



### **PPG Meeting, Shaftesbury May 23<sup>rd</sup> @ 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.

The meeting is taking place at the Town Hall in Shaftesbury. SP7 8JE. Parking in the nearby Bell Street Car Park is free after 18.00.

We'd very much like to see you there!

### **PPG Secretary**

Wendy Benton who has looked after our PPG mailing brilliantly for ten years, has decided to step down. Our sincere and grateful thanks to her for all she has done for the PPG in that time.

However, this means we have a vacancy on the Steering Group and if any PPG Member has some computer skills and is prepared to look after the database and send out monthly emails, then please contact us for a chat. [bvpppg@gmail.com](mailto:bvpppg@gmail.com)

### **Parkinson's Support**

If you, or someone you love or care for are living with Parkinson's, come along for support, a hot drink and a chat!

Starting Mon 13th May 10.30 – 12.30 and then the first Monday of the month @ 10.30

Sturminster Christian Fellowship Building

1 The Row, Sturminster Newton, DT10 1AX

### **Practice Facts**

Some interesting statistics from the Practice.

In the month of February this year, there were –

17000 Patient contacts

7688 Telephone calls with an average waiting time of 4 minutes.

7326 Klinik requests

9450 Lab results (blood tests etc)

17000 Patient contacts.

### **Wellness Events**

**FREE EVENT**

**SHAFTESBURY WELLNESS 2024**

Outdoor Wellbeing on Castle Hill

Every Saturday in May  
10:30 Qi Gong

1st, 8th, 15th and 22nd June  
09:30 Jazzercise

29th June, 6th, 13th and 20th July  
9:30 Fun Fitness  
10:30 Yoga

Launching on 27th April with  
Qi Gong, Jazzercise and Yoga

Finale on 27th July with all four practices

Book your FREE ticket:  
[theyogawithin.co.uk/shaftesburywellness](http://theyogawithin.co.uk/shaftesburywellness)  
or scan the QR code



## High Blood Pressure

Did you know that high blood pressure usually has no symptoms? You could be one of millions living with high blood pressure without knowing it.

Left untreated, high blood pressure can significantly increase your risk of a fatal heart attack, stroke, kidney disease or vascular dementia.

The only way to know if you have high blood pressure is to get a blood pressure test. Your pharmacy offers free blood pressure checks, without needing to book.

## Menopause Peer Support Group

Whether you are approaching Menopause, Peri-Menopause, Menopausal or Post-Menopausal, the exceptionally popular Menopause Peer Support Group is here for your support.

Come along and join, no need to book.

Abbey View Medical Centre Shaftesbury – every 2<sup>nd</sup> Friday of the month 17.30 – 19.00.

Sturminster Newton Medical Centre – every 4<sup>th</sup> Wednesday of the month 17.30 – 19.00

For more information email-

[Menopausehelp.dorset@outlook.com](mailto:Menopausehelp.dorset@outlook.com)

## A message to all Veterans out there...

Please let the Practice know you are a Veteran by registering with them. They can then add you to their Veteran's register where you can find out more about extra support specifically for ex-military personnel.

A Veteran is anyone who has served 1 day or more in the Armed Forces and can be any age, gender, sexuality, ethnicity or nationality.

There are 1.74 million Veterans in England, and there are many residing here in North Dorset. If you let the Practice know you are a Veteran, they can support you to access the appropriate care, have a better patient experience with improved outcomes.

To do this please speak to the Social Prescribing Team on 01747 856786 or email [bvpwellbeing@dorsetgp.nhs.net](mailto:bvpwellbeing@dorsetgp.nhs.net) or simply fill in an online Klinik form, selecting the Wellbeing Team.

**PPG Contact – [bvpppg@gmail.com](mailto:bvpppg@gmail.com)**

## Walking for Health

Our health walks are free and friendly offering you the perfect opportunity to help you get active and meet new people.

The walks are suitable for all levels of ability from those who use walking aids, those with babies in pushchairs, accompanied children, through to confident ramblers and more!

If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like. Walks take place whatever the weather.

Dogs are generally welcome but must be kept on a lead unless the walk leader advises otherwise.

**Sturminster Newton Medical Centre**

Monday 14.00 -15.00

**Shaftesbury** walks Every Wednesday

*Starter walk* (suitable for beginners or those with walking aids, this walk is on level ground at a slower pace) meet at 10:30am at the Town Hall.

*Stroller walk* (suitable for those who have a reasonable level of fitness and do not need a level ground walk) meet at 10:30am at Tesco arch.

*Strider walk* (Suitable for those who are confident walkers, there are styles etc on this type of walk) meet at 10:30am at Barton Hill free car park.

**Marnhull Ramblers & Short Walkers** organise regular events to help promote good health whilst enjoying the natural beauty right on your door step.

Walks are advertised on the Practice Website.

<https://www.blackmorevalesurgery.co.uk/health-wellbeing/walking-for-health/>

## Covid Vaccinations

If you were unable to take up an appointment last month at the Exchange, where 2300 people were vaccinated, you can book with the NHS national booking system for Spring Covid-19 vaccinations Those eligible are

- people at increased risk from severe illness
- those aged 75 or over on 30 June 2024,
- people with a weakened immune system
- those who live in an older adult care home.

Spring vaccinations will be available until 30 June 2024. Telephone 119 or [COVID-19 vaccination appointments - NHS \(www.nhs.uk\)](https://www.nhs.uk/covid-19/vaccination-appointments)