

Puddletown Surgery

Spring Newsletter

March 2024

Occupational Therapy Team

Laura Van Der Akker and Phillipa Mills currently make up the Mid Dorset PCN Occupational Therapy Team, serving patients from Cerne Abbas, Milton Abbas and Puddletown surgeries. Laura is the OT and has been in post since October 2022 and Phillipa is the OT care coordinator and has been in post since October 2023.

Laura carries out physical and psychosocial assessments that consider health and home management, education, work, leisure, and social participation. She works in a proactive way with patients to find solutions that will improve health and activity levels. Interventions are practical, realistic and goal orientated.

Phillipa supports Laura with managing referrals, booking patients in, ordering the relevant equipment, reviewing patients after the assessment, supporting patients with equipment set up, attending community events where OT presence is relevant and maintaining working relationships with external agencies such as the Dorchester Community Rehab team and other PCN OT teams.

Patients can self-refer to the service or they can be referred by the nurse team, a GP or anyone in a non-clinical role who feels OT input would be beneficial. Assessments are generally done in the patients home, where a much clearer picture can be built of the patient's lifestyle and what matter most to them, we can spend anything from 30 minutes to a couple of hours with them.



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Easter Opening Hours

Over the Easter period the surgery will be closed from:

Good Friday 29th March to Easter Monday 1st April.

We will NOT be open on Easter Saturday 30th March

We will also be closed on the Bank Holiday Mondays in May:

6th and 27th May.

We will be open as normal on the Saturdays

If you are unwell while the surgery is closed, ring 111. They will take details of your condition and direct you straight away to the local service that can help you best.

For immediate life-threatening emergencies call 999

In this issue:

- Introducing the new PPG team and how to contact them
- Update from the Patient Wellbeing Team
- Only Order What You Need campaign—how you can help the NHS save money
- Are you travelling to foreign parts this summer? We have updated our travel process—details enclosed

News from the Patient Participation Group

Hello, I'm Richard Burden, the new Chairman of the Patient Participation Group. My family joined Peter Normandale's practice in 1983 and we have experienced its successful evolution and growth to the present high standard. For many years I established and oversaw Dorset's Coast and Countryside Service whilst also ameliorating the impacts of the development of the Dorset Oilfield on the landscapes of the County. My wife was a Church Warden and some of you may recognize me from running the Polling Station on election days.

As a recipient of an organ transplant, I have benefitted considerably from the NHS and the PPG is another way of supporting it and giving something back.

My public service, business and academic careers have given me experience of chairing and organising meetings, engaging both professionals and volunteers. I have been regional and national chair of my professional Institute and I chair a Home Office regulated sports club involving volunteers and legal, ethical, and public interactions.

The PPG are fortunate to have Anthony Felstead as vice-chair and Angie Benford as secretary. Whilst we cannot promise to solve everything, do please feel free to raise issues and to join our activities.

Our first initiative is the befriending project being coordinated by Kate Trevett.



Left to right: Jim Gammans (NHS Dorset), Anthony Felstead (Vice-Chair) and Richard Burden (chairman)

If you would like to contact the PPG directly please email:

PuddletownPPG@outlook.com

Travelling Abroad this Summer?

To streamline our travel service we are modifying how we carry out travel consultations.

The initial consultation will now be undertaken as a **telephone call** to share information with you and plan any vaccinations required. However, if you struggle on the telephone or would specifically like a face-to-face appointment, we are happy to accommodate this.

If you are travelling as a family or group could you please nominate a **Lead Traveller** who will be responsible for sharing the advice and information we give about your trip. Each traveller will still need to complete their individual form. We will need your consent that we share with the **Lead Traveller** details of vaccinations and medications that you may need. Obviously if you are not happy to consent to this, we will book individual assessments for you.



Only order what you need

Repeat prescriptions? Only order what you need

Did you know that approximately 1.6million medicine items are wasted unnecessarily in Dorset each year? We need your help to reduce this.

Check what medicines you have at home before you order your repeat prescriptions. If you have enough, only request the medicines you need this time. You will still be able to order your medicine again in future.

Find out more at:

nhsdorset.nhs.uk/health/medicines/waste/

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

Patient Wellbeing Page

Welcome all to the Patient Wellbeing Team page.

Our patient wellbeing team is here to support you with non medical aspects of your health and wellbeing.

