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# Yetminster Health Centre

## Spring Newsletter 2024

### Pharmacy2U

Pharmacy2U is an online pharmacy system. We do **not** use this system due to it resulting in resources being taken away from our own dispensary. Please do not try and order your medication through this system as it will not work, thank you.

### Did you know?

Our dispensary dispenses 7000 medication items per month to our patients! If you order your medication online or via the NHS app, it would free up valuable time for our colleagues.

### New Staff:

Please welcome our new employees!

Claire Du Bois–  
Practice Nurse

Gina Cox– Dispenser

## NHS Dorset Waste Medication Campaign

NHS Dorset are beginning a county wide campaign from the 1st February to reduce waste medication. Approximately 1.6 medication items are wasted in Dorset alone each year, this creates environmental issues as the medication and packaging currently cannot be recycled. We have been informed that plans are being made by NHS England to try and tackle this issue. There are also safety issues surrounding waste medication, stockpiling medicine may result in it expiring and therefore not being as effective. Stockpiled medication also poses a risk to children and pets if they gain access to it.

NHS Dorset is therefore encouraging people to **'only order what you need'** in an attempt to reduce waste medication being generated at the supply end of the process. Patients are encouraged to not have more than a months' worth of medication at home and only order more when they need it. Once medication has left the pharmacy it cannot be reused for another patient and must be thrown away, therefore if unnecessary medication is not generated to begin with it will reduce the overall amount of waste.

## Military Veterans

Our practice is encouraging military veterans to make sure they are registered as a 'military veteran' on our system so that we can ensure the correct care is given to them and their families. There are lots of ways military veterans can be supported, and within our local area we have a military veterans support group who meet once a month in Sherborne. This was set up a couple of years ago by Sherborne's patient group (PPG) and has proved to be very successful, please contact the surgery and our social prescribing team can help you if you wish to attend.

Head over to our website to find lots more useful information:  
[www.yetminsterhc.nhs.uk](http://www.yetminsterhc.nhs.uk)

Repeat prescriptions?

**Only order what you need**



**10% of medicines** prescribed nationally are not needed



In Dorset we spend **£9 million** a month on repeat medications



Speak to your **pharmacy team** about only ordering what you need

Find out more about our medicine waste campaign at:  
[nhsdorset.nhs.uk/yourmeds](http://nhsdorset.nhs.uk/yourmeds)

## Theme of the Month: Cancer Awareness

This newsletters theme of the month is raising awareness of cancer, there have been a number of initiatives running around this time of the year in an attempt to raise awareness of cancer and to encourage its prevention, detection and treatment. The 4th February marked World Cancer Day, a day set up by the UICC who run multiple schemes in an attempt to beat cancer. An event run by Cancer Research called 'Walk All Over Cancer' in March challenged people to walk 10,000 steps everyday to help fundraise money for lifesaving research.

On the Macmillan website they list different awareness months and provide important information and support resources. Macmillan website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

April is **Bowel Cancer Awareness Month**. Bowel cancer is the fourth most common cancer in the UK with almost 43,000 people being diagnosed every year in the UK. 1 in 15 men and 1 in 18 women will be diagnosed with bowel cancer during their lifetime, however it is treatable and curable especially if diagnosed early. The FIT (Faecal Immunochemical Test) is a test you may be asked to do as part of an investigation of your symptoms, it is important to return it as soon as possible! We are raising awareness of the signs, symptoms and when to see your GP, the poster below lists some of the possible symptoms of bowel cancer.

If you or someone you know is struggling or worried about Cancer please inform the surgery and we will be happy to support or signpost you to whatever you need.



### Knowing the symptoms of bowel cancer could save your life

-  Bleeding from your bottom and/or blood in your poo
-  A persistent and unexplained change in bowel habit
-  Unexplained weight loss
-  Extreme tiredness for no obvious reason
-  A pain or lump in your tummy

If you have **any** of these symptoms or if things just don't feel right, go and see your doctor. You may need to visit your doctor more than once if your symptoms don't get better.

Find out more at [bowelcanceruk.org.uk/symptoms](http://bowelcanceruk.org.uk/symptoms)



[bowelcanceruk.org.uk](http://bowelcanceruk.org.uk)  [@bowelcanceruk](https://twitter.com/bowelcanceruk)  [/bowelcanceruk](https://www.facebook.com/bowelcanceruk)

Registered charity number: 1271038 (England and Wales) and SC040914 (Scotland). Information correct at time of publication: April 2022. To be reviewed: April 2025.

## MACMILLAN CANCER SUPPORT



### Cancer Matters Wessex

**Better Health** Smoke free **NHS**

**You know you want to quit. We know you can.**

Get free support to quit smoking.

## Yetminster & Ryne Intrinsic Walking Group

The group organises walks around the countryside, they are free and anyone is welcome! Walks vary from 40 mins up to 2 hours, sociable dogs on short leads are also welcome.



