



Patient Newsletter

NEW PATIENTS

Do you know someone who needs to register with a GP surgery? We are currently accepting new patients! Registration can be started online at www.westbournemedicalcentre.nhs.uk

Long Term Conditions

Have you received an invitation to attend an annual health check for your long term condition? Please make sure you contact the surgery to arrange any appointments you need so we can ensure your condition is monitored.

First Contact Practitioner

If you are suffering with musculoskeletal problems we may be able to book you in directly with our first contact practitioner who is based in the surgery. Ask our Reception team for more information.

Food Bank Donations

Remember we now have a dedicated basket in our Reception area for donations to our local food bank. Please consider bringing along a donation next time you attend the surgery.

What could a First Contact Dietician do for you?

First contact dieticians can help with treatment of many conditions such as gastrointestinal conditions, frailty, obesity, diabetes and paediatric nutrition. Our dieticians with prescribing rights can prescribe medications relating to nutrition and dietetic conditions.

The dietician will assess you and support with diagnosis and treatment, give expert advice on how best to manage your gastrointestinal condition and ease your symptoms and even refer you to specialist services if necessary.

DRY JANUARY

January can be the perfect month to take a break from alcohol. Visit www.alcoholchange.org.uk for more support and information.

HEART MONTH - FEBRUARY 2025

This February the British Heart Foundation are asking you to 'Go Red for Heart Month' to help raise funds for lifesaving research. For support and information visit www.bhf.org.uk

RARE DISEASE DAY - 28TH FEBRUARY

A day to raise awareness and generate change for the 300 million people worldwide living with a rare disease, their families and carers. Visit www.rarediseaseday.org for information and support.

WORLD CANCER DAY - 4TH FEBRUARY

An international day to raise awareness about cancer and to encourage its prevention, early detection and treatment. For more information visit www.worldcancerday.org

TIME TO TALK DAY - 6TH FEBRUARY

Time to Talk Day is the nation's biggest mental health conversation. It's a day for friends, families, communities and workplaces to come together to talk, listen and change lives. Visit www.timetotalkday.co.uk for more support and information.

BEAT EATING DISORDERS AWARENESS WEEK - 24TH FEBRUARY

If you or someone close to you is struggling with an eating disorder, visit www.beateatingdisorders.org.uk for more support and information. Could you tell your own story to help raise awareness?

Our foodbank station is now set up in our waiting room!
If you are visiting the surgery please consider bringing in a donation to support your local community!