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HEALTH EVENTS

The next Health Event will be held on Tuesday 12th August @ 18.30 at The Exchange, Sturminster Newton and the subject will be **Nutrition**. We'll be joined by two Dieticians and a Health and Wellbeing Coach from Help and Care. Once again, Wellbeing staff will be on hand to provide information and support.

On Thursday 25th September - 18.30 at Trinity Centre, Shaftesbury, the topic will be Dermatology and the final Health Event of this season, will be on Thursday 23rd October - 18.30 at The Exchange, Sturminster Newton and will feature Medications as well as the chance to bring in unwanted drugs for safe disposal.

PRACTICE NEWS

- In June, there were 7380 SystmConnect requests, 83% of which were responded to within two hours.
- 7395 Telephone calls were answered, an average of 352 per day with an average waiting time of 1m 46 secs.
- Of the appointments with clinicians (excluding nurses) 6014 (73.1%) were Face to Face, 2012 (24.5%) by Telephone and there were 199 (2.4%) patients who did not attend. **If you are unable to take up an appointment, please contact the surgery, so that another patient can have the slot and not waste valuable time and resources.**
- Of those appointments, 66% were with GPs, 28% were with Advance Care Practitioners and 6% with Mental Health Practitioners.
- Also in June, more than 16,300 prescriptions were issued and over 10,200 Test results reviewed.

WEIGHT MANAGEMENT DRUG

Recently, you may have seen the news and media updates about the availability of the weight management drug Tirzepatide, brand name Mounjaro.

The media stated it would be available on the NHS from 23rd June. However, Dorset is rolling this programme out later in the year, around the Autumn, once all of the support services are in place. We have no control over this, nor can we override it, so please **do not contact the practice asking us to prescribe it at the moment.**

When it does become available, it is thought that around 1000 people in Dorset will be eligible for the initial offer of treatment.

To be eligible, you will have a Body Mass Index (BMI) of 40kg/m² or more (or 37.5kg/m² for people from minority ethnic family backgrounds) AND At least 4 of the following long-term conditions -

1. Type 2 diabetes
2. Hypertension (high blood pressure)
3. Dyslipidaemia
4. Established cardiovascular disease
5. Obstructive sleep apnoea

When the service becomes available, we will let you know if you are eligible and more information will be provided, you do not need to join a waiting list. We do not have the details yet, so please do not contact us to find out more at this time, we will update our website as more information becomes available.

Please remember that the weight loss treatment is only part of the solution and it needs to be used alongside healthy eating and if appropriate, exercise in order to create long term healthy habits that will maintain your weight loss once the treatment course is complete. For more information on weight management services in Dorset visit [LiveWell Dorset](#).

Kay Green - Practice Pharmacist

LIVWELL HEALTH CHECKS

In a recent Newsletter we published an item from LiveWell Dorset about Health Checks and received a couple of questions about why the qualifying age range was 40 – 75 and not for older or younger people.

LiveWell Dorset's response is as follows....

The age is part of the eligibility criteria set by the NHS.

The checks spot early signs of things like heart disease and type 2 diabetes which we are at higher risk of developing as we get older. So younger people have a much lower risk and are less likely to need testing.

Older people (75+) can have health checks but they are organised slightly differently. Once people reach 75 they are required to have a named, accountable GP who is responsible for taking over their care and this includes organising any health checks. So these checks sit outside the routine programme of 5-yearly routine NHS Checks for the 40-74 year group.

ACCESS WELLBEING

Access Wellbeing offers person-centred support for anyone aged 18 and over, providing early help to prevent concerns from escalating. They ensure you receive the right support, whether for your mental health, or guidance about other things such as finances, work or housing. The support is online and face-to-face at community hubs.

New Access Wellbeing drop-in spaces have just opened in Sturminster Newton, Gillingham and Blandford, marking the arrival of Access Wellbeing in North Dorset. Further spaces will open in Sherborne and Shaftesbury over the coming weeks.

The new services provide a welcoming space to find support on the issues that matter to each individual. You can drop in at any time during opening hours and the friendly team will be on-hand to listen, then help people to access the right support and advice.

Details for the new North Dorset drop-in spaces are as follows:

Blandford – Blandford Leisure Centre, Milldown Rd, Blandford Forum DT11 7DB Thursday 10am-4pm

Sturminster Newton – The Vale Family Hub, 22b Butts Pond, Stur. DT10 1AZ Monday/Tuesday/Wednesday 10am-4pm

Gillingham – Citizens Advice 4 Newbury Court, Gillingham SP8 4QX Thursdays 10am-4pm

Gillingham – Riversmeet Leisure Centre, Hardings Lane, Gillingham, Dorset SP8 4HX Mondays 10-4pm

Details on the venues in Sherborne and Shaftesbury will be available on the [community drop-ins page](#) once confirmed.

<https://www.dorsetaccesswellbeing.co.uk/>

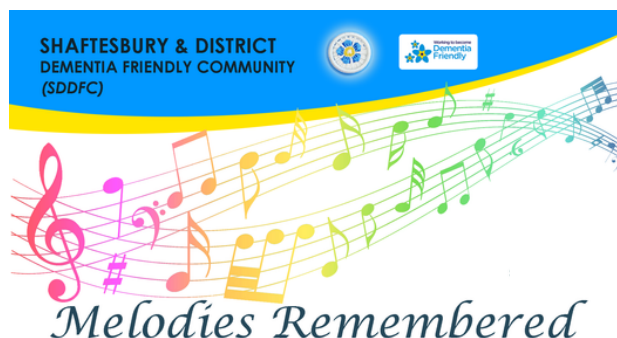
And of course, the Practice Wellbeing Team can provide advice on Self-Help, support groups, local health information and so on. 01747 856786 bvpwellbeing@dorsetgp.nhs.uk

NATIONAL GP SURVEY

The National GP Patient Survey results have just been published and in almost every area, the Practice is performing better than both National and Dorset (shown as ICS in the document) averages. 89% of respondents described their overall experience of the Practice as 'good', compared to 81% in Dorset and 75% nationally.

More details – are attached alongside this Newsletter. The full results for ours and any other GP Practice at www.gp-patient.co.uk.

MELODIES REMEMBERED



Melodies remembered is a fun and sociable, fortnightly singing group for people living with dementia and their carers. This provides a way for you to express yourselves and socialise in a supportive and enjoyable way. So come and join in – all are welcome!

It takes place every other Thursday 2-4pm – (July 17th, July 31st, August 14th and so on), in the function Room at Shaftesbury Town Football Club SP7 8PF (Parking available) – Includes tea/coffee and cakes (for a small donation)

For more information or if you are interested in attending – Phone: 07871 665927

E-mail: dementiafriendlyshaftesbury@gmail.com

Website: www.shaftesbury-tc.gov.uk/SDDFC