

The Pink Tablet



THE OFFICIAL HARVEY PRACTICE NEWSLETTER - Winter ISSUE 2016



Broadstone: 01202 697307

Merley: 01202 841288

Electronic Prescription Service (EPS)



The Practice now offers EPS to patients. This means that when you request a repeat prescription from us, you no longer have to come and collect the paper prescription from the surgery, it will be sent electronically to the pharmacy of your choice (close to home or work.)

The service is suitable for you if you have a stable condition and you do not want to come to the surgery every time to collect your repeat prescription and wish to collect your medications from the same pharmacy. Certain medications are currently not able to be sent electronically and so unfortunately if one of your repeat medications is one of these you will not be able to use the system.

You will still need to put in requests for your medication in the same way you are doing currently. There are several ways to do this; you can arrange with your chosen pharmacy for them to request your medications on your behalf, you can put your request in the box in the foyer of the surgery or you can sign up to our online system by coming into reception with one piece of photographic ID and subsequently will be able to request your medications via our website.

It is the responsibility of the individual patient to change the nominated pharmacy on their records if they move or decide they no longer wish to use a particular pharmacy.

Patient Contact



This is a reminder for patients to ensure your contact details are kept up to date. This is to ensure that in case of an emergency the surgery has the correct information for you.

If you need to update your contact details such as, telephone number, address or email, please contact reception and advise them of the amendments.

Research Active Practice

The Harvey Practice is a research active Practice who conduct high quality clinical research to help improve NHS care.

You may be asked to take part in a clinical research study; participating in this is voluntary and can be a rewarding experience.

Please contact our Practice Manager to enquire about clinical studies suitable for you.

Take Control and get Healthy in 2016:

1/3 of deaths in England occur early and 3/4 of these are due to Cancer, Cardiovascular Disease (heart disease and stroke), lung disease and liver disease. All these conditions are associated with lifestyle or health behaviours. In other words **you** can make a difference by adjusting your lifestyle. Here's how!



1) GET ACTIVE

People who are physically active reduce their risk of developing long-term diseases by up to 50%, and their risk of dying early by 20-30%.

Why is exercise so good?

- Lowers blood pressure and resting heart rate, reducing risk of heart disease and stroke
- Helps the heart and cardiovascular system become stronger and healthier
- Lowers bad cholesterol
- Helps prevent osteoporosis by increasing bone mineral density
- Improves balance helping to reduce risk of falls
- Improves flexibility and range of movement
- Helps treat pain caused by osteoarthritis
- Reduces the risk of developing cancer
- Helps control insulin production and so is effective in helping with diabetes
- Reduces body fat and helps with weight management
- Increases muscle tone and lean mass
- Is effective in lifting mood, relieving stress and giving more energy

To stay healthy or to improve health, adults need to do two types of physical activity each week: **aerobic and strength exercises**.

Adults should do:

- At least 150 minutes of moderate aerobic activity such as cycling or fast walking every week, **and** strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

or

- 75 minutes of vigorous aerobic activity, such as running or a game of singles tennis every week, **and**
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

or

- A mix of moderate and vigorous aerobic activity every week. For example, two 30-minute runs plus 30 minutes of fast walking equates to 150 minutes of moderate aerobic activity, **and**
- strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).
- Older adults at risk of falls, such as people with weak legs, poor balance and some medical conditions, should do exercises to improve balance and co-ordination on at least two days a week. Examples include yoga, tai chi and dancing

There are lots of options indoors or out in lovely Dorset: check any of the following websites for advice/information:

<http://www.nhs.uk/livewell/> There is help available for ALL ages

Dorsetforyou.com/sport-and-leisure

<http://www.nhs.uk/Change4Life/Pages/local-change-for-life-activities.aspx>

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By meeting the recommended levels of physical activity, risk of heart disease, stroke and type 2 diabetes is reduced by up to 50%.

2) LOSE WEIGHT

Being overweight or obese increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, obstructive sleep apnoea, certain types of cancer, depression and osteoarthritis.

How to start?- Self refer to LiveWell

Call: 0800 8401628 / 01305 233105

Email: queries@livewelldorset.co.uk

Text for a call back: Text Livewell + message to 66644

Livewell will work with you to help you lose weight and sustain that weight loss. They assess your BMI and recommend what interventions might work best for you for losing weight. The Healthy Choices programme is one part of this programme which provides individuals with a free 12 week course at Slimming World / Weight Watchers. What type of programme is best is determined and there is access to one of the Wellbeing Coaches to support you along the way.

3) STOP SMOKING



Smoking is the single most preventable cause of death in the UK. The health implications of smoking are far reaching. Tobacco smoke is linked to many diseases in nearly every part of the human body.

To get free help and support with quitting, give LiveWell Dorset a call today on **0800 8401628**. You can have support from a trained smoking cessation advisor who will work with you over several weeks. The Harvey Practice is looking to host this service within the practice in the near future if possible.

LiveWell also offer medication to help you overcome the cravings to smoke. Live Well Dorset advisors, helping you to stay smoke free in the future, can also arrange long-term support. Sometimes it takes a while for people to quit for good.

4) REDUCE ALCOHOL INTAKE

Guidance regarding recommended maximal weekly alcohol intake has changed because of recent evidence regarding alcohol consumption and risk of cancers: Here is the new guidance:

To reduce the risk of harming your health if you drink most weeks:

Men and women are advised not to regularly drink more than 14 units a week.

Spread your drinking over three days or more if you drink as much as 14 units a week.

Fourteen units is equivalent to six pints of average strength beer or 10 small glasses of low strength wine.

More information available on "NHS Choices" at :

<http://www.nhs.uk/Change4Life/Pages/alcohol-health-harms.aspx>

If you think you have an alcohol problem you can contact SMART (**01202 735777**) for help: The Substance Misuse Assessment & Referral Team is a single point of entry for adults in Poole to all services for people with drug and alcohol problems.

Dr S Lawrence

OPENING HOURS

Broadstone

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|-----------|------------------|
| Monday | 8:00am – 8:00pm* |
| Tuesday | 8:00am – 8:00pm* |
| Wednesday | 8:00am – 6:30pm |
| Thursday | 8:00am – 6:30pm |
| Friday | 8:00am – 6:30pm |



* these hours are not always available and patients should please refer to reception on 01202 697307.

Merley

| | |
|-----------|------------------|
| Monday | 8:00am – 8:00pm* |
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| Wednesday | 8:00am – 6:00pm |
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* these hours are not always available and patients should please refer to reception on 01202 841288.

Staff

Welcome :

We would like to welcome Linda Lewis who has joined our Reception Team at Merley. She is excited to start her position in the Practice and we look forward to welcoming her to the team.

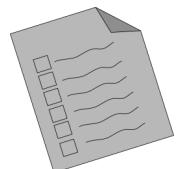
Lauren Griffee- Apprentice :

Lauren will have been working with us for a year in May on her Apprenticeship Scheme (NVQ Level 2 Business Administration). Lauren has really enjoyed working with The Harvey Practice and our team and has learnt a lot working within the NHS. Lauren wishes to continue to work within the NHS, and would like to be considered for a permanent position within our Practice. We very much hope to be able to offer Lauren a full time position here at The Harvey Practice.



Friends and Family

How likely are you to recommend us to your Friends and Family, please visit www.leavemyfeedback.com/4580 to cast your vote.



Why not visit our website for all up to date surgery information:
www.theharveypractice.co.uk