



Save the Date

30th September - Wey Valley School
4th October - Park Community Centre

We look forward to seeing you at one of our hugely popular flu clinics.

All eligible patients will receive an invitation letter. Please don't forget to bring your letter with you to the clinic.

If you have any mobility issues, and find the walk-in clinic difficult, please contact the surgery and we can make an alternative appointment for you.

Oily fish: mighty omega-3 or codswallop?



Interest in the health benefits of oily fish started when researchers observed that Eskimos, who mainly eat oily fish, had fewer than average heart attacks and strokes.

Studies have found eating oily fish can lower blood pressure and reduce fat build-up in the arteries. The evidence is strong enough to warrant a government recommendation that we eat at least two portions of fish a week, one of which should be oily.

The benefits of eating at least two portions of fish a week, include keeping your blood pressure at a healthy level and improving blood lipids, both of which reduce your risk of cardiovascular disease: the biggest killer in the UK.

Remember that you can get your omega-3 from a range of oily fish. Tinned sardines and mackerel are an easy and cheap way to stock up the store cupboard. Eaten on toast with a salad this makes a quick, easy and nutritious meal.

Wessex Water offer a discount of around 20% to customers who are in receipt of Pension Credit.

To qualify you need to receive water and/or sewerage services from Wessex Water and everyone in your household, over 18 years of age old must be in receipt of Pension Credit.

For more information call 0345 600 3600 or visit www.wessexwater.co.uk/pensioncredit/ to apply online or download an application form.

To find out if you are entitled to receive Pension Credit, contact Age UK Dorchester on 01305 269444.

Healthy Homes Dorset

Cold homes and poor housing conditions have been linked with a range of health problems in children and young people, including respiratory health, growth and long-term health.

In older people, cold temperatures increase the risk of heart attack, stroke, respiratory disease, flu and hospital admission. Cold temperature also lowers strength and dexterity, leading to an increase in the likelihood of falls and accidental injuries. Being cold has also been linked with an increased risk of depression and anxiety.

Healthy Homes Dorset, funded by Public Health Dorset, and managed by Dorset County Council aims to reduce preventable winter deaths and illness by improving homes of people vulnerable to the cold. They can offer free insulation and in some cases new heating systems or boiler replacement if someone in your household meets the following criteria:

- ◆ Has a cardiovascular condition
- ◆ Has a respiratory condition
- ◆ Has a mental health condition
- ◆ Is aged 65 or over
- ◆ Is a child under 5
- ◆ Is pregnant
- ◆ Is living with addiction
- ◆ Is a recent immigrant/asylum seeker
- ◆ Is on a low income

Call Healthy Homes Dorset on 0300 003 7023

Or visit www.healthyhomesdorset.org.uk

Blood / Urine Results

After having any blood or urine tests taken at the surgery **remember to phone** for your results. The results are normally available 2-3 days after having any tests taken.

If you have had any tests requested via a **hospital consultant**, including scans, x-rays, MRI etc., you will need to call the **hospital department** for these results.

If you have been **referred for further care** and have **any queries** about your appointment or waiting time, please call:-

Central Appointments	DCH 01305 255779
Radiology	DCH 01305 254131
Physiotherapy	WCH 01305 762621

The next PPG meeting will be held on

Wed 8th November 11:00am

at Royal Crescent Surgery

Please inform reception if you would like to attend.

For medical emergencies when the surgery is closed call **999**
For medical advice call **111**
For Minor Injuries and urgent medical problems visit The Urgent Care Centre at Weymouth Hospital
Open 8am-10pm



Book your appointment online

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.

NEVER MISS AN APPOINTMENT

We can send appointment reminders by text to your mobile phone and you can also cancel your appointment by text.

Check with reception that we hold your Correct Mobile number!



Minor Illness Advice

Many minor illnesses can be treated at home without needing to come to the surgery. Your local pharmacist can advise about minor illness and using 'over the counter' medication. There are however, some common minor illnesses that you can manage at home.

Cough/chesty cough

Most coughs are caused by viruses and will settle in around 2-4 weeks.



Young children often get 'noisy chests'. This is because they have smaller airways and thinner rib cages than adults. A 'noisy chest' is not always a sign of a chest infection.

Coughing naturally helps the body fight against infection. Use simple remedies such as honey, hot water and lemon. Cough medicines are unlikely to help.

Make an appointment if:

- ◆ You have an underlying lung condition such as asthma, COPD or emphysema.
- ◆ Shortness of breath
- ◆ Wheezing
- ◆ Blood in you sputum/phlegm
- ◆ Ongoing fevers
- ◆ Unexplained weight loss
- ◆ Chest pain
- ◆ The cough has not improved after 4weeks

Sprains/strains

These are common injuries and occur when a ligament around a joint has been stretched, twisted or torn, causing inflammation, bruising, swelling and pain.



Immediate treatment is based on resting the affected limb, applying an ice pack e.g. a pack of frozen peas wrapped in a towel, (*NEVER apply an ice pack directly to the skin*), or using a support such as tubigrip or bandage and elevating the affected limb.

Seek medical advice if:

- ◆ You are in severe pain and cannot put weight on the affected limb
- ◆ The injured area looks crooked or has lumps and bumps
- ◆ You cannot move the affected part
- ◆ The limb gives way when you try and put weight on it
- ◆ You have numbness in any part of the injured area
- ◆ Your pain has not improved after 4 days

Diarrhoea and vomiting

This usually settles within 1-2 days and is usually caused by a virus. To help with the symptoms, drink plenty of fluids and take Dioralyte (rehydration salts), and rest the stomach by avoiding spicy foods and dairy products.

Make a telephone appointment if:

- ◆ You have a baby or young child who is vomiting
- ◆ There is blood in the diarrhoea or vomit
- ◆ Severe unremitting stomach pain is present
- ◆ High fever
- ◆ You have returned from an exotic holiday
- ◆ There is no improvement within 48 hours

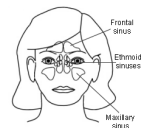
Sinusitis

Sinusitis can cause a blocked nose and ears which results in pain involving the forehead and cheeks. 65% of cases are viral, take about a week to settle and do not require treatment.

To help, drink plenty of fluids, take paracetamol, try a steam inhalation and rest as much as possible. Ask your pharmacist if a decongestant might be helpful.

Make an appointment if:

Symptoms last more than 2 weeks and / or are accompanied by a foul or purulent nasal discharge.



Sore Throat

The majority of sore throats are caused by viruses and do not need antibiotics. They usually settle over 3-4 days.

Take regular paracetamol, drink lots of fluids, and eat soft foods.

Make an appointment if:

- ◆ You or your child feel very unwell and/or have a high temperature
- ◆ If the sore throat is not settling after 2 weeks or you are persistently hoarse
- ◆ You have a reduced immune system
- ◆ You do not need to look in your child's throat, but if you do and see enlarged tonsils, this is quite normal