**Yetminster Health Centre: February Update**

Hello PPG members! We’ve had a few more people interested in joining the patient group, which is great to see. I hope that these monthly email updates are beneficial to you and as always, any feedback is appreciated.

**NHS Dorset- Waste Medication Campaign**

I attended a webinar where the guest speaker was a lady called Tracy Lyons from NHS Dorset, she explained how they are starting a county wide campaign from the 1st of February to reduce waste medication. Approximately 1.6 million medication items are wasted in Dorset alone each year, this creates environmental issues as the medication and packaging cannot be recycled and often will end up in our rivers and the ocean if not disposed of properly.

There are also safety issues surrounding waste medication, when medication is stockpiled, it can often expire and then not work as well. Stockpiled medication also poses a risk to children and pets, and there have been cases in which children have been made unwell due to accessing medication that is not for them.

NHS Dorset is therefore encouraging people to **‘only order what you need’** to reduce waste 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, this then adds to the environmental issues due to it not being recycled. Therefore, if unnecessary medication is not generated to begin with, it will reduce the amount of waste thrown away.

**Sherborne PPG meeting at the Grove Medical Centre**

At the end of January, I was invited by the chairman to attend the Sherborne PPG meeting hosted at the Grove Medical Centre. Their group has been up and running for several years now and they are heavily involved with the practice, so it was great to see all the projects they currently have running. One of their most successful groups they have set up is the military veteran support group in Sherborne which receives great feedback and gets regular attendance.

The chairman, Rodger Marsh, is keen to get Yetminster more involved so if any of you would be interested in attending their next meeting with me to see how their group works then please let me know.

There were several attendees including: Chairman and Vice Chairman, other PPG members who are patients of the practice, one of the GP’s, the Grove Practice Manager, a member of the town council, and two students from Sherborne Girls School who are interested in practicing medicine.

**Transport Challenges Across Dorset**

The Rural Dorset Working Group is looking at challenges for people who live in rural Dorset and, as you would expect, transport comes up time and time again.  Therefore, the group has put together an online form to capture any transport challenges across Dorset (not just the rural parts of the county).  Here is a link to the form, which should only take a few minutes to complete.

[Transport Challenges Across Dorset](https://forms.office.com/e/QcusyFS8jh)

This data will be shared to directly inform future policy, funding and solutions to improve access to services and places of work in Dorset.

**4th February- World Cancer Day**

The beginning of this month marked World Cancer Day, a global initiative led by the Union for International Cancer Control to raise awareness of cancer and to encourage its prevention, detection, and treatment. 10 million people die each year from cancer, and many of us have been affected by it whether it be personally or through someone we know.

Follow this link to find out more about the initiatives running to help beat cancer, and why understanding and further research is so important: [Official website of World Cancer Day by UICC | 4 February](https://www.worldcancerday.org/)

If you or someone you know is struggling with cancer and needs further support, the following organisations are there to help, or please contact our surgery to speak to a GP or nurse.

[Macmillan Cancer Support | The UK's leading cancer care charity](https://www.macmillan.org.uk/)

[Cancer Support UK: Supporting People with Cancer, During and After Treatment](https://cancersupportuk.org/)

[Support for you | Breast Cancer Now](https://breastcancernow.org/information-support/support-you?utm_source=microsoftp&utm_medium=cpc&utm_campaign=services&utm_content=support-general&msclkid=c395fce93a77199977f999267024eb1a)

Ways to donate: [Donate To Beat Cancer | Cancer Research UK](https://donate.cancerresearchuk.org/donate?gclid=264f42cfb3c51458b0222700f9963507&gclsrc=3p.ds&utm_source=bing&utm_medium=cpc&utm_campaign=IMP%20%7C%20IG%20%7C%20NB%20%7C%20High%20Priority&utm_term=cancer%20cash%20donation&utm_content=NB%20%7C%20Cancer%20%7C%20Donate)