

Yetminster Health Centre
Church Street
Yetminster
Sherborne
Dorset DT9 6LG
Tel: 01935 872530
Email:
yetminster.reception@nhs.net

Yetminster Health Centre

Summer Newsletter 2024

Reminder!

Our team would much appreciate if patients rang the surgery regarding test results in the **afternoon**. Our phone lines are very busy first thing and between 9:30-11:30am, when Dispensary are also taking calls.

Did you know?

We had 8 missed GP appointments (130 minutes) and 12 missed nursing appointments (220 minutes) in June 2024. Please call to cancel or rebook your appointment if you cannot attend!

Armed Forces Veteran Friendly Accreditation

Yetminster Health Centre is now a Armed Forces Veteran Friendly Accredited Practice! Our accreditation means we have a clinician who has specialist knowledge of military related health conditions and veteran specific services. We are able to receive lots of resources to help support the veterans at our practice and in our community, and are provided with recent news and updates from the Royal College of General Practitioners.

A veteran is someone who has served in the Armed Forces (regular or reservist) for at least one day. The term 'veteran' is the same as 'ex-forces' although not all veterans choose or want to associate with the term 'veteran'. It is important that we as a practice know who our veteran patients are, so that we can ensure we provide and offer them and their families the correct care. In many cases veterans have similar levels of health to the general population, however, a small minority have physical and mental health issues relating to their time in service. Sometimes there may be different care pathways that are more suitable for a patient and so we are able to refer to secondary care organisations such as Op COURAGE: The Veterans Mental Health and Wellbeing Service, or the Veterans Trauma Network. Our closest military veteran support group runs in Sherborne on the third Saturday of each month, 10am-12pm, at The Community Room, Manor Court, Newland, Sherborne, DT9 3JX.



Armed Forces veteran friendly accredited GP practice

RSV Vaccine (September)

Respiratory syncytial virus (RSV) is a major respiratory virus that is common over the winter period. It can be dangerous for infants as it can cause bronchiolitis, as well as being dangerous for the elderly causing pneumonia and flare-ups of existing lung conditions. RSV may cause a cold, cough, wheezing, shortness of breath, tiredness and fever. Most cases are not serious and clear up within 2-3 weeks. From September 2024, pregnant women at week 28 or later and everyone aged 75-79 will be offered a vaccine to protect themselves or their babies against RSV.

Flu & COVID Clinics (October)

Our autumn Flu and Covid clinics will be running at the Jubilee Hall in Yetminster across the road from the surgery, on Tuesday 8th and Wednesday 16th October. Patients who are over 65 will be eligible for both the Flu and COVID vaccines, whilst immunosuppressed patients under 65 will be eligible for the Flu vaccine. Patients will receive a text or email with a booking invite, or a phone call from the surgery. Alternatively, patients can ring the surgery to book although we ask them to do this in the afternoons to keep our phone lines free in the mornings.



Theme of the Month: Diabetes

4.3 million people are living with a diagnosis of diabetes in the UK.

Diabetes is a condition that occurs when your blood glucose (sugar) level is too high. This is due to a hormone in your body called insulin which allows glucose to enter your cells and give the body energy. There are two main types of diabetes.

Type 1 diabetes is where the body cannot make any insulin at all. Type 2 diabetes is the most common and happens when the body cannot produce enough insulin or the insulin it makes does not work effectively. Therefore, as glucose cannot enter the body's cells it begins to build up in the blood resulting in high blood glucose which can be detected with a blood test. This is how diabetes is diagnosed.

There are a variety of symptoms and complications caused by diabetes which can effect all areas of your body including your eyes, brain, feet and kidneys. It is therefore important to diagnose diabetes early to help prevent complications.

Treatment involves keeping blood glucose levels within a safe target range. This can be done through lifestyle such as being active and eating healthily, or through taking insulin or medication to help glucose levels remain stable.

We ask our diabetic patients to come in once a year for a blood test and review with the practice nurse, it is important that you attend the surgery when you are invited in so that we can provide you with the best care!

Support Services:

- Diabetes UK
- NHS website
- Make an appointment with our practice nurse
- Diabetes.co.uk



BP@Home

Many patients across Dorset are now monitoring their blood pressure (BP) at home. If you have known hypertension or even if you don't, this is a great way to help you monitor and manage your BP. It lets your GP know your readings so you don't have fill in manual BP forms or attend the surgery for a check. This is helping patients take control of their own healthcare by monitoring it at home, as well as helping reduce appointments at our practice.

