

**PRESCRIPTIONS UPDATE!**

From March prescriptions will be sent electronically to a pharmacy.

If you wish to nominate a pharmacy please let reception know. Patients without a nominated pharmacy will receive a token with a barcode to take to the pharmacy of their choice.

You can request your medication by using SystmOnline, in writing, or via your chosen pharmacy.

Our preferred method of receiving your prescription request is by SystmOnline. This is the most secure and efficient way of generating your repeat prescription.

**Have you signed up for SystmOnline?**

To sign up for SystmOnline please bring 2 forms of ID (photo ID and proof of address) to reception. You will be asked to complete a sign up form and then be given your user name and password to access this service.

If you would like some help to set this up, we can offer you a one-to-one appointment here at the surgery.

**DON'T DELAY - SIGN UP FOR SYSTMONLINE TODAY!**

**Long Term Condition Annual Reviews**

It is very important for all patients with a Long Term Condition, i.e. Asthma, Diabetes, Heart Disease, COPD, Hypertension to have an annual review.

All patients are given an 'Annual Review Month', this is to ensure you are on the correct medication, and that your condition has not deteriorated warranting further investigation or medicines.

If you have not yet booked your annual review please contact the surgery to book your appointment. Thank you

**January - New Start - A New You!**

January is traditionally the time we make resolutions to get fitter, healthier, start new projects or new hobbies. It has been proven that doing something you enjoy regularly along with meeting up with other people helps us physically and mentally. This new year, why not pop along to one of the activities below:-

**Parkrun** - Join the surgery staff for a Parkrun every Saturday. 9am at Lodmoor Country Park.

**Join a local health walk - Walking for Health**  
Thursday 10.30am - The Kings Statue, on Weymouth Esplanade  
Friday 10.30am - Swannery Car Park, Radipole Park Drive

**Free Trishaw Rides** for people with limited mobility - You have the right to feel the wind in your hair! [www.cyclingwithoutage.org.uk/Weymouth](http://www.cyclingwithoutage.org.uk/Weymouth)

**Lunch Club:** 1st Wednesday of every month - meet at the Hotel Rembrandt 12.00 and also the following Friday at the Crown Hotel 12.00.

**Sunday Lunch Club**— Rethink Mental Illness. Come and share food and friendship with others who understand. Fortnightly at various restaurants and cafes. 11.45am call Alan on 07784 886349

**Over 50s Club** - 2nd and 4th Wednesday of the month. A social gathering with talks from local speakers and occasional trips. The Park Community centre, Chelmsford Street.

**The Man Shed** - Learn new skills, socialise and work on individual and/or community based DIY—woodworking and furniture restoration. Weymouth Connect, 5 Grosvenor Road. Tues and Thurs 10am—1pm and 2pm—5pm.

**Overcombe Womens Institute** - meet the first Monday of every month at Preston Village Hall, starts 7.45pm.

**The SURGERY will be CLOSED**  
**Thursday 23 Jan**  
**from 3.30pm for Staff Training**

**Extended Hours**  
**Did you know we now offer some appointments at the surgery outside of normal GP hours. Nurse appointments are available on a Saturday, for long term condition annual reviews, cervical screening and other nurse procedures.**

**Please ask a receptionist for further details of the appointments available.**

**GP and Nurse appointments are also available at Weymouth Hospital outside of normal GP surgery hours.**

**Weymouth Urgent Care Centre (UCC) Weymouth**

**Community Hospital**  
**Open every day 8am-7.30pm**

Expert Clinicians on hand to deal with minor ailments and injuries.

Please consider the UCC to ease the pressure on A&E services.

**Tel: 01305 762541**

**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

EMAIL

LETTER

PHARMACY