



Preston Road Surgery Newsletter July 2019

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Community Angels - Volunteer Support

Would you like someone to visit you for a chat, perhaps to play cards or accompany you on a walk? Could you do with a helping hand once in a while or assistance to a hospital appointment?

Community Angels could be just what you need!

Community Angels is a voluntary group which works out of St Andrews Church and is jointly managed by the Church and Preston Surgery. The group are now celebrating its 10th year of helping people in Preston and Osmington.

The group's main priority for volunteers is tackling loneliness and social isolation among the town's elderly population.

Community Angels can offer help and support in many ways such as:

- ◆ Befriending
- ◆ Shopping and running small errands
- ◆ Transport
- ◆ Accompanied walks
- ◆ Help with correspondence
- ◆ Gardening
- ◆ Companionship
- ◆ Dog walking



Call 01305 834866 or email standrewsangels@hotmail.co.uk for help or further information.

Community Angels are interviewed, supervised, police checked and insured. They attend regular training sessions and will respect confidentiality unless someone is considered to be at risk. All Angels will carry an identification badge and are expected to be reliable.

Travelling abroad for a summer holiday? Do you need any vaccinations?

If you are travelling to a foreign country you and your family may need vaccinations to protect you.

Please contact the surgery in plenty of time before your holiday to book an appointment in our travel clinic. Our Travel Nurse will check what vaccinations are indicated for where you are traveling.

Travel clinics get booked up quickly at this time of year, so ensure you book in plenty of time.

BOOK SWAP

We now have a book swap scheme at the surgery. Bring in a book and swap it for another.

Once read you can swap it back again for another. There is no charge for this service, all we ask is that you bring a book to swap.

Happy Reading!

New Service - eConsult

We are pleased to now offer eConsult to all patients. eConsult allows patients to consult with their GP electronically, and offers a signposting service and alternative options to calling or coming into surgery for more common minor problems.

Visit our website and click the **eConsult** link. You will then be taken through an online questionnaire related to your problem or administrative request. The transcript from this is then sent to the practice.

For completed questionnaires received before midnight you will receive feedback from the surgery by the end of the next working day.

Using this service you can also access self-help content, and be signposted to alternative options available to you such as pharmacy, symptom checkers or 111. This service can be used for administrative requests, ie continuation sick notes.

Try eConsult before contacting the surgery

Electronic Prescription Service

If you get regular prescriptions, the Electronic Prescription Service (EPS) can help save you time by avoiding unnecessary trips to your GP.

EPS makes it possible for your prescriptions to be sent electronically to the pharmacy or dispenser of your choice. This means you'll no longer have to collect a paper repeat prescription from your GP practice. You can go straight to your nominated pharmacy to pick up your medicines or medical appliances.

Because your pharmacist has already received your electronic prescription, they may be able to prepare your items in advance, so you just have to pick it up with no extra wait.

You will need to nominate the place you'd like to pick up your prescription medicines or appliances from in the future. You can choose the most convenient place for you, such as near your home, where you shop or where you work. This is flexible and can be changed at any time.

In the future, EPS will become the default option for the prescribing and dispensing of prescriptions in primary care in England.

Next time your prescription is due, inform reception of your nominated pharmacy for your prescription to be sent direct.

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

Central Appointments 01305 255779

Radiology 01305 254131

Physiotherapy 01305 762621

DIARY DATES

The surgery will close at 3.30 on Thursday 4th July for staff training.

Please call 111 if you need urgent medical attention whilst the surgery is closed.

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.

The surgery is able to offer you a secure online system for you to **book your own GP appointments and request your repeat prescriptions.**

Please enquire at reception if you would like to sign up for this service.

Walking for Health

provides gentle, enjoyable walks on the flat between 10 and 45 minutes long. If you would like to join a walk call **01305 838497**. Meet up and take part in a fun, sociable and friendly walk.

Evening and weekend GP or nurse appointments are available at Weymouth Hospital.

Please ask a receptionist if you would like to book one of these appointments

We have an active **Patient Participation Group**. Any patient can join and all are welcome. For further details and minutes of previous meetings please see the surgery website.