



AUTUMN 2024



ISSUE 4



# NEWSLETTER

## Autumn/Winter Covid -19 & Flu Vaccinations

Our main flu and covid vaccinations will commence on 5th October 2024 in line with NHS England's policy.

If you are eligible and we hold a verified email address on your medical record, you will receive an electronic booking invite. Our direct seasonal line for vaccination bookings 01258 444526 will be open from Tuesday 10th September 2024.

If you are pregnant or have a 2-3 year old child who is eligible you may be invited to an earlier appointment, based on NHS England's policy.

You have the choice where you have your seasonal vaccines, but we hope you choose The Blandford Group Practice.

We continue to have direct access to your medical records, so your immunisations can be immediately added to your patient record.

We still ensure continuity of care for our patients and carers- we already know you, and you know us!

We can inform you if you are entitled to other vaccinations, such as respiratory syncytial virus (RSV), shingles or pneumonia.



UK Health Security Agency

**The RSV vaccine is available from September 2024**

Offered to:



**Pregnant women**  
(From week 28 of your pregnancy)



**People over 75**  
(plus those already aged 75-79 for the first year)

Speak to your midwife, GP practice or health team

## Are you more than 28 weeks pregnant or over 75 years old?

The national Respiratory Syncytial Virus (RSV) vaccination programme starts in September. If you're eligible, it's important to take up the offer to get vaccinated against RSV.

Respiratory syncytial virus (RSV) is a common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults.

For more information scan QR code



if you are eligible you will be sent a link via email to book, if we do not hold a verified email on record, or you prefer you can ask at reception.



Going back to school after a long summer break can be exciting but it can also feel overwhelming to some. This is a natural feeling. If you are worried about going back to school, here are a few tips to help you with those jittery feelings on those first days back.

**Be prepared** – Organise your bag, uniform and everything else you need the night before so it isn't a rush in the morning. You could also start to organise things a few days before, just in case some things take a bit longer for you to find!

**Get a good night's sleep** – Getting plenty of sleep is great for clearing the mind, improving memory and ridding the body of toxins, to make you feel re-energised. It also aids concentration and helps to ease stress. A few days before you go back to school, set your alarm to the time you'll need to get up for so your body can get used to waking up at that time again.

**Food for thought** – Try to start the day with a balanced and nutritious breakfast, which will also help feed your mind, support your immune system and boost your energy levels throughout the day.

**Take it one day at a time** – From homework to exams, don't try to approach everything at once. Work out how you're going to prioritise each task and take it step by step. Try keeping a diary or making a list on your phone to keep on top of it all. Planning is key.

**Talk to someone** – If school is really getting you down, remember you're not alone. As difficult as it may seem, talking to a friend, parent or someone you can trust can really help.



My name is Tazmine. I work with young people aged between 5 – 25 and their families.

You can reach out for some support by texting or calling Tazmine on: 07708661949 between the hours of 9:00am to 5:00pm, Monday to Friday. Alternatively, you can email [thewellbeingteam@dorsetgp.nhs.uk](mailto:thewellbeingteam@dorsetgp.nhs.uk)

Tips taken from 'Young Minds' – More useful tips can be found on the website below.

<https://www.youngminds.org.uk/young-person/blog/tips-for-dealing-with-back-to-school-anxiety/>

## Save time, save money and #HelpYourNHS.



Prescribing over the counter medicines in line with NHS England recommendations.

NHS Dorset has asked GP teams to stop prescribing medicine and treatment for 35 minor conditions.

This allows GPs to focus on caring for people who have more complex needs.

There are no longer prescriptions for 35 common conditions like coughs, colds, mild hay fever, heartburn and indigestion.

Please head to your local pharmacy or supermarket instead.

Scan this QR code for more information.



## World Mental Health Day 10th October 2024



World Mental Health Day (10 Oct) is a day to talk about mental health and show everyone that mental health matters. It's also a day to let people know that it's okay to ask for help, no matter what you're going through.

If you or someone you know needs support you can call 116 123 (freephone)  
The Samaritans are open 24/7 for anyone who needs to talk.

for more information and support visit -  
<https://www.mentalhealth.org.uk/explore-mental-health/get-help>

## KNOW YOUR NUMBERS!

Checking your blood pressure can help you find out whether your blood pressure numbers are under control, lowering your risk of stroke and heart disease.

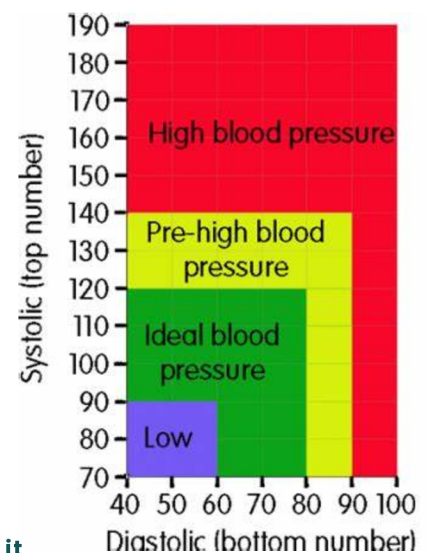
[bloodpressureuk.org](https://www.bloodpressureuk.org) #KnowYourNumbers



## Know Your Numbers! Week 2024

This year's campaign will take place  
from 2nd-8th September 2024

An ideal blood pressure is under  
120/80mmHg.  
Do you Know Your Numbers?



