



Royal Crescent Surgery Newsletter June 2019

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Carers week 10-16 June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Caring can be a hugely rewarding experience, but carers often find it challenging to take care of their own wellbeing whilst caring. Caring without the right information and support can be tough. When you're caring for someone, it is really important to ensure that you look after yourself too.

Need information and advice?

Carers Week is brought to you by charities with different specialisms and a shared goal of helping you get the information and support you need in your caring role.

To find information tailored for you, contact the Carers Week supporter charity via www.carersweek.org or ask to speak to our

Carers Lead at the surgery.

Caring can be extremely complicated, whether you're grappling with the benefits system or considering how to pay for care. There are lots of extra costs that can come with caring and giving up work or choosing to reduce working hours can lead to money worries. It's important to find out about the different ways you can get advice and support with caring including finding out what financial support is available.

Getting a **carer's assessment** which looks at what support you might need as a carer is a great start. From arranging a break from caring, getting the right equipment to care safely or getting support with improving your own wellbeing, services can connect carers to a range of support.

Sometimes a few words from someone who understands your situation can be a lifeline. Being a carer can be difficult and isolating, so speaking to someone who knows what you are going through can make a big difference.

Carers Week is an opportunity for you to get connected to others, including fellow carers, in your community and build new friendships.

** NEW - Leg Club **

Why not pop along to one of the (new) leg clubs now available in Weymouth.

The leg clubs are part of the Lyndsey Leg Club Foundation Charity which is an evidenced based initiative providing community-based treatment. The high standard of care is delivered in a social and friendly setting where you can chat over a cup of tea or coffee whilst awaiting treatment.

Nurses from local surgeries will be attending the clubs to provide the leg care, so you will be seeing some friendly faces as well as some new ones.

The clubs will run on a daily basis. The following clubs will start in June with more clubs soon to follow.

Tuesday - 9.30-12.15

Westham Methodist Church, Newstead Road

Wednesday - 9.30-11.45

Victory Hall, Chickerell

Friday - 9.30-12.15

Wyke Regis Community Centre, Ryemead Lane

No appointment is necessary so why not pop along to one of the leg club locations for your next regular leg dressing!

DID YOU KNOW?

If you forget your medication whilst on holiday in the UK we can send a prescription electronically to a pharmacy where you are staying. You will need the post code of the pharmacy so we can action this for you.

If you have been asked to have blood tests done via a consultant and have a paper form, there is a walk-in clinic at Weymouth Hospital on Monday or Wednesday morning. 8.30-1pm. No appointment needed.

The surgery is able to offer you a secure online system for you to book your own GP appointments and request your repeat prescriptions. Please enquire at reception if you would like to sign up for this service.

If you have regular blood tests why not sign up for Patient Online Services and through this request access to your detailed coded record. Once activated you will be able to view your medical record and blood test results including any message from your GP about the results.

Evening and weekend GP or nurse appointments are now available at Weymouth Hospital. Please ask a receptionist if you would like to book one of these appointments

Coming soon 'eConsult'?

A new service will be coming soon called eConsult, which allows patients to consult with their GP electronically, and offers alternatives to calling or coming into the surgery for common, more minor problems.

Using this service you can also access self-help content, and be signposted to alternative options available to you such as pharmacy, symptom checkers or 111.

eConsult requires you to complete an online questionnaire related to your problem or condition. For completed questionnaires received before midnight you will receive feedback from the surgery by the end of the next working day.

SUGAR BABES

- ◆ Do you have Diabetes?
- ◆ Are you pregnant?
- ◆ Do you have Diabetes and pre-school children?

There is a new support group who meet at Westham Children's Centre each Tuesday 10am—12pm.

Bring your babies and children along to the support group.

DIABETES FRIENDS

- ◆ Do you have Diabetes?
- ◆ Are you looking for support in your area?
- ◆ Are you caring for someone with Diabetes?

There is a friendly support group, who meet on the first Tuesday of the month 1:30-3:30 at Chickerell Sports Pavilion.

For medical emergencies call 999
For medical advice call 111