

# Winter Newsletter 2017

## Welcome to The Apples Medical Centre Newsletter

### Practice/Staff News: Dementia UK Cake Stall and Staff Christmas Jumper Day



The practice recently held a cake stall in aid of Dementia UK, the same day the staff members wore their Christmas jumpers! The total raised was £202.50!! A massive **THANK YOU** to all our patients who contributed to the stall and those who brought a cake!

The Practice is in the middle of becoming a Dementia Friendly Surgery and the staff has become 'Dementia Friends'.

Our next cake stall be in 3 months, combined with the S.A.F. group, in aid of Free Wheelers.

Look out for more details!

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### Cough & 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. Your local Pharmacist has been trained to advise you on what is best for you. "Catch it and bin it". Wash hands regularly with soap and water and keep surfaces clean.



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### Your Patient Participation Group needs you – Sherborne Apples Forum:

Are you interested in health issues? Do you want to improve the quality of health care locally, then join our Patient Group - A chance for you to come along and discuss issues within the surgery.

## Friends and Family Test:

Thank you so much to those of you who have completed our Friends and Family Test, we received the following responses:

Month	Number of Responses	Extremely Likely to recommend	Likely to recommend	Neither Likely nor Unlikely to recommend	Unlikely to recommend	Extremely unlikely to recommend
Oct '16	12	11	1	0	0	0
Nov '16	10	9	1	0	0	0
Dec '16	11	8	1	0	1	1

## Staff training dates:

The Medical Centre will be closed for staff training on the following days in 2017 (dates/times may vary), plus other dates not yet known:

- **7<sup>th</sup> March 2017 3.30pm to 6.30pm – Protected Learning Time**
- **4<sup>th</sup> July 2017 1.30pm to 4.30pm**
- **4<sup>th</sup> October 2017 1.30pm to 4.30pm**
- **6<sup>th</sup> March 2018 3.30pm to 6.30pm**

**To access a doctor in an emergency please telephone and listen to message:  
01935 812633 or 111**

## Flu Day 7<sup>th</sup> October 2016:

A very successful Flu day! We had representatives from Dorset Fire and Rescue service, My Health My Way, My Life My Way, Wayfinders/POPPS and Live well Dorset – Thank you to the S.A.F members who helped with the refreshments, and we raised £34.00 to go into our Equipment Fund.

### Please Note:

The completion of insurance claims, holiday cancellation claims, medical reports and many other documents are not covered by the NHS and are considered a private service for which a fee will be charged

**ALL THE STAFF AT THE PRACTICE WOULD LIKE TO SAY A BIG 'THANK YOU' FOR THE KIND GIFTS WE RECEIVED AT CHRISTMAS**