



Have you had your Flu Vaccination?
Its not too late for Flu!
If you have received an invitation but missed the flu clinics, just ask at reception and we can book you an appointment.

Repeat Medication Make sure you order your prescription in plenty of time to ensure you don't run out over the Christmas period. You can put your request in earlier at this time of year.

THE SURGERY WILL BE CLOSED ON
Tuesday 3rd
December from 3.30pm for Staff Training.

NHS

Discover simple steps to look after your mental health

Search every mind matters

every mind matters

Time to look after your mind
We don't need to wait until we are struggling with our mental health; there are lots of things we can do to protect ourselves and prevent problems escalating, just as we do with our physical health.

The new Every Mind Matters campaign encourages adults to be more aware of their mental health and helps them to discover simple steps to look after their mental health and wellbeing.

Every Mind Matters offers a range of useful resources that help spot the signs of common mental health concerns, provides practical self-care tips and guidance and, importantly, explains when to seek further support.

It also has a free NHS-approved online tool on the Every Mind Matters website, which helps people build an action plan to deal with stress and anxiety, boost their mood, improve their sleep and help them feel more in control.

To learn more about how to look after your mental health and create your own action plan, visit: <https://www.nhs.uk/oneyou/every-mind-matters/>

Going away? don't forget to pack your medication. If you do need an emergency prescription whilst you are away, contact a local pharmacy and we can send your prescription electronically to them.



For urgent medical advice when the surgery is closed
CALL 111
For Medical Emergencies
CALL 999

Would you like to get out and socialise more and get fitter in the process? Then why not join the surgery staff for a Parkrun? We would love to see you there.

When - Every Saturday at 9am
Where - Lodmoor Country Park
Weymouth Parkrun is a weekly free 5km timed run. You can join in whatever your pace, or walk the course if you prefer. It's all about getting some exercise and getting out in the fresh air.



For further information visit
www.parkrun.org.uk

SURGERY CHRISTMAS Opening Hours

CLOSED
CHRISTMAS DAY & BOXING DAY
Wed 25th Dec
Thur 26th Dec

CLOSED
Wed 1st Jan

Boots Pharmacy on Abbotsbury Road
Open Christmas Day 3pm - 5pm

Wishing you a Merry Christmas and a Happy Healthy New Year from the Partners and staff at Preston Road Surgery



Weymouth Urgent Care Centre (UCC)
Weymouth Community Hospital
Open every day 8am-8pm
(last patient to arrive before 7.30pm)

Expert Clinicians on hand to deal with minor ailments and injuries, including broken bones, cuts, sprains, burns, bites and wound infections.

What's your Preferred Method of Contact?

PATIENT NAME:	
DATE OF BIRTH:	
Please update your contact details and tick your preferred method of us contacting you. We would also like to know your nominated pharmacy for repeat prescriptions.	
SMS	<input type="checkbox"/>
EMAIL	<input type="checkbox"/>
LETTER	<input type="checkbox"/>
MY PHARMACY	<input type="checkbox"/>