

Make May Purple for Stroke

Friday 10th May is Stroke Awareness Day. A Stroke will effect someone every five minutes. When stroke strikes, part of your brain shuts down, and so does a part of you. That's because a stroke happens in the brain, the control centre for who we are and what we can do. Recovery is tough, but with the right specialist support and a ton of courage and determination, the brain can adapt.

Specialist support, research and campaigning are only possible with the courage and determination of the stroke community. Everyone deserves to live the best life they can after stroke.

Wearing Purple in May helps to raise awareness of the Stroke Association.

There is a Stroke Helpline in place for information and support. If you or someone you know has been affected by stroke or you want to know more information on how to reduce your risk of a stroke, please get in touch.

You may want to know more about stroke and its effects, what happens after a stroke, or what help and support is available. You may have questions, or need further information and practical guidance, or simply want someone to talk to. That's where the Stroke Association can help.

Stroke Helpline: 0303 3033 100

Email: helpline@stroke.org.uk

Wear purple this month and help spread the word for **Stroke Awareness**. If you think that you or someone you know is having a stroke, please call 999 immediately.

Scarlet Fever is more common at this time of year. If you or your child shows symptoms contact your GP or NHS 111 straight away. Scarlet fever is a contagious infection that mostly affects young children. It can be treated with antibiotics.

The first signs can be flu-like symptoms, including a high temperature of 38C or above and swollen neck glands, followed a few days later with a pink/red rash which feels like sandpaper and looks like sunburn, starting on the chest and tummy. A white coating also appears on the tongue and the cheeks can be flushed.

If you suspect scarlet fever please remember this is highly contagious, please seek telephone assistance before presenting at the surgery.

Mark Thorne - ECP

We are pleased to welcome Mark Thorne to the team as a Locum Emergency Care Practitioner.

Mark will provide additional support within the clinical teams and is able to deal with acute, on the day problems in patients homes and in surgery under supervision from the doctors.

Get ready for a new arrival!

There is a new website to help guide you through pregnancy, birth and beyond in Dorset

Maternitymattersdorset.nhs.uk

- ◆ Self-refer to maternity services
- ◆ Help decide where to have your baby
- ◆ Find what's available in your local area
- ◆ Dedicated section for dads and partners
- ◆ Free access to the DadPad app

Need help getting online? Call 01305 221048
Superfast Dorset - broadband for our future

**** COMING SOON IN SURGERY ****

You will soon be able to book an appointment at the surgery with a Digital Champion for free **One-to-One help to you get online and gain confidence to use online services**. This service will be available to all patients.

The NHS Friends and Family Test (FFT)

was created to help service providers and commissioners understand whether their patients are happy with the service provided, or indicate where improvements may be needed.

It is a quick and anonymous way to give your views after receiving care or treatment across the NHS.

We would be grateful if you could leave feedback, either by completing a paper feedback form in surgery or in reply to the FFT message sent to your mobile phone after an appointment.

We value your feedback on the service you have received and with your help we will continue to offer you the best service we can.

Patient Participation Group (PPG) News:

The PPG asked whether patients could bring dogs into the surgery, if just picking up a prescription.

Unfortunately we can only allow guide dogs or assistance dogs into the surgery as we are a medical practice.

We have now placed a dog lead hook outside the surgery for you to attach your dog lead to.

The next PPG Meeting will be held on Tuesday 21st May 6.30-8.00pm

When you contact the surgery the doctors would like you to be prepared to give the receptionist a few details. This will ensure we can you help you in the most efficient way. The receptionist may be able to help you with your query, signpost you accordingly, or book you the most appropriate appointment, whether this is a GP, practice nurse, nurse practitioner or other allied professional.

Thank you for your help.

DIARY DATES

Monday 6th May
May Bank Holiday
CLOSED

Tuesday 7th May
We will close at
3.30pm for Staff Training

Tuesday 21st May
Patient Participation
Group Meeting
6.30pm-8pm

Monday 27th May
Bank Holiday
CLOSED

Weymouth Urgent Care Centre

Weymouth Hospital
Open every day
8am-8pm

(last patient to arrive before 7.30pm)

Clinicians on hand to deal with minor ailments and injuries, including broken bones, cuts, sprains, burns, bites and wound infections.

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

Tel: 01305 762541

For medical emergencies call 999
For medical advice call 111

Would you like an evening or weekend routine GP or nurse appointment?

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

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