

CENTRAL BOURNEMOUTH PCN NEWSLETTER

Panton - St Albans - Moordown - James Fisher | Winter 2024

WHAT'S NEW?

Welcome to the Central Bournemouth Primary Care Network Winter 2024 newsletter! This edition contains all sorts of information about events and initiatives to keep you in tip-top shape over the cold Winter months. Be sure to wrap up warm, stay safe, and remember that your surgery is here for when you need us!



Telephone
Appointments

52,443

Telephone appointments are offered based on your needs, to save you having to visit the surgery and helping limit the spread of infectious diseases. Since 1st April 2024, 27% of our appointments were conducted via telephone.

STAFF SPOTLIGHT

Hannah is one of our First Contact Mental Health Practitioners here at Central Bournemouth PCN, working alongside Mental Health Support Worker Shalu. Our mental health team is often the first line of support for those struggling with their mental health, and can catch those that might otherwise fall between other mental health services. They can also provide ongoing support in finding the right medication for a patient, and taking the time to really listen to the patient's experiences. This vital service has had a profound impact for patients across the network, and they're just getting started!



WINTER WELLNESS

On Thursday, 16th January East Way Clinic will host a special Winter Wellness event, featuring local services, organisations, and health professionals to help you stay well this Winter. We will be joined by Help & Care, LiveWell Dorset, and Citizens Advice, who can assist with applications to the next round of the Household Support Fund. Plus, come and speak to our social prescribers, mental health practitioner, or health coach. We will also be offering blood pressure checks!

The event will be held between 1:00pm and 4:00pm, and is completely free to attend. If you want to apply for the Household Support Fund, please bring along proof of ID, proof of address, and the last 3 full months' bank statements.

Find us on Facebook!

Search "Central Bournemouth Primary Care Network"



Face-to-face
Appointments

135,958

The majority of the appointments we offer are face-to-face. Since 1st April 2023, over 135,000 face-to-face appointments have been conducted across our four surgeries, including 51,792 in-person GP appointments.



JFMC GP APPOINTMENTS

From 6th January 2025, patients at James Fisher Medical Centre can book their GP appointments via the JFMC website. Visit the "Request an Appointment" section at www.jfmc.co.uk, or use the QR Code on the left.

A doctor will review your request and the practice will contact you.

It's quicker and easier than waiting on the phone, and all requests will be checked by a doctor. Urgent requests will be prioritised. If you don't have internet access our reception team can help you.

Want to get this newsletter right to your email inbox? Send a request to cbpcn@dorsetgp.nhs.uk to receive the newsletter every quarter!

2025 PEER GROUPS

You may know about the various peer groups our network offers from East Way Clinic. We are thrilled to confirm the continuation of these groups into 2025! Keep an eye on our Facebook page for the latest updates, or pop in to East Way Clinic and pick up a schedule of dates for our groups. Here's what we're offering:

Book & Biscuit Club

Bereavement Peer Support Group

Cancer Peer Support Group

Carers' Peer Support Group

Diabetes Peer Support Group

East Way Coffee Mornings

Knit & Stitch Craft Group

Learning Disability Drama Group

Living Mindfully Group

Meno-Peers Menopause Support Group

Patient Participation Group

Themed Friendship Group

Veterans Peer Support Group

Wednesday Walkers

Did Not
Attend

6,289

Patients not turning up for appointments are a massive drain on resources across the NHS. While sometimes there are valid reasons why you may be unable to make your appointment, please call and let us know if you can.

WINTER VACCINATIONS

It's not too late to get your winter vaccinations! Flu jabs are still available in limited numbers from your surgery, or you can check with your local pharmacy to see if they're offering a free NHS flu jab. Meanwhile, our network-offered RSV vaccination programme is pausing from the end of January, but you can

still request one from your surgery. While this programme is paused, we will be sending invitations for vaccinations against shingles and pneumonia. If you're concerned that you should be eligible for a vaccine but have not yet had an invite, get in contact with your surgery.

