



NEWSLETTER

AUTUMN/WINTER 2018

September 2018

FLU VACCINATIONS

SATURDAY CLINICS BOOKING NOW

FLU VACCINATIONS

If you are aged 65 or over or suffer from a chronic condition such as asthma, diabetes, kidney disease or coronary heart disease or if you have a weak immune system (HIV/cancer treatment) you are strongly advised to have a flu vaccination. You may also be eligible if you are a full-time carer for a relative or are in receipt of a carer's allowance.

SHINGLES VACCINATION

You are eligible if you are born after 2/9/42, aged 70-75, 78 or 79 at the time of vaccination. You are not eligible if you are aged 80 or have previously been vaccinated. We normally administer this at the same time as your flu vaccination but it can be given at any time and is a one-off vaccine. Other age groups will be introduced in the future to ensure all people aged 70-79 are offered the vaccine. We are not permitted to vaccinate patients outside the current cohort due to limited supply of the vaccine.

CHILDHOOD FLU VACCINATIONS

Children who are aged 2 and 3 years old on the 31 August are invited to have a flu vaccine. This vaccine will be available from October. The vaccine will be administered by nasal spray. Children aged 4—9 years will be vaccinated in school.

PRESCRIPTION REQUESTS

Please ensure you allow 48 hours from request to collection of your prescription. This also applies to requests sent electronically to your chosen pharmacy. Thank you.

PATIENT SURVEY RESULTS

Thank you to all our patients who completed either the latest national GP Patient Survey gp-patient.co.uk or our recent practice survey (results on our website www.queensavenue.co.uk). 99% of our patients describe their overall experience of this practice as good compared to 89% locally and 84% nationally. We are delighted that patients feel so positive about their experience of the practice and recognise the hardwork and dedication of our GPs and staff.

STUDENT HEALTH APP

Going to University?

Download the free

Student Health App from the App Store or Google Play. This app provides useful and reliable health information for students and can be customized to add links to local student health and well-being support. Going to university can be a challenging time and student mental health problems are on the rise. If you're a student with a physical or mental health problem and are not sure what to do next, open the app to:

- Reduce your worries—learn when it's safe to manage self-treatable health problems.
- Feel more confident—find out how to spot warning signs and know when to seek medical advice.
- Know where to go—become more confident in navigating the NHS and get the support you need.

TEAM EVENTS

The GPs and staff continue with their running club, have started yoga and have also entered various events to keep them fit and motivated.

Why not join an activity club? Research shows that physical activity has great health benefits.

Tough Mudder

A team from the surgery completed the Tough Mudder challenge in August for the 3rd year running.



Dorchester Half Marathon

In May four of our doctors, Dr Ling, Dr Lewis, Dr Glover and Dr Stubbs along with Debbie Hewitt and Jodie Chainey completed the 2nd Dorchester Half Marathon.



WELCOME

Welcome to Dr Khin Hlaing who will be with us until February 2019 as our GP Registrar and Helen Harding who will be joining our reception team in September.

HOME LIBRARY SERVICE

Do you know someone who loves reading but is unable to get to their local library?

They may be entitled to use the Home Library Service, which can organise the delivery of library books to their home by volunteers for free.

For more details contact The Royal Voluntary Service on 01305 236666, email dorsetwiltshirehub@royalvoluntaryservice.org.uk or visit www.dorsetforyou.com/libraries

NEW BIKE STANDS

We will be placing new Sheffield Bike Stands in our bike shed at the rear of the car park and to the front of the surgery to replace the existing bike stands. Please feel free to use our bike shed.

PICNIC IN THE PARK

8 September

Free health and well being community event

Relax in the Borough Gardens with a picnic, music and fun for all ages. There will be a chance to join in with children and adult taster sessions such as zumba, woodland crafts, smoothie making, art activities and much more.

This is a dementia friendly event and is free and is being delivered by Stepping into Nature, Dorchester Town Council, Dorset Clinical Commissioning Group and Live Well Dorset.

For more information email stepin2nature@dorsetcc.gov.uk or call Emma on 01305 266861