



Preston Road Surgery Newsletter June 2018

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Carers Week 11-17 June

The theme of national carers week is helping carers to stay healthy and connected. It will raise awareness of the needs of carers, the challenges they face and the invaluable work they do.

To find out more about the Carers Information Service, events or training for carers call the **Carers Support Service on 01202 458204** or go online to www.CRISP.web.org

When you join the service you will receive a welcome pack including:

- ◆ The latest carers newsletter
- ◆ Information about local events for carers
- ◆ Carers discount card - use your card to get money off local services and suppliers.

The service also provides details on how to access:

- ◆ Carers respite breaks
- ◆ Free emergency back-up scheme for carers
- ◆ Free training to help you care

Pick up a '**Caring Matters**' a free magazine from the surgery for further information of events throughout the Summer of 2018.

Long Term Condition Annual Reviews

All patients with a Long Term Condition, i.e. Asthma, Diabetes, Heart Disease, COPD, Hypertension should have an annual review.

Patients are given an 'Annual Review Month' to have their condition reviewed. This is to ensure you are on the correct medication, and that your condition has not deteriorated warranting further investigation or medicines. If you know your annual review is due, you do not need to wait to be invited, please contact the surgery to book your appointment.

Your GP recommends that you attend this important health check. If you do not wish to be seen, please let us know so we do not keep trying to contact you.

WCV Community Transport Scheme

Weymouth **C**ommunity **V**olunteers provide a service that enables the elderly to access volunteer transport taking them to hospital, doctors or other health related appointments. Registration costs £5, in addition they will ask for a donation for your journey to cover drivers expenses. You will be advised of the donation at the time of booking. For example to Dorchester hospital, the driver will pick you up, wait up to 2 hours at the hospital and bring you home for a donation of £13.20.

For more information call **01305 783999**.

Did You know?

You can 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.

If you have regular **blood tests**, please help to keep the phone lines free by signing up for **Patient Online Services**, you will have access to your blood test results and any message from your GP.

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. Saving both you and the surgery time and money.

PPG Awareness Week 4-9 June

Patients and carers are the smoke alarms for the frontline of the NHS. They are often first to spot poor care and also have great ideas about how to make care better. They need to be involved in decisions not just about their care, but in designing better care for others.

Patient Participation Groups are a crucial way of harnessing the voice of the patient in primary care, and have much to contribute in driving up quality.

We have an active PPG who meet throughout the year and are kept informed of new services and procedures as they happen.

Our PPG has helped us recently in organising our successful Healthy Living Event, members have helped out at Flu clinics, and throughout the years brought to our attention ideas leading to change within the surgery. If you would like to be part of the PPG please enquire at the surgery.

HEAT Melcombe Regis

WPBC have been successful in securing £1.7m in funding towards a 'Heat Melcombe Regis' initiative.

The funding comes from National Grid's Warm Homes Fund and will go towards first time gas central heating installation in homes in the Melcombe Regis area.

Funds will be targeted at households struggling to meet their heating costs, or households with medical conditions worsened by living in cold homes.

This funding is a great opportunity for residents to make significant heating improvements to their homes.

Grants which cover the full cost of the works will be available for both home owners and to privately rented properties.

Melcombe Regis has been identified as a priority area for the council with areas within the ward continually reported as being amongst the more deprived in the country. Fuel poverty is reported to affect 21 per cent of households in the park district.

Home owners and landlords are encouraged to contact Heat Melcombe Regis by calling 01305 550556, emailing hello@heatmelcomberegisproject.org.uk or by completing the online form at heatmelcomberegis.org.uk