Are you are struggling with issues such as feeling lonely? Do you have financial or employment worries? Or are you a parent looking for local groups? You may have a long term condition that you would like support managing or a carer looking for advice? If something is impacting your physical or mental health but doesn't require a GP or nurse then you may benefit from a chat with a member of our team.

To learn more about how we could support you please contact us on **01305 848333** and ask to speak to the patient wellbeing team or email sp.puddletown@dorsetgp.nhs.uk .

Are you a Carer?

If you are looking after someone physically, practically or emotionally and they could not manage without your help then you are a carer. You could be helping an elderly neighbour do their shopping, taking a friend or relative to their doctors appointments or a young person helping support a family member, whatever it is it is important to let the surgery know as it will help us to offer the appropriate support.

If you have read this and think you may be a carer please fill in a carer registration form the next time you're at the surgery call **01305 848333** and ask to speak to Kate our carer's lead or visit mid-dorsetpcn.co.uk and complete the online carers registration.

Digital Support

Our lives are more online than ever and there seems to be an app for everything. NHS Dorset have a health app finder that can not only help you find apps to manage your health better they also review apps on their site for things such as data security, clinical safety, how usable and how accessible they are and more. Find out more about it at [Our Dorset \(orchhealth.com\)](http://OurDorset(orchhealth.com))



Did you know NHS Dorset has a video library [Our Dorset Video Library](#)? The library has videos available to support you such as information for carers, videos on correct use of inhalers, what to expect from certain scans or tests including CT scans, endoscopy and breast screening and lots more.

If you lack confidence in using online tools including e-mail, online banking, social media or NHS apps etc and would like to know more please contact the social prescribing team at the surgery on 01305 848333 who can help you find the right support.

Monthly Community Drop-ins

The surgery along with Mid-Dorset Primary Care Network are holding monthly community Drop-ins at **Dorchester Library** on the **4th Wednesday of the month**.

The Drop-ins are an opportunity to learn more about social prescribing and carer support. The network leads for social prescribing and carers will be in attendance each month and surgery leads on a rotation basis with members of our surgery team next there in April. We will also be joined by Carer Support Dorset as well as other community groups and support organisations.

Why not pop along to find out more and enjoy a free hot drink and biscuit.



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From all of us at
Puddletown Surgery

Staff News

Welcome to Robyn (right) in dispensary who is here covering Charlotte's maternity leave. Sadly Fran, dispenser, is leaving us at the end of February after five years at the surgery.



Nurse Katherine had a baby girl in December, congratulations to her and her husband. We all send congratulations to all the family.

Breaking News: Dispenser Charlotte has safely delivered a baby girl, Congratulations from us all!



Another Robyn (left) will be joining us in March as our Senior Administrator. She will be taking over from Danni who we will all be sad to say goodbye to. Danni is going back to work at her previous surgery in Weymouth. We wish her well and will miss her.

Food Bank

We have been collecting for the Food Bank here at Puddletown Surgery since 2018 and would like to thank everyone for your support.

The surgery's collection is now all taken to St Mary's Church in Puddletown and we would like to thank Judy who takes it to the Church for us.

We would appreciate any donation from the list:

Cereal	Soup
Pasta	Rice
Tinned Food	Tea/Coffee
Biscuits	Nappies
Baby Food/Milk	Feminine Hygiene

Please ensure that all food has a long best before date.



If you and your family are finding it hard to manage due to the cost of living crisis please call the Social Prescribing team at the surgery and they can direct you to local Food Banks and issue vouchers.

Charity Book Sales



This financial year we have been collecting for NeighbourCar and raised £391.

Thank you to all those who have donated and purchased books, good quality fiction and biographies mostly.

We are now taking donations of books.

Thank you to Michelle for helping us by sorting and refreshing the books.

First Contact Physiotherapy

Our First Contact Physiotherapist, Rosie Dermody, works here every Thursday and currently has some availability. She is a highly specialised Physiotherapist with enhanced skills. She can help with musculoskeletal problems such as back, neck and joint pain by:

- Assessing and diagnosing problems
- Giving expert advice on how best to manage conditions
- Referring on to Specialist Services as necessary.



If you would like to see Rosie please make an appointment at Reception or phoning 01305 848333. You do not need to speak to your doctor first, you can self-refer.