.

Patients who are happy that their data can be collected and shared do not have to do anything and their data will be collected and shared from 1 September 2021.

For further information about how your data will be used [click here](#), and for further information as to why the deadline has been changed to 1 September please [click here](#)

Opting out of data collection and sharing

Patients who wish to opt-out of the data collection or sharing will need to act before 1 September 2021 by taking one or both available opt-outs.

1

Data Collection by NHS Digital - TYPE 1 OPT OUT with your GP

Patients who do not wish to have their data shared outside of their GP practice, except for their own care, should register their Type 1 Opt-out with the practice by 1 September 2021.

[Click here to go to the opt out form](#), then click on the “returning this form” hyperlink highlighted blue in the text on the website. Please download, complete and post / email to us. Forms also downloadable from the homepage of the surgery website and paper copies available from reception.

Assistance for accessing above documents is available at Sherborne Library. Please mention 'The Apples' and 'GPDPR' when you speak to library staff, who have a copy of the newsletter.

2

Data Sharing by NHS Digital - NATIONAL DATA OPT OUT (NDDO)

Patients who do not wish to have their national data, e.g., hospital data, shared with other organisations such as universities or charities, by NHS Digital, except for their individual care, should register their National Data Opt-out by 1 September 2021.

Visit <https://digital.nhs.uk/services/national-data-opt-out>

Alternatively, you can opt out via the NHS APP OR phone 0300 3035678 (the line is likely to be very busy).

The following YouTube link provides a 1-minute video giving a simple explanation of the changes:

https://m.youtube.com/watch?v=F_J2Ijj9mVI&feature=youtu.be&d=n

One million doses of the COVID-19 vaccine have now been delivered in Dorset!

Clinical lead for the Dorset COVID-19 vaccination programme Dr Andy Rutland said:

“We are absolutely delighted that we have reached the milestone of one million doses in Dorset and it is something that could not have happened without the dedication and efforts of everyone involved in the programme.

“There is still a way to go and it is not too late to get your first vaccination so we are encouraging everyone who has not yet booked an appointment to do so via the National Booking System and getting the jab is by far the best way you can protect yourself and help the return to normal.”

We want to say a huge thank you to everyone involved in this amazing achievement!

Check out our video on reaching the 1,000,000 milestone.

<https://www.facebook.com/NHSDorsetCCG/videos/1152605338878079>

If you are aged 18 or over and you have not been offered your first dose yet, you can go through the National Booking System:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

You can find Information regarding recovery & rehabilitation in the below pdf link

www.dorsetccg.nhs.uk/wp-content/uploads/2021/01/covid-19-recovery-and-rehabilitation.pdf

Yeatman Minor Injuries Unit Reopens

On Monday 21st June, the Yeatman Minor Injuries Unit reopened its doors.

They are no longer operating a walk-in service. Patients should call 111 for advice and an appointment will be made directly with Yeatman MIU if appropriate.

Opening times:

Monday to Friday:	09:00 – 18:00
Saturday & Sunday:	10:00 – 16:00
Bank Holidays:	10:00 – 16:00



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Hay fever

Warmer weather can signal the start of allergic symptoms for people with hay fever. Pollen avoidance can be challenging due to the many different types of pollens from grasses, trees and weeds being released at different times of the year. However, the good news is there are some simple measures that can help you to reduce your exposure to pollen and to manage symptoms.

Here are Allergy UK's top tips:

- Start treatment early (using treatments up to two weeks before peak pollen times can help)
- Wear a hat and wraparound sunglasses to minimise pollen exposure to the eyes
- Try using a nasal allergen barrier balm that traps aero allergens when applied around the nostrils (not to be used inside the nostrils) – some people find this can help
- Monitor pollen forecasts daily and stay indoors wherever possible when the count is high (generally on warmer, dry days). Rain washes pollen from the air so counts should be lower on cooler, wet days
- On high pollen days, shower and wash your hair after arriving home and change your clothing
- Avoid drying washing on a clothesline outside when pollen counts are high
- Keep windows and doors closed to avoid the amount of pollen that enters your home or workplace

Antihistamines are usually the first line of treatment as they block histamine release, easing symptoms. A daily non-sedating antihistamine is advisable. A pharmacist will be able to offer advice on over the counter treatment options. Antihistamines are available in a variety of forms including tablet, solutions, nasal sprays etc. For those with moderate to severe symptoms, a spray that combines antihistamine with a steroid can be prescribed by your GP. Non-drug interventions can also be used such as washing out the nose with a saline type solution available in pharmacy which washes away allergens.

NHS Health Checks for over 40'S

The NHS Health Check is a health check-up for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

If you're in the 40 to 74 age group without a pre-existing condition, you should receive a letter from the surgery or local council inviting you for a free NHS Health Check every 5 years. You can also call your GP surgery to book a Health Check. You may want to try this online [Heart Age test](#) too.

Joining the team

We are excited to announce two new arrivals to the Surgery. Chloe Biss will be joining our Dispensary team and Donna Brazell will be joining our team of healthcare assistants, both starting mid-July, please give them a warm welcome.

Fundraising

Dr Greg Miles shaved his head earlier this year, raising over £6,500 and increasing awareness for Target Ovarian Cancer and MacMillan Cancer Support.

Camille Douch ran the 100KM Jurassic Coast Ultra from Corfe Castle to Bridport raising almost £4000 for Marie Curie Sherborne and Dorset. If you'd like to donate you can do so via the following link: <https://www.justgiving.com/fundraising/camille-douch>

Lily Charters, Interim Dispensary Manager, recently hosted a cake sale to raise funds for Alzheimer's Society – current total of £388 and rising! If you'd like to donate you can do so via the following link: <https://www.justgiving.com/fundraising/lily-charters>

Wishing you all a glorious summer; stay safe

The Apples Team

