

**Do you need quick advice from your GP?  
Not sure if you need an appointment?  
Not sure where to go?**

Visit our website and click the [eConsult link](#) on the home page.

Follow the links - enter your symptoms - this will then be sent to your GP who will reply to you. You will receive a reply by the end of the next working day, but more often than not on the same day.

**Please do not email** the reception team with a medical query as your request will be rejected and you will be asked to submit an E-consult.

**A&E means Accident & Emergency  
NOT Anything & Everything**

Our hospitals are very busy treating poorly patients. Please **only go to A&E if its an emergency.**

If you are not sure if A&E is the right place to go please call 111.

111 is free to call from mobile phones and landlines and is available 24 hours a day. Trained advisers will help find the right service to give you the healthcare you need.

Below are the alternatives to attending A&E, get the right treatment for you.

- \* **Weymouth Urgent Care Centre**
- \* **GP Surgery**
- \* **Local Pharmacy**
- \* **NHS 111**
- \* **Self care**



**PRESCRIPTIONS**

From the "24th March" the prescription process between the surgery and pharmacies will be totally electronic and you may benefit from having a named pharmacy. Please inform reception of your chosen pharmacy, and when you are ready to collect your medicine go directly to the pharmacy to collect your medicines.

You may need to leave a longer amount of time for your prescription to be processed, this will be dependent upon the pharmacy. In most cases allow at least one week before your medicines will run out, but you can put your request in up to 2 weeks early. If you do not wish to nominate a pharmacy, you can collect a 'paper token' from the surgery to take to the pharmacy of your choice. We would however, prefer patients to nominate a pharmacy where possible, to allow prescriptions to be sent electronically.

**Health Apps**

From exercise appts to managing diabetes, find digital tools to help you manage and improve your health.



**NHS App** - Lets you book GP appointments, order repeat prescriptions and access a range of other healthcare services.



**Evergreen Life** - Store all your health information in one place, book GP appointments and order repeat prescriptions.



**Becca Breast Cancer Support App** - provides specialist support to help you live with, through and beyond breast cancer.



**HealthUnlocked** - Find and connect with people with a similar health condition.



**iPrescribe Exercise** - a 12 week exercise plan based on health information entered by the user. Helps improve your overall health, but can also be used to manage a number of long-term health conditions.



**Calm Harm** - is an app designed to help people resist or manage the urge to self-harm.



**My House of Memories** - People living with dementia and their carers can explore objects from the past and share memories.

Visit [www.nhs.uk/apps-library](http://www.nhs.uk/apps-library) for more apps and online tools to help you manage your health and wellbeing.

**The SURGERY will be CLOSED Tuesday 17th March from 3.30pm for staff training.**

If you need medical help or assistance whilst the surgery is closed **CALL 111** for life threatening emergencies **CALL 999**

**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**

**Leg Club Venues Open 9.30-12.00**

**Monday**  
St Francis Church, Merridin Close, DT3 6SJ

**Tuesday**  
Westham Methodist Church, 103 Newstead Road, DT4 0AR

**Wednesday**  
Willowbed Hall, Putton Lane, DT3 4AJ

**Thursday**  
The Springfield Centre, 536 Dorchester Road, DT3 5BY

**Friday**  
Wyke Regis Community Centre, 7 Ryemead Lane, DT4 9NS



**Weymouth Leg Clubs**

Leg clubs aim to provide lower limb and leg ulcer management in a social environment.

Members (patients) are treated collectively and the emphasis is on social interaction, participation, empathy and peer support where positive health beliefs are promoted.

This impacts positively on healing and recurrence rates and helps isolated older people reintegrate into their communities.

Leg clubs operate on a drop-in basis, no appointments required. The clubs offer members full expert assessment, leg dressing, advice, social interaction and refreshments.

