

Spring 2022 Patient Newsletter

Mask wearing in healthcare settings

Face coverings and face masks continue to be required in healthcare settings to comply with infection prevention and control (IPC) and adult social care guidance. This means all patients must continue to wear their face covering/mask when visiting our surgeries.



You are required to wear a face covering on entering and must keep it on until you leave, unless you are exempt or have a reasonable excuse for removing it (such as being asked to by a member of staff). Examples of exemption can be found by clicking here.

The best available scientific evidence is that, when used correctly, wearing a face covering will reduce the spread of coronavirus particles, helping to protect you (our patients) and our team. We thank you in advance for your co-operation.

Bowel Cancer

April is Bowel Cancer Awareness Month, a fantastic annual opportunity to raise awareness of the fourth most common cancer in the UK. Every 15 minutes someone is diagnosed with the disease, that's nearly 43,000 people each year.

Bowel cancer is also the UK's second biggest cancer killer, however it shouldn't be because it's treatable and curable especially if diagnosed early. Nearly everyone survives bowel cancer if diagnosed at the earliest stage but this drops significantly as the disease develops. Early diagnosis really does save lives.

That's why we're supporting Bowel Cancer Awareness Month and Bowel Cancer UK, the UK's leading bowel cancer charity, to raise awareness of the symptoms of bowel cancer:

- bleeding from your bottom and/or blood in your poo
- a persistent and unexplained change in bowel habit
- unexplained weight loss
- extreme tiredness for no obvious reason
- a pain or lump in your tummy



Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, see your GP. For more information about bowel cancer and details of how to get involved in Bowel Cancer Awareness Month visit bowelcanceruk.org.uk.

Injured or unwell? Use the right service



 Self-care <ul style="list-style-type: none"> • Grazed knees • Sore throat • Coughs & colds <p>Visit nhs.uk for self-care advice</p>	 Pharmacy <ul style="list-style-type: none"> • Headaches • Upset stomach • Aches & pains • Bites & stings 	 111 NHS 111 <p>Visit 111.nhs.uk or call 111 for advice and support</p> <p>24 hours a day 7 days a week</p>	 GP <p>Call your GP for symptoms that won't go away</p>	 Minor Injury Unit <p>Urgent but not life-threatening</p> <ul style="list-style-type: none"> • sprains • fractures • burns 	999 A&E <ul style="list-style-type: none"> • Unconscious • Breathing difficulties • Stroke • Heart attack • Heavy bleeding • Severe burns
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#ChooseWell

COVID-19 hand washing facts

Please continue to wash your hands as frequently as you can. It is the best way to keep your hands germ free. Hand sanitiser is great for times when hand washing facilities are not nearby but it becomes less effective after three uses until you wash your hands with soap.

SCMG Wellbeing Garden

We are in the process of creating a wellbeing garden at Woodlea House Surgery. The garden is being created with the help of staff and volunteers. Gardening and being outdoors is a great way to keep your mind and body active. We are looking forward to setting up a project where patients can access this type of therapy at their local GP Surgery. Our ambition is to get a fully functional garden for our patients to run and enjoy! If you would like to get involved, please contact Rebecca Rickman at rebecca.rickman@dorsetgp.nhs.uk.

Social Media

Your GP surgeries now have social media. We are always looking for new ways to reach people, that is why we have started up our own Facebook and Twitter pages. Stay in touch for our latest news, the services we offer and other information. Please like us on Facebook and follow us on Twitter. We have also recently launched an Instagram page for our SCMG Wellbeing Garden Project. You can now keep up to date with our latest news, photos, videos and more - SCMG Wellbeing Garden.

Sustainability

Did you know you can recycle your inhalers, used medication blister packs and contact lenses?

How to recycle inhalers:

- All used inhalers should be returned to a pharmacy to be disposed of safely.
- Inhalers **should not** be put in waste bins. Landfill disposal is harmful to the environment both in material waste and in greenhouse gas emissions as the residual gas from canisters is released to the atmosphere.

How to recycle used medication blister packs:

- Superdrug has teamed up with Anadin, Panadol, Nexium, Piriteze, Rennie, Nicorette, Imodium, Sudafed and Benadryl to include collection boxes in every Superdrug pharmacy, so you can recycle your empty medicine blister packs.

How to recycle your contact lenses and their blister packs:

- You can return your used contact lenses and blister packs to your local optician who will dispose of the lenses correctly and ensure any suitable materials are recycled.

Please remember when the surgery is closed, the following services are available:

- **NHS 111 - This service is for non emergency medical advice and is available 24 hours a day, 365 days a year. Please use the online service when possible 111.nhs.uk**
- **In a life-threatening emergency ring 999.**

It is important that your address and telephone numbers are correct on our Clinical System. This is so we can contact you with information relating to your health when required. Please update your details with a member of the reception team or online using SystmOnline.

Online Services

Using our online services is a great way to take more control of your healthcare. You can use online services to:

- Review your medication
- Change your contact details
- To register please contact the surgery
- Make or cancel appointments
- Order repeat prescriptions
- View your medical record



South Coast Medical Group would like to invite you to join its **Patient Participation Group (PPG)**.

If you would like further information Please [click here](#) to email the patient services department.