

# Patient Newsletter

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**ROSEMARY MEDICAL CENTRE**  
2 Rosemary Gardens, Parkstone, Poole BH12 3HF  
Tel: 01202 723372  
[www.rosemarymedicalcentre.co.uk](http://www.rosemarymedicalcentre.co.uk)



## Welcome to the Winter Newsletter



**Staff News:** A lot has happened since our last newsletter! Dr Colin Pugh retired at the end of October and is now enjoying his free time, however you will still find him doing Locum sessions for us - he just can't keep away!

Dr Charlie Hine left us at the end of September, and Dr Emma Fellows has now become a GP Partner as of the beginning of November.

We also had 2 new GP Trainees join us in December who are on placement with us for 4 months - Dr Sophie Jones and Dr Francesca Harkin— welcome!

The Doctors and Staff would like to wish you a happy and healthy New Year! We would also like to thank everyone who kindly brought in Christmas cards and gifts for the staff, these were very much appreciated - thank you!

## Flu Jab Reminder

Have you had your flu jab yet? There is still time to have your flu vaccination.

Flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illness in children, and severe illness and death among at-risk groups, including older people, pregnant women and those with an underlying medical health condition.

**If you are aged 50 or over, under 65 with a long-term condition or are pregnant, we recommend you contact Reception to book an appointment for a flu jab.**

**PLEASE SUPPORT YOUR LOCAL SURGERY  
AND CONTACT US TO BOOK YOUR JAB.**

## Book Club

Thank you to everyone who has brought in their used / unwanted books for our Book Club.



Please feel free to peruse the books in the waiting rooms, take whatever takes your fancy, but please remember to add a donation in the boxes provided which will go towards our equipment fund.

As always, we welcome any used books from yourselves to add to our shelves.

Thank you!

## Surgery Closures January - March

We will be closed for Mandatory Training on:



6th February	3.30pm to 6.30pm
6th March	3.30pm to 6.30pm

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

## Joke Corner!

Q: How many Psychiatrists does it take to change a lightbulb?



A: One! The lightbulb has to *really want* to change!

## MMR– Measles/Mumps/Rubella - Catch Up Campaign

Measles - a very infectious viral disease spread by coughs and sneezes. If you are not protected and have even passing contact with someone with this disease, chances are you will be infected too. You will feel very poorly and be off of school or work for around 10 days. Symptoms include fever, sore red eyes and a rash. There is no treatment or cure for this.

Mumps - a viral disease again spread by coughs and sneezes or close contact with someone infected. Symptoms usually last around 2 weeks and can include headache and fever, although the most common symptom is swelling of the glands at the side of the face.

Rubella - a viral illness, often called German Measles, that is now rare in the UK thanks to the success of the MMR vaccine. It is spread in a similar way to Mumps and Measles. For most people, it is usually a mild condition that gets better in 7 to 10 days without treatment. However, if pregnant women develop Rubella it can be very serious for their unborn baby.

### **PROTECT YOUR CHILD AGAINST MMR**

The free MMR vaccine is a safe and effective way of protecting against Measles, as well as Mumps and Rubella. If you or your child are aged between 6yrs and 25yrs and not had the full vaccination course and wish to, please contact us.

If your child is between 1yr and 5yrs and not had any MMR vaccine and you wish them to, or if your child has had 1 vaccine and not the required 2, please contact us. Please note the 2<sup>nd</sup> vaccine is not due until your child is aged 3yrs 4mths.



### **Quit Smoking this New Year**

When you quit smoking, good things start to happen — you can begin to see almost immediate improvements to your health. The earlier you quit smoking, the more you're likely to benefit. But it's never too late, because quitting will improve your health whatever your age and no matter how long you have smoked.

Quitting improves your physical health and boosts your mental health and well-being after as little as 6 weeks of being smoke-free.

You can use the NHS Quit Smoking App to help you quit smoking and start breathing easier. The App allows you to track your progress, get daily support and see how much you're saving. If you can make it to 28 days smoke-free you're 5 times more likely to quit for good!

It's much easier to quit when you get the right support and there are lots of options to choose from. Check out the website below for tools and tips to help you stay on track:

[Quit smoking this January - Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk/better-health/quit-smoking)

Let's make 2024 the year you quit!

## **Bereavement Support**

Dorset Open Door is a partnership of local and national bereavement charities. They acknowledge that everyone has a different experience of bereavement. The team will listen to you and in the context of your personal experience, circumstance, strengths, and resources help you to navigate support and advice that is right for you. We encourage anyone who is currently struggling with loss to reach out to this wonderful support network. To find out more please visit their dedicated webpage:

[www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/dorset-open-door](https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/dorset-open-door)