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VACCINATION SEASON

This Autumn the Practice is offering Covid and Flu vaccinations to eligible patients and the Government has asked that they are given at the same appointment.

The clinics will be held in The Exchange, Sturminster Newton on the following dates:

- Saturday 5th October
- Saturday 12th October
- Saturday 19th October

Please aim to arrive close to your appointment time, as this will assist with a smooth flow through the clinic, reducing waiting times for everyone. Also, if possible try to travel with another person and park in the Station Road Car Park, to reduce the impact on the town as much as possible.

Eligible patients have been offered an appointment, but if you think you are eligible and haven't heard about an appointment, then contact the Practice after 11.00.

The Practice will offer a flu vaccine for children 2-3 years old and Dorset Health Care will continue to offer the Covid vaccine for children under 18 years old. Dorset Health Care will also provide vaccinations to those that are housebound or in a Care Home.

This year, the RSV vaccine (respiratory syncytial virus) will be offered to eligible patients - those who turn 75 and those between 75 and 79.

RSV is an infectious disease of the airways and lungs and often causes symptoms similar to a cold. There is no need to contact the practice to book, they will contact you when the vaccine is available and when there are clinics to deliver this. You can find out more about the symptoms of RSV and who is eligible, on the [NHS site](#).

STAY WELL DORSET

A new website has been launched to provide a one-stop shop for people so they can find any and all answers about their health or social care needs all in one place, without having to go between lots of different sites. The idea is to signpost people to the right place, from the correct provider, no matter who is providing the service.

A further objective is about prevention and the homepage provides links to a lot of tools from around the internet with this in mind. For example, you can find your nearest defibrillator, check your heart age etc. In short it's a resource which allows people to self-inform, all available in one place.

To find out more - [Stay well Dorset](#)

CHANGES TO KLINIK

The Practice has been using Klinik for several years as an online consultation tool to provide increased choice and flexibility for patients in how they access care. The majority of patients now use the system and most find it more convenient. This has meant that for those who choose to contact the Practice by telephone, the waiting time has reduced considerably.

From November 1st, the Practice will be switching from Klinik to Systemconnect, which as far as patients are concerned, looks and works in a very similar way, but there are added benefits. Klinik does not automatically link with patient records, therefore information has to be manually transferred across. Systemconnect is linked to the patient records system which is a better and safer solution for the Practice. For patients, when you log on through the Practice website or NHS app, your information is pre populated in the form, which speeds up the process. The acknowledgement of your submission and response times, depending on the nature of your enquiry, will remain the same.

The graphic features the text 'Contact us online' in green, followed by 'Get help from your GP with Klinik! You can submit any medical query, including an appointment request.' Below this is a purple button with 'START HERE' in white. At the bottom, there are logos for 'KLINIK ACCESS' and 'NHS', and the 'systemconnect powered by systemone' logo.

HIGH BLOOD PRESSURE?

1 in 3 people in the UK have high blood pressure and every day, 350 people in the UK have a stroke or heart attack, that could have been prevented.

This means checking your blood pressure could save your life.

Many people are unaware that they have high blood pressure, which rarely has noticeable symptoms. But if untreated, it increases your risk of serious problems such as heart attacks and strokes. The only way to find out if your blood pressure (also called hypertension) is high is to have your blood pressure checked. The good news is that high blood pressure can be prevented and treated. That's why it's really important to get yours tested!

If you don't have access to your own machine, they are available for you to check yourself in some pharmacies and in both the Abbey View and Sturminster Newton Medical Centres.

Once you have checked your blood pressure, you can find out what the results might mean for you by using the NHS blood pressure checker. [NHS Check your blood pressure tool](#)

YEOVIL HOSPITAL BLOOD TESTS

Following a change by NHS Dorset to the courier service, the Practice is no longer able to take blood samples requested by Yeovil District Hospital. Patients requiring blood tests requested by the hospital, will need to have them taken there. Apologies for any inconvenience caused.

PPG MEETING

We hope to hold a face to face PPG Meeting in Sturminster Newton towards the end of October - more details in the next Newsletter.