



The
**Blackmore Vale
Partnership**
The heart of the community

PATIENT PARTICIPATION GROUP NEWSLETTER

JANUARY 2025

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MANAGING YOUR HEALTH THIS WINTER

People living in and around Dorset, are being asked to use www.staywelldorset.nhs.uk as their first port of call if they need any information about how to stay healthy over the coming months.

There's a wide range of information including –

- where and when vaccinations are available
- where to find the most appropriate treatment if someone becomes ill
- support available for those who are leaving hospital
- healthy living including blood pressure and the importance of staying hydrated
- how to access voluntary sector support
- mental health support in Dorset and how to access it.

This work has been led by local NHS and council teams working together with voluntary sector representatives, recognising that often winter messages can be confusing or spread across several websites, meaning it is sometimes difficult for people to find the information they need quickly. Visit www.staywelldorset.nhs.uk to find out about health and care in Dorset.

The [Our Dorset health app library](#) has a selection of tools to help you manage your health concerns which are common for this time for year.

If you would like free coaching, support or advice to help you live well in Dorset, please visit [LiveWell Dorset](#).

“2025 is my year”

LiveWellDorset

SCRIPTS

Get FREE and easy support to:

- MANAGE WEIGHT
- TEST RESULTS
- DRINK LESS
- STOP SMOKING

Begin the journey to a healthier you

CALL FREE 0800 840 1628 or REGISTER ONLINE livewelldorset.co.uk

PRACTICE UPDATE

- The Practice is generally operating as normal with demand and waiting times comparable to the same time last year. We have suffered from some staff sickness in January resulting in some postponed or rearranged appointments, or temporary reductions in administrative staffing, and thank patients for their understanding where they have been impacted by this.
- Our dedicated flu clinics have now ceased although eligible patients can still obtain a flu vaccination if they wish to have one, please just contact us, or <https://staywelldorset.nhs.uk/vaccinations/>
- RSV vaccinations are being offered to all eligible patients (aged 75-79 as of 31st August 2024, and those who are pregnant) – we will contact patients directly if eligible to book you in, **and so patients do not need to contact us.**
- SystemConnect, our system for receiving requests from patients, which replaced Klinik on 1st November 2024, is generally working well. All requests received either online or via telephone are fed into this system and all requests are clinically triaged by one of our Clinical Partners to ensure patients are offered an appropriate appointment according to their clinical need.
 - We received 17,723 requests from 1st Nov to 17th Jan inclusive, an average of 334 per working day.
 - On our busiest day since launch (Mon 6th January) we received 633 requests, 56% of which were dealt with within 1 hour, and 88% within 3 hours.
 - We welcome feedback from patients about the system and continue to look at ways to improve it.

SWOP 2 STOP SMOKING

Swap 2 Stop is a new nationwide campaign aimed at encouraging smokers to make the switch from smoking to vaping to improve their health.

LiveWell Dorset is offering adult smokers who live in Dorset the opportunity to sign up for a free vape kit including six weeks' worth of e-liquids, plus access to support via a downloadable quit app and online video coaching. Nicotine vaping is now one of the most popular stop smoking aids. Studies show that when used alongside coaching support, it's a very effective way of quitting.

Smokers are addicted to nicotine, not tobacco. It is the tar and toxic chemicals in tobacco smoke that kills, so switching from smoking to vaping is a positive health move.

It's an amazing offer for Dorset's smokers and a chance to finally break free from tobacco and its toxic mix of more than 60 cancer-inducing chemicals.

Local smokers can sign up at www.livewelldorset.co.uk/swap-2-stop



**It's never too late
to stop smoking.**

Vaping is one of the most effective ways to quit.

Get your free vape kit

Search Swap 2 Stop Dorset 

SWAP 2 STOP 

COMMUNITY ACQUIRED PNEUMONIA RESEARCH

Would you like to shape pneumonia research that is carried out in the future?

If you have been diagnosed with pneumonia, or you cared for someone who has had it, or if you work with people with pneumonia this important survey is for you. The James Lind Alliance is asking patients, carers, and healthcare professionals for their opinions on the most important areas of future research in community acquired pneumonia.

Follow this [link](#) to a short survey where you can send your ideas for research priorities.

*Do you sometimes feel lonely?
Are you housebound, or stuck at home recovering from an illness or operation?*

Would you like to try receiving a regular call from a GoodSam FREE telephone befriender?

*You can chat about your day, whats going on in the outside world, the good old times... and so much more!
It's FREE, Why not give it a try?*

*Ask our Wellbeing Team to refer you today!
01747 856786*

NHS

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Call our Wellbeing Team to find out more on 01747 856786

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NHS

Do you need help to keep warm this Winter?

Let us know and we can refer you to a new scheme 'Dorset Help for Warmth' where you can get FREE personalised advice for your household, and resources to help keep you warm.

- Heat the person kit
- Condensation advice
- Carbon monoxide advice
- Locking Cooker Valve
- Boiler service
- Energy advice
- Energy devices