



Patient Newsletter

In recent months we have taken on new staff and now have a fully staffed Reception and Administration team. We hope you will notice an improvement in the service we provide and as always continue to welcome any feedback you may have.

FLU JABS

If you have not already had your Flu Vaccination please ask at Reception about this today! We have walk in clinics as well as bookable appointments, so don't delay.

RSV Vaccinations

Are you eligible for an RSV Vaccine? You should have been contacted by our team with the opportunity to book an appointment.

The vaccine is recommended if you are pregnant (28 weeks onwards) or aged 75-79 years.

If you haven't heard from us please speak to our Reception team for more information,

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

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.

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.

Carers Rights Day -21st November

Carers Rights Day is about raising awareness of the rights the UK's 5.7 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve.

If you or someone you know is a carer, visit www.carersuk.org for support and information.

National Stress Awareness Week 4th - 8th November

This is an annual event dedicated to stress management and combating the stigma of stress and mental health issues. Established in 2018, it aims to raise awareness about stress and its harmful effects.

Visit www.isma.org.uk for more information.



Anger Awareness Week 1st - 7th December

Timed for the run up to Christmas – one of the most stressful times of the year – National Anger Awareness Week encourages individuals, schools and the workplace to recognise the causes and symptoms of anger and provides information on counselling services and coping strategies aimed at defusing difficult situations and challenging behaviour.

Visit www.angermanage.co.uk for more information.

Movember



November is the time to shine a light on mens health.

The movement focus on suicide prevention, prostate cancer and testicular cancer.

Visit www.uk.movember.com for more information and support.

Self Care Week 18th - 24th November

Self-Care Week is an annual national awareness week that focuses on embedding support for self-care across communities, families and generations.

This years theme is 'mind and body'. Visit www.selfcareforum.org for further information and support.



World AIDS Day 1st December

World AIDS Day is a global movement to unite people in the fight against HIV and AIDS. World AIDS Day exists to shine a light on the real experiences of people living with HIV today, while celebrating the strength, resilience and diversity of the communities most affected. It is a moment to inspire the leadership needed to create a future where HIV doesn't stand in the way of anyone's life.

Visit www.worldaidsday.org for more information 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!