



# Preston Road Surgery Newsletter August 2018

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## Weymouth & Portland Health Walks

A new friendly and welcoming health walk scheme has started in Weymouth. If you have problems with your health or had health problems in the past it can be hard to stay active.

Walking could make all the difference. it's easy for you to get involved - even if you're not feeling your best. In fact, walking could help you feel great again!

Joining one of our walks with a trained walk leader could help you feel more confident about taking those first steps to a more active lifestyle.

There will always be 2 walk leaders or more on a walk, so if you walk at a slower pace, you will never be left behind.

We have various types of walks, so please check our website to find out more [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) or pick up a leaflet from the surgery.

There is a Dementia Friendly walk that meet every other Monday at 1.30pm at St Anne`s church hall Radipole - for details contact Julie 01305 838497

There are also Health & Wellbeing Walks at Lorton Meadows, meeting at Lorton Meadows conservation centre. Tel 01305 816546

The meeting times are varied, from 10.30 start or 1.30pm start but all end up with a



cuppa afterwards. What are you waiting for, come along, have fun and walk with us.

**The Surgery will be CLOSED for Bank Holiday Monday 27th August**  
Please ensure you request your medication in good time.

**Organ Donation** is giving an organ to help someone who needs a transplant. Transplants can save or greatly enhance the lives of other people, but relies on donors and their families agreeing to a donation. **You can add your name to the NHS Organ Donor Register online** and one day you may be able to save lives. To find out more and register online visit [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)



## Your Data Matters to the NHS!

Information about your health and care helps us to improve your individual care, speed up diagnosis, plan your local services and research new treatments.

In May 2018 rules on how this data can and cannot be used were strengthened.

You can choose whether your confidential patient information is used for research and planning.

You do not need to do anything if you are happy about how your confidential patient information is used.

If you do not want your information to be used for research and planning you can opt out securely online or via a telephone service.

**To find out more visit:**  
[nhs.uk/your-nhs-data-matters](http://nhs.uk/your-nhs-data-matters)  
or telephone **0300 303 5678**

**Chest Pain** can be caused by anything from muscle pain to a heart attack and should never be ignored.



### When to get help

You should call 999 immediately if you develop sudden severe chest pain, particularly if:

- ◆ Pain feels heavy, pressing or tight.
- ◆ Pain lasts longer than 15 minutes.
- ◆ Pain spreads to your arms, back or jaw

If the discomfort is only minor, or has resolved it may be more appropriate to call 111.

If you call 999 and the advisor thinks you need the 111 service they will transfer your call...

### If in doubt CALL 999

Chest pain isn't always caused by a problem with your heart, but can sometimes be a symptom of:

**Angina** - where the blood supply to the heart is restricted.

**Heart Attack** - where the blood supply to part of the heart is suddenly blocked.

If you have a query regarding a referral:

Central Appointments	01305	255779
Radiology	01305	254131
Physiotherapy	01305	762621

**CALL 111** When you need urgent medical advice but it's not a 999 emergency.

If you forget your medication whilst on holiday in the UK we can send a prescription electronically to a pharmacy where you are staying.

You will need the post code of the pharmacy so we can action this for you.

If you have been asked to have blood tests done via a consultant and have a paper form, you can have this done at a walk-in clinic at Weymouth Hospital on Monday or Wednesday morning. 8.30-1pm.

No appointment needed!

You can visit the Urgent Care Centre at Weymouth Hospital for minor injuries or urgent medical problems when the surgery is closed. Open 8am-8pm 7 days a week.

If you wish to change your allocated GP, please put your request in writing stating the reason you wish to change your GP.

If you have regular blood tests, why not sign up for Patient Online Services to view your results online?

Our Reception Team are able to help with many general queries. Please discuss any query with a receptionist before asking for a GP to phone you.