



# 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](http://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.

## **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.

## **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.

### March is Brain Tumour Awareness Month

Every March Brain tumour Awareness lead a programme of activities to raise vital awareness of this devastating disease. Visit [www.braintumourresearch.org](http://www.braintumourresearch.org) for support, advice and to find out how you can get involved in supporting the cause.

### Young Carers Action Day Wednesday 12th March

This year the theme is 'Give Me A Break', highlighting the importance for young carers to rest and recharge whilst also calling on schools and employers to provide better support.

Are you or someone you know a young carer? Visit [www.carers.org](http://www.carers.org) for more information and advice.

### National No Smoking Day Wednesday 12th March

Smoking is very harmful to your heart. It seriously increases your risk of developing heart and circulatory diseases. Visit [www.bhf.org.uk](http://www.bhf.org.uk) for information and support on stopping smoking. You may notice benefits sooner than you think.

### Ovarian Cancer Awareness Month March 2025

Ovarian cancer is a disease that can disrupt the normal function of the ovaries. Main symptoms include:

- Persistent bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Changes in urinary habits
- Fatigue
- Unexplained weight loss or gain

Visit [www.ovarian.org.uk](http://www.ovarian.org.uk) for support and advice on ovarian cancer.

There is also a helpful symptom tracker you can download and complete to help conversations with your GP.

### Stress Awareness Month April 2025

This years theme is #littlebylittle - emphasising the transformative impact of consistent, small positive actions on overall well-being.

Visit [www.stress.org.uk](http://www.stress.org.uk) for guidance and support.

**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!**