



PPG Meeting, Shaftesbury May 23rd @ 19.00

We look forward to welcoming you to the PPG meeting in Shaftesbury at which Dr Simone Yule, Senior Partner will be talking about Self Care and Pharmacy First and ways that patients can ensure they receive the right care, in the right place, at the right time.

We'll be hearing about Health Champions in the Practice, who amongst other things support patients to take a more active role in their health.

Sara Froud, Managing Partner will update us on the latest news from the Practice and we'll be reflecting on some of the results from the recent Patient Survey, carried out by the PPG.

There will be plenty of time for questions and discussion.

If you would like to attend, please let us know by replying to this email by Friday April 12th.

The location will either be Abbey View Medical Centre, or the Guildhall in town, depending on how many people plan to attend, so it would be really helpful if you could let us know.

ParentLine

Need confidential advice to support a young person? Parents and carers of 5–19-year-olds in Dorset can access support via ParentLine, a confidential text messaging service.

Run by Dorset HealthCare's School Nursing team, the service supports parents and carers needing advice or guidance about mental health, as well as a range of other issues like sleep, behaviour, healthy eating, bullying and exam stress.

Just text 07312 263131 and a member of the team will respond.

The service runs from 9am - 4pm, Monday to Friday (except bank holidays and school holidays).

Dentistry in Dorset

In February 2024 NHS England launched a national plan for NHS dentistry services in England. Here in Dorset, we recognise that things need to improve and welcome the plan which aims to give better access to dental services, setting out the steps to make accessing dental care easier and faster, including:

- £200m of new national funding from the Government
- Creation of up to 2.5 million more appointments nationally
- Up to 1.5 million more treatments in NHS dentistry

In the plan there are three main areas of focus:

- Improving Access
- Growing and supporting the workforce
- Supporting prevention

Services throughout the county have been under pressure for some time despite teams working hard to meet the rising demand, and while we have seen some improvements in access, more needs to be done to ensure that everyone who needs to see a dentist, can do so.

In Dorset we are:

- Planning improved dental access in underserved areas. This includes improving access to urgent and stabilisation programmes
- Improving access for people who have not been to a dentist in two or more years
- Encouraging dentists to work in areas which historically have been difficult to recruit to
- Increasing the minimum unit of dental activity (UDA) value from the £23 to £28 from April 2024
- Dorset has been named one of a handful of areas in England who will be part of a national programme to introduce a dental bus.

As plans develop, we will ensure updates are published on our website www.nhsdorset.nhs.uk when they are available.

Swap 2 Stop initiative in Dorset

Public Health Dorset is launching a new Swap 2 Stop offer to support residents to quit smoking and improve public health across the county.

The Swap 2 Stop scheme, part of a government funded programme, encourages adults who smoke to switch from smoking to vaping, which is much less harmful to health.

LiveWell Dorset will deliver the programme by [offering smokers a voucher for a free vape starter kit](#) from a trusted supplier.

Smoking remains the single biggest cause of preventable death in the UK; it kills up to two out of three long-term users and around 64,000 people each year. While nicotine is the addictive substance in cigarettes, almost all of the harm from smoking comes from the toxic chemicals in tobacco smoke, the vast majority of which are not present in vapes.

People who do switch should eventually look to quit vaping too once they're sure they won't return to smoking, which we know poses a far greater risk to health.

You can get advice on this from [NHS Better Health](#), your pharmacist or [LiveWell Dorset](#).

Vaping is much safer than continuing to smoke. See the full article here: [Smokers encouraged to Swap 2 Stop on No Smoking Day - Public Health Dorset - Dorset Council](#)

Paediatric Vaccinations

Childhood infections like measles and whooping cough are rising, with outbreaks across the country. Such infections can have a huge impact on your child's life. They can miss out on school due to time spent unwell, be hospitalised, and even experience life-long complications and disability.

If your child isn't vaccinated, they're not protected. In Dorset, clinicians are asking parents and carers to check their children's vaccinations are up to date and if not, to contact their GP Practice.

Vaccinations have ensured the UK has been declared free of diseases such as polio, with others, like diphtheria, almost fully controlled. However, in recent years we have seen a trend of lower vaccine uptake, and this has been exacerbated by the pandemic. The UK's childhood vaccination programme prevents around 5,000 deaths, and over 100,000 hospital admissions, each year in England.

All childhood vaccinations offered by the NHS have been used in millions of children worldwide and have an excellent safety record. All medicines can cause side effects, but all health authorities around the world agree that immunisation is the safest way to protect our children's health.

Please visit www.nhs.uk/childhoodvaccinations for more information and how to book.

Op RESTORE: The Veterans Physical Health and Wellbeing Service

The Veterans Trauma Network (VTN) is now called Op RESTORE: The Veterans Physical Health and Wellbeing Service.

Whilst there are some things that the NHS will not be able to restore in full, it aims to support veterans to restore their health and quality of life as much as possible.

Op RESTORE uses a network of both civilian and military consultants, along with welfare support from military charities, to support a veteran's health using a holistic approach. Whilst Op RESTORE cannot shorten NHS waiting times, it seeks to ensure the veteran 'waits well' and is seen by the most appropriate clinician for their needs.

The new name has been developed by engagement with veterans who wanted something that was meaningful and relevant.

Op RESTORE supports veterans with service attributable physical health conditions, regardless of how long they served for and when they left the Armed Forces

Op RESTORE is accessed via GP referral. GPs can obtain a referral form [by email](#).

Op RESTORE works with charities to provide a holistic service

Eligibility

To access this service you must:

Have one day of service in the UK Armed Forces

Be living in England

Be registered with a GP in England

Have a physical illness or injury linked to your military Service.

[Op RESTORE: The Veterans Physical Health and Wellbeing Service](#)

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