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A NEW SERIES OF HEALTH EVENTS

The Practice, in conjunction with the Patient Participation Group (PPG) is holding a series of Health Events over the next 6 months to help patients in a variety of ways. Each meeting will last for an hour and a half and will be based on a clinical condition or conditions and provide information, advice and signposting to further support.

These Events will cover Diabetes, Hypertension, Children and Young People's Health, Respiratory, Nutrition, Dermatology and Self Care. The meetings will alternate between Sturminster Newton and Shaftesbury.

The first one is on **Wednesday March 5th** at the Exchange, Sturminster Newton at 18.30, on Red Flag Symptoms. We recently held a survey about people's confidence in looking after their own health and in response to the question 'What support would you like in relation to this?' most people said – 'Recognising signs of serious health issues.'

This meeting will feature Dr Simone Yule, Senior Partner and Kay Green, Practice Pharmacist providing you with the opportunity to find out when you might need to raise a concern regarding your health.

Please feel free to come along and find out more to help you understand your own health. Light refreshments will be available.

The April meeting featuring Diabetes and Hypertension, is on Wednesday April 16th in Shaftesbury at 18.30 (location will be announced in next month's Newsletter).

GETTING THE MOST OUT OF YOUR APPOINTMENTS

The Patients Association has launched two resources – an animation and a guide, which provides patients with the knowledge and tools they need so they are prepared to get the most out of their care. This includes:

- ensuring they are prepared,
- guidance on how they can prevent things going wrong,
- steps they can take at each stage of their journey through the healthcare system.

They cover themes before, during and after appointments; focusing on communication, sharing information, and accessibility.

The Patients Association engaged with patients from a diverse range of backgrounds, experiences, conditions and levels of interactions with the health system, who helped design the guide and animation.

Both resources can be viewed and downloaded on the Patients Association [website](#)

HELP & KINDNESS DIRECTORY

Over the years Help & Kindness has worked with particular partners to develop a number of special directories of services to support projects and people in Dorset. These have run alongside the core [Help And Kindness main directory](#), bringing in curated listings together around pre-defined themes or topics.

These have included lists of [Emergency and Affordable Food Projects](#), support for [Maternal Mental Health](#), [Armed Forces Covenant Services](#), and more recently the [Feeding Dorset Partnership](#).

Their biggest collaboration by far though has been their work with Dorset Council to develop a new [Community Directory of Services](#) to align to the work of Adults Services. The directory contains tabs linking to advice and guidance on financial support and advice food and eating well support after leaving hospital and living at home, physical activities, sport and social activities and events.

Bowel Cancer is...



Preventable

Regular screening can detect polyps. Early treatment prevents polyps developing into cancer.



Treatable

The earlier the cancer is detected the easier it is to treat and the better the outcome.



Beatable

Finding Bowel cancer at its earliest stage means the chance of survival is over 90%.

NHS Bowel Screening:

Who is invited for screening?



Anyone who is registered at their local GP surgery and aged between 50 and 74 years



Participants within the screening age will be sent a poo 'FIT' test to do at home every 2 years

What is a FIT test?



A 'FIT' test is designed to detect hidden blood in your poo – which could be a sign of a bowel condition or cancer. This test is easy to take at home.



To request a kit call: 0800 707 60 60



Dorset Bowel Cancer Screening

For more information: www.uhd.nhs.uk

AI IN COMMUNITY HEALTH CARE

This is an invitation to discuss the use of Artificial Intelligence (AI) in community healthcare. A research project is seeking PPG members to participate in focus groups discussing the barriers and facilitators of AI in primary care, and would really appreciate the insight of PPG members on this.

This evaluation will be conducted for Future Care Capital and conducted by Dr Melanie Fraser, the primary researcher, with a project team that includes NHS staff. They would really appreciate views, experiences, and ideas for this study so they can provide a report that will be helpful in shaping decisions. They can carry out 1-1 interviews on MS Teams, and will hold focus groups over MS Teams.

For more information and to register an interest in taking part, please email bvpppg@gmail.com

HPV VACCINATION

Dorset HealthCare is running HPV vaccination catch-up clinics throughout March 2025, and they want to ensure that as many eligible young people as possible take up this vital opportunity.

Many young people missed having the HPV vaccination at school because of the COVID-19 pandemic. So, they are trying to reach these young people, to help protect all genders from genital warts and HPV-related cancers.

The NHS in Dorset is running drop-in clinics to have this vaccination for:

- ✓ Females born on or after 1 September 1991 (up to age 24)
- ✓ Males born on or after 1 September 2006 (up to age 16 and 17, and some 18-year-olds)
- ✓ Transgender individuals aged 16-24

Not sure if you've had it already? Come and chat at a walk-in clinic or contact them using the details below.

Find out more and clinic locations on the webpage: [Did you miss your FREE HPV vaccination during school? Get protected this February and March – Stay Well Dorset](#)

HUBS MOBILITY ADVICE SERVICE

The Hubs Mobility Advice Service, covering Hampshire, Dorset, Berkshire, West Sussex, and the Isle of Wight aims to provide all the answers clients need for stress-free travel without a car. This information is free, and is supported by the Department for Transport.

Here is a link to the website: [Hubs Mobility Advice Service](#). There is also a 4-minute YouTube video that you can view here: [Hubs Mobility Advice Service YouTube](#)

Clients can come directly to the Hubs Mobility Advice Service for all assessments and advice. They work with the DVLA, TFL, Motability, the Police, Case Managers, and many others who refer clients to these services.

Anyone can self-refer to the Hubs Mobility Advice Service, or be referred by a third-party professional.



The poster features the Blackmore Vale Partnership logo (The heart of the community) and the NHS logo. The title 'Run Talk Run' is underlined. The text describes the service as a weekly 5km jog with a drink afterwards. A green box at the bottom right provides meeting details: Monday's at 6:30pm in the carpark of the Half Moon in Shaftesbury (SP78BS), and to look out for group leader Stewart. A logo at the bottom left shows two stylized figures running and says 'RUN TALK RUN powered by Sport In Mind'.

The Blackmore Vale Partnership
The heart of the community

NHS

Run Talk Run

Run Talk Run exists to make both movement and mental health support less intimidating, and more accessible. Meet new people and support your peers on a weekly gentle and non-competitive 5km jog. The group usually finishes off with a drink in the local pub afterwards.

RUN TALK RUN
powered by Sport In Mind

Meeting on Monday's at 6:30pm, in the carpark of the Half Moon in Shaftesbury (SP78BS).
Look out for group leader Stewart