



IMPORTANT INFORMATION ON FLU VACCINATION'S

This year there will be 2 different flu vaccines for adults.

Due to availability of the vaccine, our Flu Clinics will be staggered throughout **September, October and November** to ensure everyone has the most effective vaccine for them.

Flu Invitation letters will be sent at the beginning of September and will explain what options are available for you.

It is very important you read this letter carefully to ensure you understand what your options are.

CHANGES TO COLLECTING PRESCRIPTIONS

Patients collecting prescriptions for controlled drugs (e.g. Zomorph and Tramadol) **will now need to produce Photo ID on collection.**

If you are unable to collect your own prescription from the surgery, you may ask someone to collect it on your behalf but **they will also need to produce their own photo ID in order to collect the prescription.**

The receptionists will record in your notes what ID has been seen.

We are able to send your prescriptions directly to your chosen pharmacy, for you to collect. Please inform reception of your chosen pharmacy.

Thank you for your co-operation as we implement this change.

Did You know?

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-8pm
7 days a week.

You can now request an evening or weekend routine GP or nurse appointment.

There is a new service based at Weymouth Hospital offering appointments outside of normal hours. Please ask a receptionist if you would like one of these appointments.

We can send your prescription directly to a pharmacy.

After your prescription has been issued, you just pop to the pharmacy and your medicine will be ready to collect. To set this up please inform the surgery of your chosen pharmacy.

You can use an app on your mobile phone -

Evergreen or SystemOnline to book appointments and request prescriptions.

You can also view your test results and part of your medical record.

My Life My Care
Your 'One Stop'

website providing information and advice about care and support, helping you live safely and independently.

Stay Well in Dorset

The main focus of **Staywell Dorset** is to engage and inform the hard-to-reach group of young people aged 15-30. After all, when you're that age you're going to live forever, right?

Dorset Clinical Commissioning Group have created a website with this group in mind.

Dorset's health services and winter/summer messaging are presented in a way that young people find accessible, interesting and memorable. This enables them to take ownership of their own healthcare and sets them up to make informed choices for the future.

The CCG engaged with Dorset Youth Council and other young people before the site launched.

The site is mobile-friendly uses bright, bold colours and characters, and is regularly updated with blog posts that tie in with the season.

You can see for yourself at

www.staywelldorset.nhs.uk

Staywell Dorset - Helping you make the right decisions to stay healthy all year round.



Aged 40-74? - Find out about our FREE NHS Health Check.

Even though you might be feeling great, if you're over 40 you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia. A **FREE NHS Health Check** can help you reduce these risks and make sure that you stay healthy.

The check will take about 20-30 minutes. You will have your cholesterol checked and be asked some simple questions about your family history and choices. Some people may need to have another blood test to check for Type 2 diabetes. Your health professional will be able to tell you more.

This check is part of a national scheme to help prevent the onset of these health problems. The check is not suitable for patients who have already been diagnosed with one of the conditions mentioned. If you would like to book in for your Health Check, please ask at

GP REGISTRAR

Royal Crescent & Preston Road Surgery are a training practice. Our GP registrars are fully qualified and have a great deal of hospital experience. They work at a GP practice for their final year before qualifying as a GP.

GP registrars are appointed by the practice, and have a personal GP trainer, who is there to supervise and have weekly tutorials with them. They are attached to the practice for 6 to 12 months.

Our GP Registrar is **Dr Param Pirangi Sanjeeva**. When booking an appointment you may be offered an appointment with our registrar, or you may request to see him for ongoing care.