

THE OLD DISPENSARY



WINTER NEWSLETTER 2021

Welcome to this issue of our practice newsletter. The newsletter is to provide patients with any news, information or forthcoming events. If you have any suggestions for items to include in any future newsletters please email us at od.reception@dorset.nhs.uk or speak to a member of staff.

We're Open and We're Here for YOU!!!

The Practice has remained open throughout the pandemic and patients are being offered both Telephone consultations and if necessary face-to-face appointments.

During these unprecedented times our absolute aim here at the surgery is to keep our patients and our staff safe. We are now becoming busier and we thank everyone for their patience and understanding during this time.



Please do not contact the surgery or the hospital to seek a vaccine, we will contact you in the order that the NHS has instructed us to, you may receive an invite from us via phone or text message. All appointments booked via the surgery will be at St Leonard's Hospital, Ringwood Road, BH24 2RR. You may also receive a letter directly from the NHS which will allow you to book your vaccination at one of the local vaccination centres i.e. BIC, Bournemouth.

Coronavirus (COVID 19) – Please be very careful and follow the guidance from the Government on what you need to do to help save lives and try to keep safe:

www.gov.uk/coronavirus

DO NOT come to the Practice without calling first.

All calls are triaged by GPs.

If a GP needs to see you, they will tell you.

Even if a GP asks you to come to the Practice – do not come if you develop a new continuous cough, high temperature or loss of taste/smell – stay at home and call NHS 111.

If you have symptoms follow this link for up to date information and what to do next:

www.nhs.uk/conditions/coronavirus-covid-19/

NHS 111 has an online Coronavirus service that can tell you if you need medical help and advise you what to do: <https://111.nhs.uk/covid-19>

To avoid face-to-face contact whenever possible and help stop the spread of COVID-19, you can contact us by telephone, email or eConsult (online consultations with the Practice) through our website: www.theolddispensary.co.uk

The Practice is required to take all appropriate measures to protect our patients and ensure that we can continue to deliver our healthcare services to our patients safely.

Flu Vaccine

24/11/2020 - Further to the Government's announcement that the flu vaccine will be available for all 50-64 year olds we would ask that all registered patients aged between 50 and 64 who would like to have the free flu vaccine please contact one of the local pharmacies as we have now exhausted our supplies at the surgery - many thanks.

SOCIAL PRESCRIBING SERVICE

Need some Support? Not sure where to go?

When daily life gets in the way of improving your health, we can help you tackle your problems and feel better.

How can a Social Prescriber help me?

We can link you up with services in the community that can provide you with:

- Support to make positive changes in your life
- Someone to talk to about how you are feeling
- Help with housing, benefits and financial problems
- Advice on jobs, training and education
- Exercise, and sports
- Arts, music, outdoors and creative activities and classes

How might my health improve?

Some of the health benefits can include:

- Lower stress and anxiety
- Reduced isolation or loneliness
- More motivation and energy
- Improved mood
- More confidence
- Reduced pain
- Fewer symptoms
- A more active mind

If you think this service may help you or someone you care for, please contact our Receptionist on 01202 880786 to book a telephone appointment.