



Tel: 01305 774466

Email: receptionist@gp-j81027.nhs.uk

Dorset & Wiltshire Fire & Rescue

are offering **FREE Safe and Well Visits** to make your home safe.

They will visit your home and talk to you about safety issues, covering areas such as cooking, smoking, electrical and personal safety. They can help identify if there are any risks within your home and what to do to reduce or prevent these risks.

If you need a smoke alarm fitted, they can fit a 10 year alarm completely free of charge in minutes.

Book your **FREE** visit at a time to suit you by calling
FREEPHONE 0800 038 2323

Repeat Medication at Christmas

Make sure you order your prescription in plenty of time, to ensure you don't run out over the Christmas period. You can put your request in a week earlier at this time of year.



Norovirus, which causes diarrhoea and vomiting, is one of the most common stomach bugs in the UK. Its also called the "**winter vomiting bug**" because its more common in winter. the

There is no cure for norovirus so you have to let it run its course. To ease your symptoms drink plenty of fluids to avoid dehydration. Take paracetamol for any fever or aches and pains. Get plenty of rest. Eat plain foods such as soup, rice, pasta and bread.

Adults can take antidiarrhoeal and/or anti vomiting medication, although you should ask your pharmacist or GP for advice before trying these.

Norovirus can be very unpleasant but it usually clears up by itself in a few days. You can normally look after yourself or your child at home.

Try to avoid going to your GP as norovirus can spread to others very easily. Call **NHS 111** if you are concerned or need any advice.

Retirement News

The partners would like to announce that Kate Meacham will be retiring from her post as practice manager at the end of December.

Mrs Meacham took over from Mary Cleverton in 1999 and has since worked alongside the partners to develop high quality, responsive and caring services for patients. She has also taken an active role in the Weymouth and Portland Locality to promote collaborative working with other GP practices on many projects including integrated health and social care, support for carers and promoting early help in the community.

Mrs Meacham would like to thank patients, staff and the partners for their support over the years making her time at the practice a thoroughly enjoyable experience.

The Surgery will be **CLOSED** on:

**Wed 6th Dec
From 3.30pm**

Please call **111** if you require **urgent medical advice**

**AND CLOSED
Thurs 21st Dec
12.30pm - 3pm**
Please call **01305 832203** for urgent medical advice.

Company at Christmas



Company at Christmas is a project that provides company, a hot meal, conversation, entertainment and transport on

Christmas Day to elderly people who would otherwise be alone.

The venue is located at Dorset County Hospital Damers restaurant.

If you or anyone you know would like some company and join in the festivities on Christmas Day, please contact Marie Waterman at the Volunteer Centre. 01305 269214.

Previous events have included a raffle, music and even some dancing! Why not go along?

If you would like to volunteer for this or any other Christmas event, please contact the Volunteer Centre Dorset on 01305 269214.



Christmas Opening Hours

CLOSED
**Mon 25th Dec
Tues 26th Dec**

OPEN
**8.10- 6.30pm
Wed 28th Dec
Thur 29th Dec
Fri 30th Dec**

CLOSED
Mon 1st Jan

OPEN
**8.10 - 6.30
Tue 2nd Jan**

**Wishing you
a Merry
Christmas and
a Happy
Healthy New
Year from the
Partners and
staff at Royal
Crescent**

Telephone Consultations

Did you know you can **book a telephone consultation** with your GP? This is a booked appointment with your GP who will phone you within an arranged time.

These are different to a 'phone call' request where your GP will try and call you at some point during the day or after surgery.



Where to go when the Surgery is closed

WHEN	WHO	WHY	WHERE
Life threatening emergencies	Call 999 / A&E	For major life threatening illnesses and injuries – Only use you're your situation is critical. They are not an alternative to your GP	Call 999 Nearest A&E Dorset County Hospital, Williams Avenue Dorchester DT1 2JY
Minor Injuries and urgent medical problems like fractures, minor burns, infected wounds, asthma attacks or chest infections	Community Urgent Care Centre	Local and often accessible beyond working hours. Doctors and nurses can treat you	Weymouth Hospital 3 Melcombe Avenue, DT4 7TB Tel 01305 762541 Open 8am-10:30pm 7 days a week
Need medical or dental help or advice but are not sure who to speak with	NHS 111	Free service, open 24/7, 365 days a year	Dial 111 Highly trained advisers will advise and direct you to the best service. Dial 111 for free at any time of day or night
Coughs and colds or skin complaints. If you have run out of your usual medicines. Contraception and sexual health advice	Pharmacy	Clinically trained with a confidential consultation room. You can be seen quickly with little or no wait	Some supermarkets have pharmacies with longer opening hours. To find your local pharmacy visit www.nhs.uk
If you are feeling unwell and your local pharmacist can't help. For persistent or long term physical and mental health concerns	GP	Your GP can deal with a range of health problems and can make home visits when you are too ill to visit the surgery	Royal Crescent Surgery 25 Crescent Street Weymouth Tel 01305 774466 To find another GP practice visit www.nhs.uk