

CENTRAL BOURNEMOUTH PCN NEWSLETTER

Panton - St Albans - Moordown - James Fisher | Spring 2026

WHAT'S NEW?

Welcome to the Central Bournemouth Primary Care Network Spring 2026 newsletter! This edition contains the latest health updates and opportunities for you to make changes, both in yourself and in your local health system.



Telephone
Appointments

43,758

Telephone appointments are offered based on your needs, to save you having to visit the surgery and helping limit the spread of infectious diseases. Between 1st April 2025 and 31st January 2026, 15% of our appointments were conducted via telephone.

SAY HELLO TO LUSCII!

Those who use the Viso app to submit blood pressure readings have now been moved to the new BP@Home platform, known as Luscii. This new app is just as easy to use as Viso, and prompts users when it's time to take your readings.

Eligible users are directed to download the new app from Viso, and more eligible patients will be invited to join the platform in due course. You can find out more about Luscii by visiting their website at <https://luscii.com/en>



MOVEMENT FOR MOVEMENT

Our Dorset have launched a Movement For Movement, a scheme to help people get out and doing even just a small amount of physical activity that could greatly benefit their health.

Whether you want to discover nearby sports groups, read about the benefits of moving more, or find out how you can integrate more movement into your everyday life, the Movement For Movement website is the place for all ages.

Visit <https://movementformovement.co.uk/> for more information.

Find us on Facebook!
Search "Central Bournemouth Primary Care Network"



Face-to-face
Appointments

151,556

The majority of the appointments we offer are face-to-face. Between 1st April 2025 and 31st January 2026, over 150,000 face-to-face appointments have been conducted across our four surgeries, including 52,429 in-person GP appointments.

HELP SHAPE ADULT SOCIAL CARE

The Local Government Association are holding an opportunity for you to help shape the future of adult social care. Whether you're a carer (paid or unpaid), someone accessing social care services, or you interact with the adult social care sector, your opinion and feedback is valuable.

The data gathering process is anonymous, accessible, independent, and available 24/7. You can register to give your feedback or find out more by visiting:

<https://lga.clevertogogether.com/>



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

VACCINATION UPDATES

Due to changes in the delivery requirements, we will not be providing our usual COVID booster vaccination service this Spring. This is in line with many other networks locally. Despite this, you can still book your booster online via the Book a COVID Vaccination service or by calling 119 from 13th April. The vaccine will be eligible to everyone aged 75 or older, anyone living in a care home for older adults, and individuals aged 6 months and over who are immunocompromised. Local pharmacies will be the place to go.

Meanwhile, eligibility for the RSV vaccine is expanding from 1st April. Currently this vaccination is available to pregnant people and anyone aged 75-79, but will be expanding to include anyone aged 80 or over. Because of this, we will be running special Saturday vaccination clinics to deliver RSV vaccines on 18th and 25th April, and on 9th May at East Way Clinic. Eligible patients will be invited in due course, but you can request yours by contacting your surgery.



Did Not Attend

7,880

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.

MENTAL HEALTH TRIAGE

As part of our commitment to providing the most appropriate care for patients coming to us with mental health issues, we have taken on Dorset Mind to establish a specialist mental health triage service. This service, already in place in multiple primary care networks across Dorset, will have a highly-trained professional see patients when they first present to the surgery with a mild-to-moderate mental health problem, hear their issues in a 30 minute appointment, and triage them for care that is most suited to their needs. This may be an appointment with one of our First Contact Mental Health Practitioners, a referral to the Community Mental Health Team, or signposting to Dorset Mind's own Active Monitoring service.



The figures presented in this newsletter are taken between 1st April 2025 and 31st January 2026, and are gathered from the NHS Digital GP Appointments Dashboard.

NEW DEMENTIA SUPPORT GROUP

We have started up a brand new Dementia Peer Support Group. This group is open to anyone living with or caring for someone with dementia, and provides a space to chat with fellow people with lived experience and take part in organised activities.

Our first session was held at East Way Clinic on Monday 23rd February, where we saw a massive 64 people in attendance. Thanks to this remarkable turnout, the group will be held four times a month at East Way Clinic, with each week catering to patients from one of our surgeries. Check out the schedule below:

James Fisher Medical Centre	Moordown Medical Centre	The Panton Practice	St Albans Medical Centre
10am-12pm	10am-12pm	10am-12pm	10am-12pm
1 st Tuesday of each month, starting 7 th April	2 nd Tuesday of every month, starting 14 th April	3 rd Tuesday of each month, starting 21 st April	4 th Tuesday of each month, starting 28 th April

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 5th May.

MENINGITIS UPDATE

Following the recent outbreak of Meningitis B in Kent, we want to reassure patients that as of the publication of this newsletter there is no specific concern or outbreak in Dorset at this time. However, NHS is reminding people to stay aware of the signs and symptoms of meningitis and to check that they and their children are up to date with routine vaccinations. Meningitis can be very serious, so it's important to know what to look out for and to seek urgent medical help if symptoms appear. Symptoms can appear in any order and not everyone gets them all. They include: high temperature, headache, vomiting, a rash that does not fade when a glass is rolled over it, neck stiffness, dislike of bright lights, confusion, drowsiness or difficulty waking, and cold hands and feet, pale or blotchy skin, or fast breathing (signs of septicaemia).



Look out for the Summer edition of our newsletter in June 2026!