

## Health Coach - LiveWell Dorset

Do you have a long term health condition?  
Do you want to transform your life and take control of your health?

We are pleased to offer appointments with a Health Coach on a Wednesday morning at Royal Crescent Surgery.

An important first step in building a healthy lifestyle is knowing what you want to achieve. Your coach will help you to explore where you are now, where you want to be and set a realistic goal.

The power is in your hands to build a healthy lifestyle, and coaching can help you to unlock that power. Your coach will help you to plan for the future and make sure you have the best chance possible of maintaining the healthy changes you've made.

If you want to make positive changes in your day to day life you can book an appointment at reception. Sessions are 45 minutes long, and can be booked up to six sessions. For further information visit [www.livewell Dorset](http://www.livewell Dorset)



### NEW STAFF



We are very pleased to announce two new GP Partners who have joined the Practice.

**Dr Sharlina Sallehuddin**  
Royal Crescent Surgery

**Dr Ed Ellis**  
Preston Road Surgery

They will have their own list of patients, any patients who will be moved to their list will be contacted.

**Welcome Sharlina and Ed!**

### Drug Changes

NHS Dorset has requested that certain medications with slow-release formulations be changed to the standard versions as there is no evidence of benefit for the slow-release versions.

Repeat prescriptions have been amended accordingly and medications have been replaced with exactly the same drug at the same dosage and should be taken at the same time as the original medication. Medication changes affect:

- ◆ Doxazosin MR
- ◆ Tolterodine MR
- ◆ Oxybutynin MR
- ◆ Indapamide MR
- ◆ Quetiapine MR

# Royal Crescent Surgery Newsletter

## February 2020

Tel: 01305 774466  
[www.royalcrescentsurgery.co.uk](http://www.royalcrescentsurgery.co.uk)

### SATURDAY APPOINTMENTS

We are pleased to offer various nurse appointments on a Saturday morning at Preston Road Surgery ie:-

- ◆ Annual reviews - Asthma, Diabetes, COPD, CHD
- ◆ Cervical Screening
- ◆ ECG
- ◆ Some vaccinations, e.g. Flu vaccine
- ◆ Wound Dressings
- ◆ Removal of stitches
- ◆ Ear syringe

All bookable at reception

The SURGERY will be **CLOSED**

**Thursday 13th Feb from 3.30pm for staff training.**

If you need medical help or assistance whilst the surgery is closed **CALL 111** for life threatening emergencies  
**CALL 999**

### PRESCRIPTIONS

From March most prescriptions will be sent electronically to a pharmacy.

We request that patients nominate a chosen pharmacy, however if you have not nominated a pharmacy you will receive a paper prescription token to take to the pharmacy of your choice.

**Helping the NHS to save money and stop fraud!**

**NO SMOKING**  
**Royal Crescent & Preston Road Practice has a non smoking policy.**

We would be grateful if people would refrain from smoking in the surgery car-park and outside or near to the front door.

People smoking near to the front entrance will be asked to **move on or stub it out!**

If you would like help to give up smoking please enquire at reception, we can book you a one-to-one appointment in a SmokeStop clinic.



**Get connected to your GP - Anytime, Anywhere with Evergreen Life!**

**Save yourself time** with NHS-assured patient online services.

**Book GP appointments easily**—no more waiting on the phone, save yourself time by **booking and cancelling when it suits you.**

**Order repeat prescriptions** at the touch of a button.

**Stay informed** with access to your medical record, including test results, coded medical entries and medications. (Consultation notes will be available from April 2020)

Ask at reception for your User ID and passphrase to sign up to this service then download the **FREE Evergreen life app** from the App store or Google play store to create an account. For further information on the other services available visit [www.evergreenlife.co.uk](http://www.evergreenlife.co.uk) and stay connected! If you would like some help connecting to the app call **0161 768 6063** or email [Hello@Evergreen-Life.co.uk](mailto:Hello@Evergreen-Life.co.uk)

**If you have regular blood tests, why not sign up for Patient Online Services to view your results online?**

Did you know we have an active **Patient Participation Group** (PPG) and always welcome new members.

**Why not come along to the next meeting on Thur 12th March, 3-4.30pm here at the Surgery.**

The PPG feedback information and ideas to the practice leading to change!

**Your views count!**