Blood pressure is the term used to describe the strength with which your blood pushes on the sides of your arteries as it's pumped around your body.  
Low blood pressure (hypotension) is not usually a problem, although it can cause dizziness and fainting in some people.

High blood pressure (hypertension) can increase your risk of developing serious problems, such as heart attacks and strokes, if it's not treated.

Having this quick test is the only way to find out what your blood pressure is – and it could save your life.

To find a pharmacy near you for a free blood pressure check simply scan the QR code with your camera on your mobile phone

or  
visit - <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy-that-offers-free-blood-pressure-checks>

Scan me!



## Managing your Blood Pressure at home with Viso

Here at The Blandford Group Practice we are now monitoring some of our patients blood pressure from home using an app called Viso.

By sharing blood pressure readings via an easy-to-use app, your doctor will always have a full picture of your blood pressure and can make sure you're on the right medication plan.

The NHS-approved Viso app keeps an eye on your blood pressure and alerts you to take action when significant changes are detected.

Your healthcare team can fully monitor you from the comfort of your home, so you only need to see them when necessary.

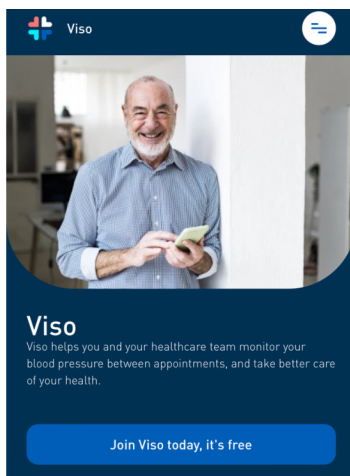
Convenient, safe and easy to use, Viso guides you every step of the way.

For more information please visit-  
<https://www.omron-healthcare.co.uk/viso/what-is-viso>

### Getting started

Your doctor will invite you to join the Viso programme. Register with your NHS Login details. Download the app in your favourite app store. Open the app, and Viso will tell you what to do.

If you would like to use the viso app to monitor your blood pressure let our Patient Services Team know, if you are eligible you will be sent an invite to join.







## View messages about your care in the NHS App

- Turn on notifications for the NHS App to get messages from your trusted healthcare providers
- The NHS App messaging service is a simple and secure way to stay up to date
- You can also use these services by logging in through the NHS website

**NHS App**   

For more information scan this QR code with the camera on your mobile phone



If you would like support with the NHS app or any digital services, we have a trained volunteer Digital Champion at the Whitecliff surgery.

Ask a member of the Patient Services Team to book an appointment. Appointments are available alternate Wednesday mornings and Thursday afternoons.

The NHS App gives you a simple and secure way to access a range of NHS services.

Download the NHS App on your smartphone or tablet via the Google play or App store.

You can also access the same services in a web browser by logging in through the NHS website.

You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man.

Find out more about who can use the NHS App by scanning the QR code below with the camera of your mobile phone.

Once set up amongst other things you can -

Order repeat prescriptions and nominate a pharmacy where you would like to collect them & view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)

## STOPTOBER – NOW IN ITS 11TH YEAR – AIMS TO EMPOWER PEOPLE TO GIVE UP SMOKING DURING OCTOBER



# Stop smoking

## Start breathing this Stoptober

**Get free support**

**STOP**TOBER | **Better Health** Let's do this

### What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.

#### AFTER 20 MINUTES

Check your pulse rate, it will already be starting to return to normal.

#### AFTER 8 HOURS

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.

#### AFTER 48 HOURS

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.

#### AFTER 72 HOURS

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.

#### AFTER 2 TO 12 WEEKS

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.

#### AFTER 3 TO 9 MONTHS

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

#### AFTER 1 YEAR

Great news! Your risk of heart attack will have halved compared with a smoker's.

#### AFTER 10 YEARS

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

If you live in Dorset and want to quit smoking, but are not sure where to start you can contact LiveWell Dorset

