



Yetminster Health Centre

Yetminster Health Centre  
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## NEWSLETTER

### Issue 2 – Autumn 2022

Welcome to our latest addition of the Yetminster Health Centre Newsletter.

#### Opening Hours

#### Surgery

Mon to Fri 9am to 5pm

#### Dispensary

Mon to Fri 9am to 6pm

First and foremost, here are the important dates for this year's Flu Clinics.

Weds 5<sup>th</sup> October 9am-12:30pm and 2pm-5.45pm

Tues 11<sup>th</sup> October 9am-12:30pm and 2pm-5.30pm

Thurs 20<sup>th</sup> October 9am-12:30pm

Weds 2<sup>nd</sup> November 8:45am-12:30pm

They will all be in the Jubilee Hall Yetminster and you will be welcome to enjoy a cuppa afterwards.

#### ***Advanced notice of Christmas and New Year opening hours***

We will be CLOSED on Monday 26<sup>th</sup> and Tuesday 27<sup>th</sup> December, plus Monday 2<sup>nd</sup> January 2023

#### ***Staff Changes***

On 5<sup>th</sup> September we said a fond farewell to Valerie, our practice nurse, who has worked at Yetminster Health Centre for 14 ½ years. Although she will be greatly missed by both patients and staff, we wish her a long and happy retirement.

We have been successful in recruiting Valerie's replacement and in August, we welcomed Abbie as our new Practice Nurse. Abbie comes to us from a Yeovil practice and we wish her a long and happy career here at Yetminster.

We have also recruited two new Mental Health Practitioners to the Sherborne Area Primary Care Network called Julie and Hannah. Julie has enjoyed working in social services, within an Older Peoples Community Mental Health capacity and specialist dementia services. She particularly enjoyed working with patients in the early stages of dementia, helping to support them along their dementia journey as well as creating care plans to support challenging behaviour in advanced dementia using psychosocial interventions.

Hannah, who is a Registered Mental Health Nurse and has a background of working within the Adult Community Mental Health Services. Her specialism has been working with adults who have a diagnosis of Personality Disorder, predominantly Emotionally Unstable. She is trained in Dialectical Behavioural Therapy and supported in the implementation of the DBT Full Programme Service in Somerset.

We also have a team of Social Prescribers whose role is a comparatively new role within the NHS. Here is more information of how the Social Prescribers could help you

People often have underlying social reasons for visiting their GP. They might be lonely or isolated, worrying about money or housing, struggling to find information about how to care for a friend or relative, suffering from ongoing health conditions and not knowing where to turn. These are all things a Social Prescriber or a SP Link Worker can help with, by spending more time with the patient than a GP can, and identifying their problems, and directing people to solutions. They have a wide range of knowledge about what's going on in the local area, and if they can't answer your question, they can find someone who does!

Other initiatives that they are involved with are the support of local volunteer efforts with our Health Champions, who are currently running local Wellbeing Walks, a Chatty Café, the Military Veteran Support Group and the Cancer Support Group. They are always keen to hear from anyone who might like to be involved with these, or anyone who would like to set up a new group that could support others.

### ***NHS Know Your Numbers***

The NHS wish to encourage those over 40 to check their blood pressure and make an appointment to see a nurse at your GP surgery if they have a high reading.

Over 40% of all strokes and heart attacks are associated with high blood pressure.

High blood pressure is the 3rd biggest risk factor for premature death and disability in England.

It is estimated that across Dorset as many as 83400 patients are undiagnosed, untreated, and therefore at increased risk of stroke or heart attack.

Across Dorset, by identifying those at risk we could potentially stop 1000's of avoidable heart attack and strokes. As well as extending life, improving quality of life - and reducing the health burden for you and your loved ones.

***NHS Know Your Numbers week*** is a great opportunity to remind you to get your blood pressure checked! A blood pressure test checks if your blood pressure is healthy, or if it's high or low. Blood pressure is the term used to describe the strength with which your blood pushes on the sides of your arteries as it's pumped around your body. Low blood pressure (hypotension) is not usually a problem, although it can cause dizziness and fainting in some people.

High blood pressure (hypertension) can increase your risk of developing serious problems, such as heart attacks and strokes, if it's not treated. Having this quick test is the only way to find out what your blood pressure is – and it could save your life.

### ***When and where to get your blood pressure tested?***

You should have a blood pressure test if you're worried about your blood pressure at any time.

If you're over 40, you can have this test done as part of an NHS Health Check, which is offered to adults in England aged 40 to 74 every 5 years.

If you have been diagnosed with high or low blood pressure, or you have a high risk of developing either, you may need more frequent checks of your blood pressure. You can get your blood pressure tested by a nurse at your local GP surgery and some pharmacies.

### ***Blood pressure devices for home use***

If you want to check your blood pressure regularly at home, you can buy a digital blood pressure machine. Choose a machine that measures your blood pressure at your upper arm, not your wrist or finger. Let your GP know you're doing this. For advice on taking your blood pressure at home click here to go to the Blood Pressure UK website

### ***How can you help us to help you?***

- We are currently doing some work on updating patients Next Of Kin details, we are sending out texts that people can reply to our they can email [yetminster.reception@nhs.net](mailto:yetminster.reception@nhs.net)
- ***Improving Access to Online Services***. We are encouraging patients to come in with ID and sign up to online services which will help them order medication safely and securely, book GP appointments and view letters and test results.
- ***Covid Autumn Booster***. Vaccines are available to book online. Visit our website and look in the 'News' section for more information on how to book online, which is the preferred way or phone 119. Please DO NOT phone the Surgery as we are unable to book for you. The Booster programme is organised by NHS England through the National Booking Service.
- ***Contact Details***. In this modern in which we live in, we try to communicate with patients by text message or email to make sure that they have information as quickly as possible. It's important that the practice has the correct contact details for everyone. We know that people change their mobile phone numbers and their email addresses, so please contact our reception team after 2pm to update them.

### ***PPG***

As mentioned previously, Yetminster Health Centre now has an active Patient Participation Group and they are looking for additional members. If you are interested in finding out how your GP practice works and about the health services it delivers, then joining the PPG could be for you. See <https://nhsdorset.nhs.uk/voice/ppg/>

If you are interested, please leave your contact details with Layla Ansar (Assistant Practice Manager) she will pass them onto the Chair of the PPG who will get in touch.