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HEALTH EVENTS

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Out-of-date prescriptions could become ineffective, while some medicines might no longer be appropriate, as you should only ever be using medicine which is prescribed for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

OCTOBER – STOP SMOKING MONTH

If you want to quit smoking, you don't have to go it alone. It's much easier to stop when you have the right support and LiveWell Dorset is here for you.

Stoptober is the perfect time to break free from tobacco as you'll join thousands of other smokers across Dorset and the rest of the UK committing to quit this month.

Of all the changes you can make for your health, quitting smoking is the single best thing you can do for your body. You'll start to feel the benefits almost immediately. And it's a fact that if you can stop smoking for 28 days, you are five times more likely to quit for good.

LiveWell offers a choice of two easy-to-access quit packages:

Self-service: sign up online and claim a free vape kit and liquids with coaching videos and a downloadable quit app to track your progress.

Supported: the Livewell team will help you choose a kit that works for you, from nicotine replacement patches and gum, a one-day Allen Carr Easyway seminar and 1-2-1 coaching plus ongoing support to guide you through the quitting process.

Visit livewelldorset.co.uk/stoptober or call free on 0800 840 1628.

HEALTHWATCH SURVEY



Healthwatch Dorset wants to hear from men who are smokers, aged between 18 and 65 who are finding it difficult to quit. There will be no lectures, no pressure, just your honest opinion and a £20 voucher to thank you for taking part.



WOMEN'S HEALTH

Following the publication of the [Women's Health Strategy for England](#), NHS Dorset has worked with non-profit organisations, clinicians and women in Dorset to build this [new website](#).

This site has early help and self-help advice about the [priority areas for women and girls](#) so they can make informed choices about their wellbeing. You can also find services that are available in Dorset.

Also, this is [#BreastCancerAwarenessMonth](#) so check you're up to date with your breast screening. Anyone registered with a GP as female will be invited for NHS breast screening every 3 years between the ages of 50 and 71.

<https://nhs.uk/tests-and-treatments/breast-screening-mammogram/>



PPG PATIENT SURVEY

This survey is organised every two years by the Patient Participation Group (PPG) on behalf of the Practice and is running throughout October. The outputs from the Survey will help the Practice understand your health needs, experiences and priorities, so that they can improve services and plan for the future. There are questions about access and experience of care, what the Practice does well and what could be improved and also topics you'd like to see covered in forthcoming health events.

If you wish to receive further information, there is space to leave your details, otherwise your responses will be anonymous. The survey should take about 5 minutes to complete.

You may already have received an invitation by text or email to take part, or done so in the waiting rooms or at the Flu/Covid Clinics. If not, please take part now – your opinion matters! [PPG Survey 25](#) The main results will be published in this Newsletter in due course.

HIGH CHOLESTEROL

Did you know that 1 in 2 adults in the UK have high cholesterol? It's more common than you think – but that doesn't mean it has to be out of your control.

Be the boss of your cholesterol. Take charge of your health with small, manageable changes that can make a big difference – from eating heart-friendly foods and staying active, to checking in with your GP Practice.

Knowing your numbers is the first step toward feeling your best.

This National Cholesterol Month in October, there's lots of help, advice, and resources so you can take control of your cholesterol.

Be sure to follow Heart UK on social media and [sign up for their e-newsletter](#) to get the latest advice and tips straight to your inbox. Cholesterol Helpline Email: ask@heartuk.org.uk



DORSET COUNTY HOSPITAL MATERNITY

The Care Quality Commission (CQC) has upgraded the rating of maternity services at Dorset County Hospital, from 'requires improvement' to 'good' following an inspection in May which showed significant improvement.

This inspection was carried out to follow up on the progress of improvements CQC told the department to make at a previous inspection. At that inspection, CQC issued the trust with a warning notice to make rapid improvements to the management and oversight of the service.

The trust has made significant improvements in several areas since the last inspection and has now met the requirements of the warning notice.

The CQC have therefore upgraded the service's well-led rating from inadequate to good. Safe has increased from requires improvement to good. The domains of effective, caring and responsive were not inspected and retain their previous rating of good. The overall rating for Dorset County Hospital has also upgraded from requires improvement to good.

Neil Cox, CQC deputy director of operations in Dorset, said:

"We were pleased to see that leaders and staff working in maternity services at Dorset County Hospital had acted on our feedback from the previous inspection and focused on the areas of the warning notice to make improvements. Women and people using the service now had a much better experience of care and treatment. Behind this was an improvement in how well-led the service was, which in turn supported staff to provide better care."