### Upcoming Walks:

- Saturday 18th May at 14:00: start at the Gallery Café, High Street, Yetminster DT9 6LF
- Wednesday 22nd May at 14:00: Short Village Walk, start at the Gallery Café, High Street, Yetminster DT9 6LF
- Saturday 15th June at 11:00: start at Kingcombe Reserve, Toller Porcorum, DT2 0EQ
- Wednesday 19th June at 14:00: Short Village Walk, start at the Gallery Café, High Street, Yetminster DT9 6LF
- Saturday 20th July at 11:00: Start at the Sports Club, Hamcrate, Sussex Farm Way, Yetminster, DT9 6SZ
- Wednesday 10th July at 14:00: Short Village Walk, start at the Gallery Café, High Street, Yetminster DT9

## Carers

- ◇ Unpaid carer = someone of any age, who provides unpaid care to a person who could not manage without this support due to illness, disability, frailty, mental ill health or substance misuse.
- ◇ Carers save the economy £132 billion a year! However, this can come at great personal cost to them. Carers are twice as likely to have poor physical and mental health due to a number of reasons such as stress and social isolation.
- ◇ It is therefore important to ensure unpaid carers are recognised within their GP surgery so that the correct support can be offered to them and the person they care for. Please inform us if you or someone you know is an unpaid carer so we can keep our records up to date.
- ◇ At Yetminster our team of GP's, nurses, mental health practitioners and social prescribers are all able to help support unpaid carers at our practice.
- ◇ For any further support or discussion please contact our Carers Lead: [molly.campbell@dorsetgp.nhs.uk](mailto:molly.campbell@dorsetgp.nhs.uk) who will be able to signpost you to helpful resources such as our carers information pack.

### New Carers Drop in Clinic!

- ◇ Starting the first Monday of every month from 10:00am-12:00pm, at Yetminster Health Centre, the first clinic begins on Monday 3rd June 2024. No appointment necessary, just drop-in for a chat!
- ◇ If you are caring for someone that increasingly relies on you and are wanting some more information on the support available to you as an informal, unpaid carer, please come along to one of our drop-in sessions.
- ◇ The sessions are hosted by Sarah Withell, our Carers Caseworker with the Adult Social Care team for Dorset Council. She will be available to provide information, advice and guidance in relation to providing ongoing care for a loved one or friend, benefits & entitlements, local authority support & funding, and improving your own wellbeing.
- ◇ We also have a carers clinic that runs at the Grove Medical Centre in Sherborne on the 1st Thursday of every month between 9am-1pm, please contact us if you would like to book into a slot. Sessions last for around 40 minutes and a full range of support and guidance is given by our carers case workers.

### **Health Fair: 14th May, the Digby Hall, Sherborne, DT9 3AA (11am-7pm)**

The Sherborne PCN (consisting of Yetminster Health Centre, The Grove Medical Centre, and the Apples Medical Practice) are hosting a health fair in May open to the public. We will be offering basic health checks from the pharmacy team, exercise and yoga demonstrations, help with accessing online resources such as the NHS app, and the opportunity to talk to our healthcare staff for advice and questions. The main hall will be used to provide a variety of information to support and encourage our population to live well. There will be a variety of stalls from different national and local health related groups, to showcase our fantastic healthcare services and staff.



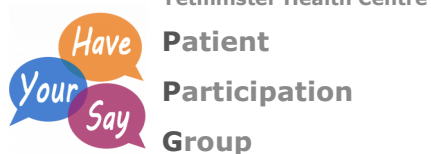
### **Spring COVID Boosters**

We are running our campaign for COVID spring boosters.

You are eligible if you are age 75 or older, or if you are immunosuppressed or taking immunosuppressive drugs. Our clinics will be running at the Digby Hall in Sherborne on Tuesday 30th April and Wednesday 1st May. Please contact us if you would like to be booked in.

### **Reasonable Adjustments**

We understand that if you have a disability or condition that may prevent you getting access to our healthcare services, it may be difficult for you to receive the correct care you need. Therefore, we would like to know if you need any reasonable adjustments made to suit your needs. These could be things such as longer appointment times, a quiet area to sit, help with checking in for appointments, bigger text sizes, or providing a wheelchair. Adjustments are specific to suit you so please discuss this with us so we can help in the best way possible. It is also important for you to give us permission to add this to your medical record so that all staff are aware of your needs, as well as staff at other healthcare organisations in case you are admitted to somewhere else.



Our Patient Participation Group (PPG) has become better established as we have more patients wanting to become involved with the group. The aim of the group is to provide patients with a voice about matters that affect their own healthcare and therefore increase connections between the surgery and patients in our local community. Recently, we invited a few PPG members for a tour of the practice followed by our first meeting and this

was enjoyed by all! Members of the group also receive monthly email updates about things happening within the surgery as well as across the county from information provided to us from NHS Dorset. We are hoping to continue further establishing the group and allowing the PPG to become more involved with initiatives running at the surgery. There is no pressure to engage with everything happening within the PPG but if you would like to join the group, receive monthly updates or have any further questions please let us know!