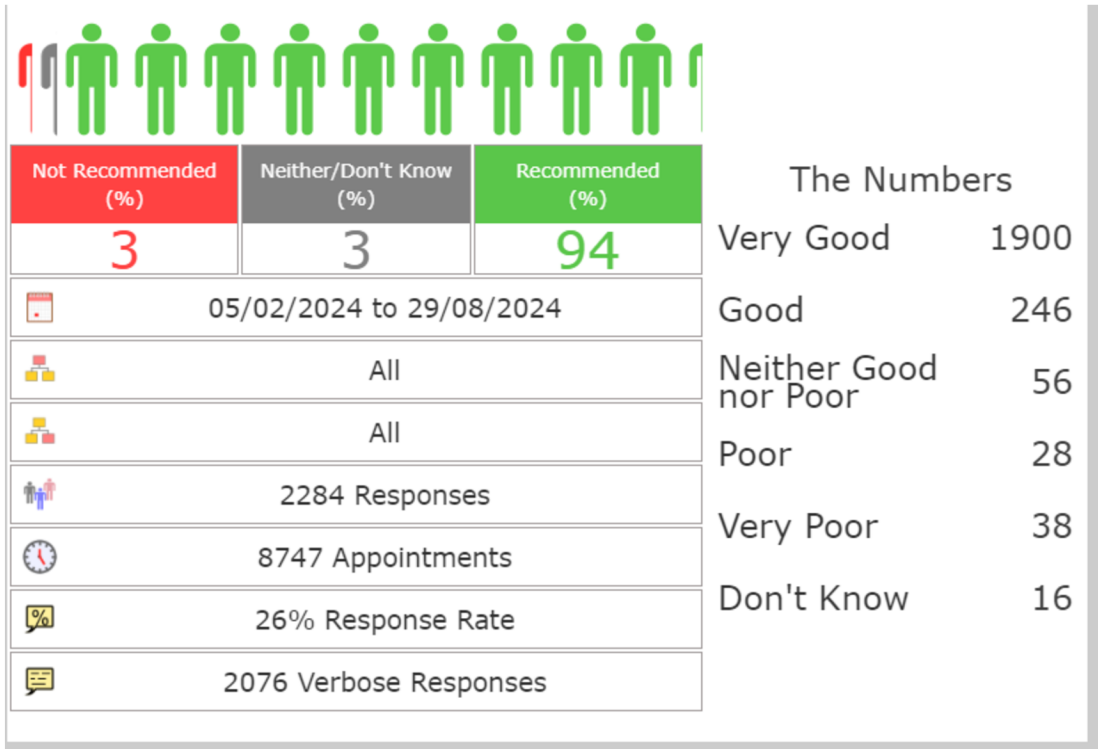
on 0800 840 1628 • Monday – Friday 9am – 6:30pm.

They have a team of advisors and coaches are ready to discuss your stop-smoke options.





Friends and Family Test



The NHS want you to have the best possible experience of care. The NHS Friends and Family Test is a way of gathering your feedback, so we can continually review and improve our service to you.





Your feedback will help us learn more about what you think of your experience – what you like and what you think we could improve. Ultimately, you’re helping us to make changes that will ensure we can offer the best possible care.


We are extremely proud of our Friends & Family test results, so much so that we wanted to share our data above. Since February 2024 we have received 2076 responses via our textual reminders service.

Please be aware that not all appointments receive reminder/feedback SMS messages. If you would like to give us your feedback you can either pick up a paper form in surgery complete and post in the blue box on the reception desk or visit [www.theblandfordgrouppractice.co.uk](http://www.theblandfordgrouppractice.co.uk) at the bottom of the page you will find the Friends & Family feedback form.

Appointment Statistics  
(Over a 30 day period)

- 5849 Prescription items dispensed 
- 197 Home visits 
- 23, 566 Patients registered 

- 10,355 Phone calls received 
- 12,015 Appointments provided 
- 381 Patients Did not attend appointments 
- 208 New patients registered 



# Wellness Walk-in Pop up Clinic's

## 10.00am - 12.00 noon

Join us on the last Tuesday of each month for our "One Stop Shop"  
Where lots of services will be on hand.  
(This is subject to change each month depending on availability)

You will be able to speak to our Wellbeing Team

We also offer Blood Pressure checks

Tea/Coffee will be available

We will be in the following Village Halls

2024	2025
30th July - The Old Power House, Bryanston	28th January - Shillingstone
27th August - Pimperne	25th Feb - Tarrant Hinton
24th September - Winterborne Stickland	25th March - Stourpaine
29th October - Blandford Camp	29th April - Tarrant Keyneston
26th November - Charlton Marshall	27th May - Child Okeford
	24th June - Durweston
	29th July - Okeford Fitzpaine
	26th August - TBC
	24th September - Spetisbury
	28th October - Tarrant Gunville



# Wellness Walk In Clinic



Please join us on the **last Tuesday** of every month 10am - 12 noon for our 'one stop shop' of services, on hand to support your needs. (Get your Blood Pressure checked)

**2024** July-Power House Bryanston    **Aug**-Pimperne    **Sept**-Winterborne Stickland    **Oct** Blandford Camp    **Nov**-Charlton Marshall    **2025** Jan-Shillingstone    **Feb**-Tarrant Hinton    **March**-Stourpaine    **April**-Tarrant Keyneston    **May**-Child Okeford    **June**-Durweston    **July**-Okeford Fitzpaine    **Aug**-TBC    **Sept**-Spetisbury    **Oct**-Tarrant Gunville



Some of the fabulous services available along with our Wellbeing Team:

