

Patient Newsletter

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Welcome to the Spring Newsletter

Spring is now upon us and Spring symbolises new life. The trees are starting to blossom and leaf, lambs are playing in the fields, the spring flowers are dancing in sun, and the days are finally getting longer!

Staff News: Dr Jonathan Rollo-Walker will be finishing his 4 month placement with us on 2nd April, and in his place we warmly welcome Dr Eleanor Ball who will be working with us for the next 4 months.

Park Run Practice

We are now officially up and running (pardon the pun!) as a Park Run Practice.

Park Run is open to all, including those who are inactive or have health conditions or disabilities. Whether you want to improve your fitness, make new friends, cope with health problems, or simply be outside with others, Park Run has a positive impact on health and wellbeing.

See our noticeboard in the Waiting Room.

Electronic Prescription Service

The Electronic Prescription Service means you will not have to visit your GP Practice to pick up a paper prescription, instead your GP will send it electronically to the pharmacy of your choice.

You can choose where to get your medicines from as they can be collected from a pharmacy near to where you live, work, or shop, and you may not have to wait as long at the pharmacy as there will be time for your repeat prescriptions to be ready before you arrive.

Please ask at Reception for more information.

Surgery Closures April to June

Bank Holiday Closures:

- ◆ Friday 19th April (Good Friday)
- ◆ Saturday 20th April
- ◆ Monday 22nd April (Easter Monday)
- ◆ Saturday 4th May
- ◆ Monday 6th May (Early May Bank Holiday)
- ◆ Saturday 25th May
- ◆ Monday 27th May (Spring Bank Holiday)

The practice will be closed for Mandatory Training on:

- ◆ Monday 29th April - 1.15pm to 2pm
- ◆ Thursday 9th May - 3.30pm to 6.30pm



Please call NHS 111 if you have any urgent needs during these times.

Are Your Contact Details Up to Date?

Please let us know if you have recently moved house or changed your mobile phone number, or check to see if we have your mobile number. It is important for us to have your correct contact details in case we need to get in touch with you urgently.



Joke Corner!

Q: Who is the coolest guy in the Hospital?

A: The Ultrasound guy!

Cervical Screening Campaign

We are currently encouraging all eligible patients aged between 25 and 64 years to attend for regular cervical screening (smear test). This test checks the health of your cervix. This is not a test for cancer, it's a test to help prevent cancer. All patients with a cervix within the eligible age range should be invited by letter. During the screening appointment a small sample of cells will be taken from your cervix, and this sample is tested for changes to the cells of your cervix. Finding abnormal changes early means they can be monitored or treated so they do not get a chance to turn into Cervical Cancer. You will receive your results, usually by letter, within approximately 2 weeks.

Our Nurses are very experienced and screen hundreds of women each year. We will ensure that your privacy and dignity are respected and that the procedure is as comfortable as possible. Please feel free to book a Nurse appointment to discuss any concerns you may have prior to attending for the actual screening test.

Try not to put off cervical screening. It's one of the best ways to protect yourself from cervical cancer.

Patient Participation Group

We would like to know how we can improve our service to you and how you perceive our surgery and staff. To help us with this, we have set up a virtual Patient Participation Group so that you can have your say. We will contact you via email from time to time which may include information from the Dorset Clinical Commissioning Group or to ask your opinion on how to improve our services/systems so we can work together to achieve this.

We aim to gather members from as broad a spectrum as possible to get truly representative views. We need young people, workers, retirees, people with long term conditions and people from non-British ethnic groups.

If you are happy for us to contact you occasionally by email please visit our website and complete the sign up form, or ask at Reception. Thank you.

Diabetes Awareness

Diabetes awareness is about the prevention of the onset of the condition. Healthy eating and more active lifestyles can ward off Type 2 Diabetes induced by being overweight. Learn to love food in a way that does not compromise your health, or your taste buds! Did you know that 850,000 people have Type II Diabetes without knowing?

Are you at risk? Are you overweight, do little physical activity, suffer from high blood pressure or high cholesterol? Do you have a sedentary lifestyle?

You can lower the risk by drinking more water, go for a walk, eat healthily, or pick up a sport.

If you have any concerns, please make an appointment to see a Doctor.

Appointments Not Attended

Within the past 12 months we have had 925 appointments where patients have not attended and not cancelled in advance. This equates to 200 hours of missed appointment time.

This is a waste of valuable GP and Nurse time, especially when appointments are in high demand as they are currently.

If you cannot make your appointment please let us know as soon as possible that you wish to cancel so it may be offered to someone else.

Wessex Healthier Together

It can be extremely stressful when your child is unwell. We know that there is a huge amount of information available at your fingertips, but finding something that provides clear and accurate information is not always easy!

The Healthier Together website has been developed in partnership between parents and Healthcare Professionals where you'll find clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last. These resources are also used by Healthcare Professionals so you will receive consistently high quality care.

Visit the Healthier Together Website: <https://what0-18.nhs.uk/>