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Yetminster Health Centre

Summer/Autumn Newsletter 2025

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

'Can't make it? CANCEL'

We had 10 missed GP appointments (150 minutes) in July 2025. Please call to cancel or rebook your appointment if you cannot attend to allow others to be seen.

New Colleagues:

Please welcome our new employees!

Dani—Dispenser

Jules—Dispenser

Kate—Receptionist

Flu & COVID

Vaccination Clinics October 2025

We're running **Autumn Flu & COVID Clinics** at:

The Jubilee Hall, Yetminster, DT9 6LG

Dates:

- Thursday **2nd October 2025**
- Wednesday **8th October 2025**
- Tuesday **14th October 2025**

You are eligible for the COVID vaccine if you are:

- **Aged 75 or over**
- **Immunosuppressed** or taking immunosuppressive medication

You will receive a **booking link via text or email**.

If you need to call the surgery to book, please **ring after 2pm**.



GP Patient Survey 2025

We're proud to share that Yetminster Health centre ranked joint **second** in the area for **patient satisfaction** and **service quality**.

97% of our patients find it easy to get through to Yetminster Health Centre by phone, well above the national average of 53%.

Our **reception and administrative** team continue to provide outstanding support, with **100% of patients rating them as helpful**, far exceeding national average of 83%.

These results highlight our commitment to making healthcare easy to access and ensuring our patients receive the personalised care they deserve.

Cervical Screening—Change in NHS Screening Age

The NHS has made changes to the cervical screening programme:

- **Patients with a cervix are now invited from age 25 to 64**, with screening every 5 years for everybody.
- These changes aim to improve early detection and reflect updated scientific evidence.

Check your eligibility and book your smear test today!

Theme of the Month: Asthma—What's New in Treatment?

Asthma affects the airways, making them inflamed and sensitive. This can cause symptoms such as coughing, wheezing, shortness of breath, and chest tightness. Good asthma control means you can live life without your symptoms getting in the way.

The **NICE (National Institute for Health and Care Excellence) asthma treatment guidelines** have recently been updated to focus more on preventing flare-ups and reducing long-term risks.

Key changes in the NICE guidelines include:

- **Inhaled preventer treatment earlier:** Even people with mild asthma may now be offered a preventer inhaler (usually containing a low-dose steroid) to reduce the risk of serious attacks.
- **Combination inhalers as first choice:** For many patients, using an inhaler that contains both a preventer and a reliever medication is recommended instead of relying solely on a blue reliever inhaler.
- **Regular reviews:** Patients will be reviewed at least once a year (or more often if needed) to ensure treatment is working and inhaler technique is correct.

What you should do:

- If you have asthma, make sure you attend your **annual asthma review**.
- Bring all your inhalers to your appointment.
- Talk to your nurse or GP if you are using your blue inhaler more than twice a week — your treatment may need adjusting.

The updated NICE guidance aims to help more people with asthma stay well, reduce the risk of serious attacks, and improve quality of life

Consent to share medical information:

Keeping your medical information secure is important to us—To help us communicate effectively, please inform us **in writing** if you consent to share information about your medical records with a named person, such as a parent, guardian or relative. Letting us know is easy please email yetminster.reception@nhs.net

Staying Safe in the Sun and Heat

Hot weather can be enjoyable, but it's important to protect yourself from heat-related illnesses such as heat exhaustion, dehydration, and sunburn. The **NHS** advises a few simple steps to stay safe and healthy during sunny days.

Top tips from the NHS:

- **Keep hydrated:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid too much alcohol or caffeine, as these can cause dehydration.
- **Stay cool indoors:** Keep curtains or blinds closed in rooms that face the sun. Use a fan if needed, and avoid unnecessary heat sources.
- **Limit time in the sun:** Try to stay in the shade between 11am and 3pm when the sun's UV rays are strongest.
- **Dress appropriately:** Wear loose, light-coloured clothing, a wide-brimmed hat, and sunglasses with UV protection.
- **Use sunscreen:** Apply a broad-spectrum sunscreen with at least SPF 30 and 4-star UVA protection. Reapply regularly, especially after swimming or sweating.
- **Check in on others:** Older people, young children, and those with health conditions are more vulnerable to heat. Make sure they're staying cool and well-hydrated.
- **Watch for signs of heat exhaustion:** These include dizziness, headache, nausea, heavy sweating, and cramps. Move to a cool place, drink water, and rest. If symptoms don't improve within 30 minutes, seek medical help.

By following these tips, you can enjoy the warm weather while reducing your risk of heat-related health problems.

Childhood Vaccination Schedule Updates

New changes to NHS vaccinations for children include:

- Adjusted timing for the **MMR vaccine**. Moved from 3 years 4 months to 18 months.

We'll contact you if your child is affected, or speak with our nurses to learn more.



Men's Health — Taking a Proactive Approach

Looking after your health isn't just about seeing the doctor when something's wrong — it's about taking steps every day to stay well. The **NHS** encourages men to be proactive in caring for their physical and mental health.

Key ways to stay healthy:

- **Go for regular check-ups:** Even if you feel fine, routine health checks (such as blood pressure, cholesterol, and diabetes screening) can spot problems early.
- **Maintain a healthy weight:** Aim for a balanced diet rich in fruit, vegetables, whole grains, and lean protein. Limit processed foods, salt, and added sugars.
- **Stay active:** Adults should aim for at least **150 minutes of moderate activity** (like brisk walking or cycling) each week, plus muscle-strengthening activities twice a week.
- **Don't ignore symptoms:** If you notice changes such as unexplained weight loss, lumps, persistent tiredness, or changes in bathroom habits, speak to your GP promptly.
- **Look after your mental health:** Men can be less likely to seek help for stress, anxiety, or depression. Talking to friends, family, or your GP can make a big difference.
- **Limit alcohol and stop smoking:** Cutting down on alcohol and quitting smoking reduces your risk of cancer, heart disease, and other long-term health issues.
- **Know your numbers:** Keep track of your blood pressure, cholesterol, and BMI — small changes now can prevent serious problems later.
- **Stay alert to changes in your urinary habits,** such as a weaker flow or needing to get up frequently at night. These could be early signs of prostate issues that deserve medical attention. If you notice any symptoms, don't hesitate to speak with your GP for advice and possible testing.

Remember: Small, consistent steps lead to long-term benefits.

Taking charge of your health today means you're more likely to enjoy a longer, healthier future.

Head over to our website to find lots more useful information:
www.yetminsterhc.nhs.uk or Follow us on Facebook 'Yetminster Health Centre'

Time for Your Blood Test?

We're inviting all patients to **book their routine blood test during their birthday month**. This simple system helps us keep your health records up to date and spot any changes early.

To book, call the surgery on **01935 872530**.

Some patients may require more frequent blood tests because of the medication they take — if this applies to you, we'll let you know