



Preston Road Surgery Newsletter July 2018

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What is the GDPR ?

(General Data Protection Regulation)

The GDPR is a regulation that is applicable from 25th May 2018. It strengthens the protection of personal data. The UK is enacting a Data Protection Bill which enshrines the provisions of the GDPR into UK law and establishes continuity of the GDPR in the UK post Brexit. The Data Protection Act will be repealed at this time.

The GDPR strengthens the controls that organisations (data controllers) are required to have in place over the processing of personal data. Personal data means any information relating to an identifiable person who can be directly or indirectly identified.

Our patient leaflet “**Your information – What you need to know**” and our **Practice Privacy statement** explain why the practice collects information about you and how it may be used. These can be found on our websites and are available in our surgeries.

Dance therapy as a complementary falls prevention programme.

The Confidence of Tango is a dance-based **falls prevention programme** that will help you dance yourself to improved balance, posture, and strength in a fun friendly and social environment.



Who can come?

Are you over 65, able to stand and walk for 30 minutes?
Have you fallen or are fearful of falling?
Have you just slowed down?

The Confidence of Tango is being run by **Occupational Therapists** from the **Community Rehabilitation team** along with volunteers trained by the London and Bournemouth School of Argentinian Tango.

The course will be weekly for six weeks at the Weymouth SafeWise Centre. There is no charge for this course.

For further information please contact **Jackie Powell** from the Integrated Community Team at Westhaven Hospital. **01305 362022**

If you have been **referred for further care** and have **any queries** about your appointment or waiting time, please call

Central Appointments	01305	255779
Radiology	01305	254131
Physiotherapy	01305	762621

What is an NHS Health Check?

The **NHS Health Check** is a health check-up for adults aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

As we get older, we have a higher risk of developing one of these conditions. The health check helps find ways to lower this risk.

If you're in the 40-74 age group without a pre-existing condition, (as mentioned above) you may receive a letter from your GP inviting you for your free check.

However, if you have not yet received your invitation, and you would like to book in for your free health check please ask at the surgery and we can check your eligibility.

For further information about the NHS Health Check visit www.nhs.uk/conditions/nhs-health-check/



Did You know?

You can now request an **evening or weekend routine GP or nurse appointment**.

There is a new service based at Weymouth Hospital offering appointments outside of normal hours. Please ask a receptionist if you would like one of these appointments.

We can send your **prescription directly to the pharmacy of your choice**, please inform at reception your nominated pharmacy, once processed you just pop to the pharmacy to collect your medicine.

You can use an **app** on your mobile phone - **Evergreen or SystmOnline** to book appointments and request prescriptions. You can also view your test results and part of your medical record.

My Life My Care

Your 'One Stop' website providing information and advice about care and support, helping you live safely and independently.



The National Data Opt-out

NHS Digital is developing a new system to support the national data opt-out which will give patients more control over how confidential patient information is used. The system will offer patients and the public the opportunity to make an informed choice about whether they wish their confidential patient information to be used just for their individual care and treatment or also used for research and planning purposes.

Patients and the public who decide they do not want their confidential patient information used for planning and research purposes will be able to set their national data opt-out choice online. A non-digital alternative will be provided for patients and the public who can't or don't want to use an online system. Individuals can change their mind anytime.

NHS Digital is developing the system now. Patients and the public will be able to use the system from 25 May 2018. All health and care organisations will be required to uphold patient and public choices by March 2020. The national data opt-out will be introduced alongside the new data protection legislation.

For more information please visit the NHS Digital website <https://digital.nhs.uk/services/national-data-opt-out-programme>