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HEALTH EVENTS

The next Health Event will be held on Wednesday 24th September @ 18.30 at Father's House in Shaftesbury featuring Dermatology. Dr Katie Perkins will be leading the session and whilst this is not an event for checking skin blemishes or moles, there will be lots of advice and information relating to skin conditions. Once again, Wellbeing staff will be on hand to provide information and support.

The final Health Event of this season, will be on Thursday 23rd October – 18.30 at The Exchange, Sturminster Newton and will feature Medications, with Kay Green, Practice Pharmacist, the Wellbeing team and the chance to bring in unused and unwanted medication for safe disposal.

Removing medicines from homes reduces the risk to children, the confused, or people who are impulsive or temporarily distressed. There are risks of accidental overdoses, which are greatly reduced if no-one has a stockpile of medicines at home.

Out-of-date prescriptions could become ineffective, while some medicines might no longer be appropriate, as you should only ever be using medicine which is prescribed for your current condition.

SOCIAL PRESCRIBING DROP-INS

Connecting people to non-clinical services in the community to improve health and wellbeing.

Every Thursday between 12 and 2 – just turn up!

The Vale Family Hub
22b Butts Pond
Sturminster Newton
DT10 1AZ



LOWER LIMB HEALTH

Looking After Your Legs: What You Need to Know

If you notice:

- Swelling, redness, or pain in your legs
- A wound that isn't healing
- Skin changes or new ulcers

See a healthcare professional as soon as possible. Early treatment makes a big difference.

Simple steps can really help:

- Move your legs regularly – even ankle circles help!
- Elevate your legs when sitting
- Eat well and stay active
- Moisturise your skin daily
- Wear comfortable shoes
- Stop smoking if you do

Download the lower limb health screening tool to assess if your legs and feet are healthy and find out what to do next.

[Staywelldorset](https://staywelldorset.nhs.uk/conditions/legs)



NHS Dorset

Are your legs...

DRY

CRACKED

SWOLLEN

THROBBING

SORE

HEAVY

WEEPY

ITCHY

Worried about your legs and feet?

Download our lower limb health screening tool to assess if your legs and feet are healthy and find out what to do next.
staywelldorset.nhs.uk/conditions/legs



KNOW THE SIGNS



Following the success of the "Know the Signs" cancer awareness campaign last year, Wessex Cancer Alliance is running it again for 2025, until November.

The aim of this campaign is to help people recognise the signs and symptoms of cancer and when to go and seek advice from their GP Practice. Knowing the signs of cancer is key to making sure people get the help they need, at the right time.

Dr Nicola Robinson, a GP in Southampton, is supporting this campaign. She says, "Know the Signs is an important message. We know that earlier cancer diagnosis saves lives and so we are encouraging people to be aware of what the signs and symptoms of cancer are. Treatment options and outcomes are far better, when cancer is found at an early stage.

So, if you have noticed a change in your body, something that isn't normal for you and it has lasted for three weeks or more, then it is important to speak to your GP Practice and explain these symptoms as soon as possible. The sooner you tell us, the sooner you can know for sure, if it is cancer or not."

Some of the most common signs and symptoms of cancer are:

- A new lump/bump that wasn't there before.
- Sudden, unexplained weight loss
- Blood in your poo or your urine
- Feeling tired all the time
- Breathlessness
- Bloating/swelling
- Changes to your skin.

Nine times out of ten, your symptoms will not mean you have cancer, but it is better to know as early as possible so you can rule out cancer or get the treatment you need, quickly.

In the UK, current statistics show that 1 in 2 people will get cancer in their lifetime, However, 50% of people diagnosed with cancer, will survive for 10 years or more and survival rates have been increasing for the last 50 years.

PRIVATE (NON NHS) PRESCRIBING

The Department of Health and Social Care has developed a UK-wide call for evidence to give the public, healthcare professionals and providers and other interested parties the opportunity to share their views on how the current medicines prescribing and supply mechanisms are meeting their needs.

This call for evidence does not consider NHS prescribing, which is underpinned by a range of checks and balances to promote access and maintain safety, rather it focuses on:

- prescriptions written by prescribers registered in the European Economic Area (EU countries, Iceland, Liechtenstein and Norway) and Switzerland, that are dispensed in the UK
- private prescriptions written by UK prescribers
- medicines accessed through patient group directions (PGDs) outside of the NHS

These routes can offer convenience, flexibility and choice to people when accessing an increasing range of medicines. However, we want to ensure that improving convenience and choice does not inadvertently reduce safety or quality of care. This call for evidence seeks your views on the effectiveness of clinical governance, oversight and regulation of each of the 3 existing mechanisms listed above.

For more information – [Private \(non-NHS\) prescribing](#) This call for evidence closes at 11.59pm on Tuesday 4 November.

FLU & COVID CLINICS 2025

The Practice Covid and Flu clinics are scheduled for Saturday October 11th and Saturday October 18th at the Exchange, Sturminster Newton.

Invitations have gone out to eligible patients by email and text message. The Practice is also writing those who don't have an email or mobile number on record.

The eligibility for the Covid vaccination has been updated by NHS England, meaning that the vaccine is now only offered to those over 75, or with certain immunosuppressant conditions.

This means that some patients who were previously eligible, will not be offered the vaccine this year. For more details – [NHS Covid](#) .

If you are unable to attend on these dates, another clinic will be held and advertised in due course.