



Wyke Regis And Lanehouse Medical Practice

Newsletter

AUTUMN 2020

General News

We are excited to welcome two new nurses who will be joining the practice in the near future.

Due to the current COVID-19 Pandemic, our Flu Clinics will be held slightly differently this year to ensure our staff and patients safety. All patients who are eligible for the flu vaccine will be contacted by the surgery via letter. We will be holding multiple flu clinics. Your letter will detail which clinic you have been invited to. We will do our best to ensure households are invited to the same clinic but we are sending out invites in order of risk, so this may not be possible.

Most of our consultations are still being held over the phone or via video consultation. Where needed, patients may be invited into the surgery for a Face-to-Face appointment with one of our clinicians. Our waiting rooms at Wyke and Lanehouse are now open for patients with an appointment and there is a limited number of seats. Please wear a mask/face covering to these appointments where possible.

Wherever possible, please use the E-consult tab on our website for an online consultation. You will receive a reply from one of our clinicians by the end of the next working day.

Between 08:00-8:30, 12:00 -12:30 and 17:00-18:30 each working day, we will only deal with urgent issues. All non-urgent phone calls during these times will now be directed to eConsult. Patients can speak to a receptionist regarding non-urgent issues, between 08:30-12:30 and 13:30-17:00. Thank you for your continued support.

COVID Helpful Contacts

Here are a few helpful contacts that may be useful to you during the current pandemic. Please visit our website and social media platforms for more information such as Carers Support, Smoking Cessation Advice and Nutrition Advice.

Dorset Council Food Packages– 07980 730 029

Weymouth Food Bank– 07531 167 465

Emergency Food Bank St Edmunds Church– 01305 778169

24 Hour National Domestic Abuse Helpline 0808 2000 247

National Cholesterol Education Month

National Cholesterol Month is in October every year and aims to increase an awareness of the effects of high cholesterol. This years 'Let's Talk About Cholesterol' campaign will help raise awareness of high cholesterol and the importance of knowing what your cholesterol numbers are. If you are looking for a challenge this October, why not take on the Great Cholesterol Challenge' visit heartuk.org.uk to find out more.



PATIENT PARTICIPATION GROUP

Our PPG is part of a national network of patient groups aiming to improve communication between patients and the surgery. We act as supporters and a critical friend. Our GP practice listens to our patients' views and uses them to improve services. We are keen to improve membership with a wider diversity of ages and ethnicity. We currently meet using Zoom. You don't need the App to join we email you the link. **Our next meeting is Tuesday 17th November 4pm.** Topics discussed at our last meeting include: Patients' experiences of the new ways of working; Health consequences for us from emissions of the proposed plans for Portland Waste Incinerator; Organisation of Flu Clinics 2020. For more information contact the surgery or our Chair Rosemary Smeeton rosemary.smeeton2@btinternet.com

Health Visitors

The Health Visitors are based at Littlemoor Surgery and can be contacted on 01305 361071

Steps2wellbeing

A free talking therapy service for people experiencing low mood & anxiety
www.steps2wellbeing.co.uk
Telephone 01305 367051

Chaperones

If you are attending an appointment and for any reason would like a chaperone please mention to reception or the doctor and we will arrange for someone to come into the appointment with you.

Carers

Carers provide unpaid care by looking after an ill, frail or disabled family member, partner, friend or neighbour. If this is you then you please ask to speak to our Carers Leads Evie or Charlotte. If they are unable to answer your questions, they will be able to signpost you to someone who can. We have 'Carers Corners' at all of our surgeries where you will find helpful leaflets and information.

Carer Groups

Weymouth Carers Group meet on the 3rd Tuesday of every month, from 11am-1pm, at The New Vic Hotel on Weymouth seafront. For more info please call 07766 529297.

Meetings are currently postponed.

Our patients are welcome to attend the Portland Carers Group who meet regularly at The Western Room, Easton Methodist Church, Portland.

Please call the Adult Access Team on 01305 221016 for advice on services such as; independent living safety & security aids / equipment, day centres, sup-

D.A.I.T.

Domestic Abuse Intervention Training
Are you or someone you know suffering from or have suffered domestic abuse?

If so then these courses may be able to help .
Run by fully trained facilitators with over 20 years experience call either Jo 07826077525 or Pauline 07747705916 dait@talktalk.net

LiveWell Dorset

This is a self referring organisation that offers support for: Stop Smoking, Weight Management, Physical Activity and Alcohol Reduction

For further information go to:
www.livewelldorset.co.uk

Practice Contact Details

Telephone 01305 782226

Email wykeregis.postmaster@dorsetgp.nhs.uk

Website

www.wykeregisandlanehousemedicalpractice.co.uk

You will find lots of useful and helpful information on our new website.

Visit us on Facebook– Wyke Regis Health Centre

Follow us on Twitter- @WykeLanehouse

Please keep the practice up to date with your personal contact details.

Weymouth and Portland Community Urgent Care Centre at Weymouth Community Hospital.

Open 8am to 8pm, 7 days a week.

Appointment only during COVID Pandemic

Call 111 for medical advice when it is NOT an emergency