

Patient Participation Group Newsletter

Prince of Wales Surgery

Winter 2019



Welcome to the PPG newsletter

Copies of the minutes from the PPG meetings can be found on the practice website. If you would prefer to receive a copy of this newsletter by email please let us now.

WWW.PRINCEOFWALESSURGERY.CO.UK

The Patient Participation Group is your voice in the practice

If you wish to comment or give your thoughts to the PPG the email addresses of the Chairman and Secretary are in the side bar.

Staying Well over the Winter Months

The focus of this newsletter is about keeping well over the next few months as we head towards spring and warmer weather. The first 3 months of the year can often be the harshest but there are things we can do to keep safe and well.

As the NHS comes under increased strain during this time it is important that we all try to take responsibility for ourselves as much as possible freeing up the health services for those who are in greatest need.

The surgery has encouraged those of you who met the criteria to have flu vaccinations during autumn, so we hope that the incidence of flu in our community will be reduced this year.

Please give the Practice your mobile number and your permission to send you text reminders so if you no longer require an appointment you can easily cancel it. They can also send you recall invitations instead of by post.

KEY MEMBERS OF THE PPG

Chairman

Peter Hazelton

Email:

boxdragon54@gmail.com

Secretary

John Weir

Email:

mrjohnweir23@gmail.com

MEET THE DOCTORS

I am Dr Johnny Robertson, and have been a partner at the surgery since May 2016.



I trained at St Georges Hospital Medical School in London qualifying in 1999, I spent 3 years a respiratory registrar before training as a GP in Bristol in 2005 where I remained as a partner until moving to Dorchester in 2016.

My wife is a hospital consultant at DCH and I have 3 children.

I've really enjoyed my time in Dorchester working with a fantastic team in our lovely building here in Poundbury.

As a GP I'm interested in all areas of medicine but have a particular interest in respiratory problems

EXTENDED HOURS

Those of you who work may find that you can not always access appointments that suit you. Whilst our practice does have extended opening on a Tuesday these tend to get quite busy.

There are new services that are now open at the week-end where you are able to book in to see a GP or a nurse. These may not be from the Prince of Wales Surgery but they will be from local practices within Dorchester.

Appointments can be made by asking reception who can book them for you, or if it is out of hours by calling NHS111 who can also book them, but they may have some restrictions.

The consultations take place at Dorset County Hospital in the Orthopaedic Outpatients South Entrance 1

CERVICAL SMEARS AT WEEKENDS

For women who are working and require a smear there are now services at Bridport Community Hospital on a Sunday morning. Again please ask the receptionist about these as they are not every week but they will be able to book them if available.

PAGETS DISEASE AWARENESS DAY— 11TH JANUARY 2019

Throughout life, normal bone repairs and renews as necessary and the amount of bone replaced is equal to that lost.

In Pagets Disease this process is disrupted and can lead to fragile and misshapen bones.

www.paget.org.uk

CHOOSE THE RIGHT SERVICES THIS WINTER



Pharmacy

Pharmacists can advise you on how to treat a range of common conditions. There are over 150 pharmacies in Dorset.



NHS 111

For help and advice, call 111 and you will speak to a trained advisor who can direct you to the most appropriate care – 24 hours a day, seven days a week. They can also make you an appointment with a local GP service if you need it.



Urgent Care

Your local Minor Injuries Unit (MIU) or Urgent Treatment Centre (UTC) can help with a range of things e.g. broken bones, sprains, minor burns and chest injuries – anything that may need urgent care but isn't life threatening.



Emergency Care

999 or Emergency Departments (or A&E) should only be used in a life threatening situation. There are three Emergency Departments in Dorset – Dorchester, Poole and Bournemouth.

Find out more information at www.staywelldorset.nhs.uk

BEING PREPARED AND STAYING WELL

Keeping your cupboard stocked.

Try to have a supply of the following.

Paracetamol /Ibuprofen

Cough medicine

Cold remedies

There is much you can do to help yourself should you get a cold or flu. If the conditions are not safe to go out, it is better to be prepared. Also consider a few food staples, such as milk, bread, etc so that you won't need to make unnecessary journeys.

Looking after those less able

During the winter months keep an eye on neighbours and family who may be vulnerable and at greater risk. This can be as simple as checking up on them or asking if you can get shopping for them if you are going to the shops. Broken bones in frail or elderly patients that require a stay in hospital can be very debilitating and prevent them from regaining their independence.

MAKING THE MOST OF YOUR APPOINTMENT

Arrive a few minutes before your appointment and if you are able to please use the automatic check-in as this will save you waiting in a queue

Don't leave the most important problem until last, the GP has a limited time with you, help them to help you. Write down your concerns before you come.

If you no longer need an appointment please contact the surgery to cancel it so it may be used by another patient