

PRESTON SURGERY CLOSED DUE TO FLOOD.

Preston Surgery will be closed until further notice whilst repair works are carried out. All appointments will be held at Royal Crescent Surgery.

This will mean Royal Crescent Surgery will be busier than usual and parking is limited. Please allow extra time for your journey and use public transport if possible.

Please consider whether a Telephone Consultation may be more appropriate or complete an E-Consult via our website.

We apologise for any inconvenience and thank you for your co-operation and understanding at this time.

Preston Surgery Newsletter September 2019

Tel: 01305 832203

www.prestonroadsurgery.co.uk

Email: preston.receptionist@dorsetgp.nhs.uk

Know your Numbers! is Blood Pressure UK's September Campaign which raises awareness of the risks of high blood pressure. **Blood Pressure UK** is dedicated to lowering the nation's blood pressure. Their vision is that everyone will know their blood pressure numbers, in the same way that they know their height or weight, and take steps to keep them healthy both now and in the future

What the numbers mean - Your blood pressure numbers show how hard your blood is pushing against the sides of your blood vessels (arteries) as it travels round your body.

When you have your blood pressure measured it is written like this: 120/80mmHg, which is said '120 over 80'. The first number is the systolic pressure, when your heart pushes blood around your body. The second is the diastolic pressure, when your heart relaxes. Blood pressure usually ranges between 90 to 120 for the top or maximum number (systolic) and 60 to 80 for the bottom or minimum number (diastolic).

A healthy blood pressure is 120/80 or less, but the lower you can get it, the better. 140/90mmHg is the level used to diagnose high blood pressure for everyone, whatever your age. It is important to remember that high blood pressure is never diagnosed after just one reading, but only when blood pressure levels are consistently at or greater than 140/90mmHg. If this is the case, it will need to be lowered.

You can use our self-test machine at the surgery, or you can book an appointment with a Healthcare Assistant.

Don't forget to record your readings and pass them to reception to be added to your patient records!

Visit www.bloodpressureuk.org for further information.

IMPORTANT INFORMATION ON FLU VACCINATION'S

This year there will be 2 different flu vaccines for adults.

Due to availability of the vaccine, our Flu Clinics will be staggered throughout **September, October and November** to ensure everyone has the most effective vaccine for them.

Flu Invitation letters will be sent at the beginning of September and will explain what options are available for you.

It is very important you read this letter carefully to ensure you understand what your options are.

Social Support and Befriending - Age UK

Would you like to get out a bit more, try new things or have a bit of company?

Hilary and Jonathan from Age UK can help you find out what activities are going on in your area, and even go along with you to a new activity for the first couple of times until you feel more confident.

If you find leaving the house difficult they can help to find a volunteer to visit you for a cup of tea and a chat. They can also help you access all of the other Age UK services as well as signpost you to agencies that can help you with things like care, housing and home safety.

Need quick advice from a GP, but not necessarily a face to face appointment? Maybe you just need some reassurance?

Why not try our **new e-consult service?**

Visit our website and click the e-consult link.



This service allows patients to consult with their GP electronically, and offers alternatives to calling or coming into the surgery for common, more minor problems.

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. You will complete an online questionnaire related to your problem or condition.

For completed questionnaires received before midnight you will receive feedback from the surgery before the end of the next working day. If your GP thinks you should be seen we will book an appointment for you. Please visit our website for further details.

DIARY DATES

**THE SURGERY WILL BE
CLOSED FOR STAFF TRAINING
FROM 3PM ON WEDNESDAY 25TH
SEPTEMBER**

Extended Hours

Would you like an early morning or evening appointment? or perhaps a Saturday appointment?

Appointments are now available here at the surgery and at Weymouth Hospital outside of normal GP hours. There are a variety of GP, Nurse and Phlebotomist appointments available.

Please ask a receptionist what appointments are available if you would like to be seen outside of normal surgery hours.