To sign up for free follow the link on our website and login to Viso with your NHS login, you can then download their app and get started!



Head over to our website to find lots more useful information:
www.yetminsterhc.nhs.uk

Health Talks

The Sherborne Primary Care Network (PCN) are holding a number of health talks on a range of different topics. The talks provide education, advice, and aim to prevent patients developing health conditions by catching symptoms early, such as the saying 'prevention is better than cure'.

Diabetes

The first health talk was held at the Sherborne Sports Centre on the 15th May, and was aimed at 'Preventing Diabetes'. The event was well attended and included presentations from the organisations 'Living Well Taking Control' and 'Active Dorset'. They spoke about making lifestyle changes to improve our general health and highlighting the importance of being active in our daily lives. It was concluded by one of the local councillors giving a personal account of his journey with Diabetes.

The next two talks will be focused on 'Avoiding High Blood Pressure' in August and 'Weight Management' in September, they will be held at the Sports Centre at Sherborne Boys School, dates to be confirmed. The talks are free for anyone to attend, no booking required!

Staff Changes

We have a number of staff changes to announce. Recently we have welcomed our new receptionist Gale to replace Sharon who has retired. We are saying goodbye to our care coordinator, Molly, as she is leaving to go on her travels. We will also be saying goodbye to our GP partner's Dr Ian Latham and Dr Kathryn Dixon at the end of September as they are retiring after over 28 years of working here! They have been such a huge part of the practice and will be sorely missed, we wish them all the best and the happiest retirement.

Please can we ask patients not to book up appointment times to say goodbye to them, as there is a journal in the waiting room for patients to write their goodbye messages if they wish. In October our new partners join the practice. We will have Dr Alex Nickinson, who has worked here before as a locum GP, joining the practice full time as a GP partner and Dr Kathryn Armitage will also be joining as a part time GP partner.

A Message from Dr Latham & Dr Dixon

"The time has come to hang up our stethoscopes. We have been working as doctors for 35 years, nearly 30 of them at Yetminster Health Centre. Hopefully, we leave the practice in a better place than when we arrived.

We have enjoyed looking after the people of Yetminster and the surrounding villages through both good times and difficult times and count many amongst you as friends.

We would like to thank all the staff who have put up with us over the years and are a major reason behind the success of the practice.

I'm sure Richard and the new arrivals, Alex and Kathryn, will continue to keep Yetminster at the top of its game and we wish them all the best." ~ Ian and Kathryn

Summer top tips!



Sun Safety in the UK and abroad:

- Spend time in the shade when the sun is strongest, between 11am and 3pm.
- Use at least factor 30 sunscreen and apply regularly to ensure you do not burn, sunburn increases your risk of skin cancer. When buying sunscreen the label should have a sun protection factor (SPF) of at least 30 and at least 4-star UVA protection.
- Cover up with suitable clothing such as a wide brim hat and wear sunglasses to protect your eyes.
- Take extra care with children as their skin is much more sensitive than adult skin.
- If you do get sunburnt: apply soothing aftersun cream or spray that contains aloe vera, take paracetamol or ibuprofen to ease pain or inflammation, and stay out of the sun until the redness has gone.
- If you have lots of moles or freckles you may be at higher risk of skin cancer, ensure to check for changes such as new moles or lumps, and moles that change in size, shape, or colour.
- The British Association of Dermatologists advises that people should not use sunbeds or sunlamps, they are more dangerous than natural sunlight because they are a concentrated source of UK radiation.
- There are increased risks when it gets too hot, for example during a heatwave. These risks include dehydration, overheating, heat exhaustion and heatstroke. A heatwave can affect anyone but the most vulnerable people are: older people over the age of 75, those who live on their own or in a care home, people with long-term health conditions, people who are on multiple medications and those who find it hard to keep cool such as babies, the bed bound, and those with drug addictions.
- Be mindful and aware of the people around you during hot weather, especially those who are vulnerable, as they may require additional support.

Stay Safe in the Sun



Yetminster Health Centre

**Patient
Participation
Group**

Patient group update:

We now have established meetings at the surgery and our patient participation group (PPG) is growing! The patient group provides a voice to you as patients and allows discussion of ideas regarding the surgery, current healthcare topics, and local events.

Let us know if you would like to attend a meeting or receive our monthly practice update we send out!