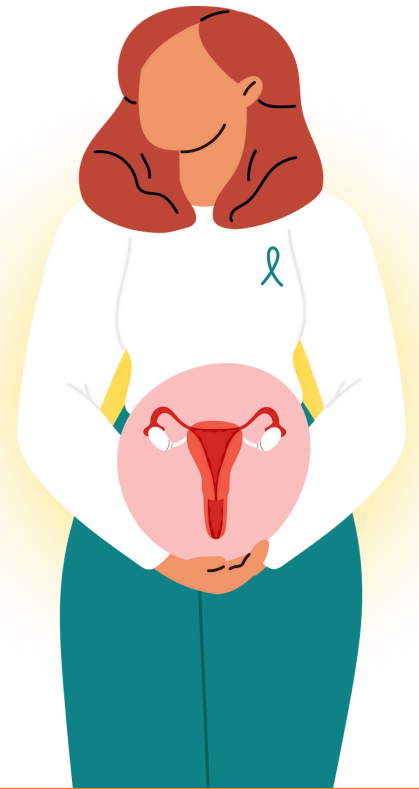


The figures presented in this newsletter are taken between 1st April and 1st December 2024, and are gathered from the NHS Digital GP Appointments Dashboard.

CERVICAL SCREENING PILOT

We are taking part in a pilot project to encourage the uptake of cervical screening at our GP Practices. Patients from James Fisher Medical Centre, St Albans Medical Centre, or the Panton Practice who have missed their last screening appointment, will be sent a text message containing a link to a video which explains what the cervical screening test is and why it is important to attend.

We hope that the information provided will assist these patients to make an informed choice about whether to take up the offer of cervical screening. If you receive a text message from your GP, please be assured that the link is safe to click on and a short video will play.

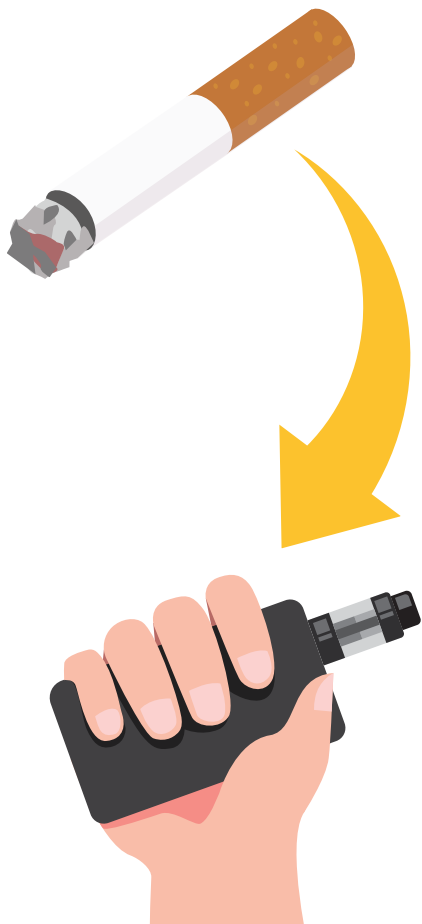


Have your say about your surgery - sign up for our bi-monthly Patient Participation Group (PPG) on your Practice's website to provide constructive feedback on how we're doing. The group usually meets on the first Tuesday of every other month from 6pm at East Way Clinic. The next meeting is 4th March.

SWAP 2 STOP!

Are you looking to quit smoking? LiveWell Dorset offers the Swap 2 Stop scheme, which provides a free vape kit to cigarette smokers looking to give them up. Evidence shows vaping to be less harmful than smoking (though if you don't already smoke you shouldn't start vaping), so making the swap can be a positive health move. Vaping is also one of the most effective ways to stop smoking, so if you've struggled to quit before this may bring more success.

You can find out more about the scheme and sign up via LiveWell Dorset's website - just search "Swap 2 Stop".



Look out for the Winter edition of our newsletter in March 2025!