

CENTRAL BOURNEMOUTH PCN NEWSLETTER

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

WHAT'S NEW?

Welcome to the Central Bournemouth Primary Care Network Summer 2026 newsletter! This edition contains local updates, and all the tips you need to stay both physically and financially healthy this Summer.



Telephone
Appointments

53,330

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 March 2026, 16% of our appointments were conducted via telephone.

EAST WAY SENSORY BOX

East Way Clinic now has a sensory box available for patients of all ages. We have ear plugs, mints and a variety of fidget toys to help those that may feel overstimulated, anxious, or think they would benefit from one of the items available. Please ask at reception if you need assistance.



COOL SPACES

Following on from the Warm Spaces Winter initiative, Help and Kindness are compiling a list of Dorset's "Cool Spaces" for the Summer months. A Cool Space is a welcoming place where people can find relief from hot weather and stay comfortable and hydrated during periods of high temperatures. This includes spaces such as village halls, libraries, places of worship, and community centres. You can find more information about these Cool Spaces and see a map of all the currently registered locations across Dorset on Help and Kindness' website:

<https://www.helpandkindness.co.uk/cool-spaces-in-dorset>

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



Face-to-face
Appointments

180,199

The majority of the appointments we offer are face-to-face. Between 1st April 2025 and 31st March 2026, over 180,000 face-to-face appointments have been conducted across our four surgeries, including 62,719 in-person GP appointments.

ASK DAMIAN

Ask Damian is Dorset Police's new service designed to be easy to use and available at any time. It offers advice on all types of fraud, aiming to spot scams early and encourage simple steps to prevent financial loss. It and can also translate into different languages, making it accessible to a wide range of people across Dorset. The system can also send a follow-up text message, giving callers a summary of the advice they received. To access the service call 01202 144688.

If you have been a victim of fraud, contact the Report Fraud website or call 0300 123 2040.

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



STAY SAFE IN THE SUN!

With the South West experiencing our first Red Heat Health Alert and more sure to follow through the Summer, we want to remind you of some top tips to keep yourself and your family safe.

- Avoid the hottest times of day (typically 11am-3pm)
- Drink plenty of fluids and limit alcohol
- Keep your home cool by closing curtains during the day and opening windows at night
- Wear light, airy clothing, a hat, and sunscreen
- Check in on others, especially older people and those with health conditions



Know the warning signs of someone struggling with heat:

- Heat exhaustion: dizziness, headache, nausea, sweating
- Heatstroke: confusion or very high temperature

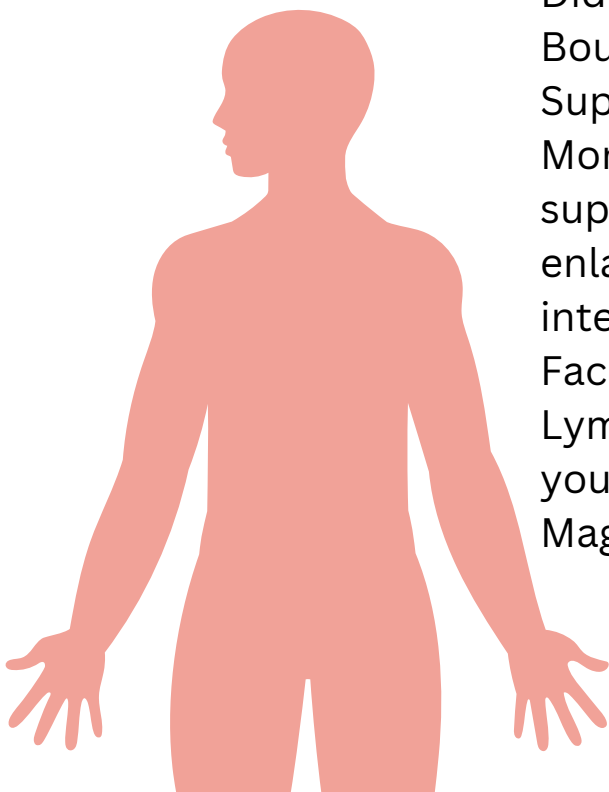
If you or someone you know becomes very unwell, seek medical help immediately.

Did Not Attend

9,172

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.

LYMPHEDEMA/LIPOEDEMA GROUP



Did you know that East Way Clinic plays host to the Bournemouth & Poole Lymphoedema & Lipoedema Support Group? The group meets every third Monday of the month from 10am, providing support for those living with swelling or enlargement of the limbs or body. If you're interested, you can find out more on their Facebook page: Bournemouth & Poole Lymphoedema & Lipoedema Support Group, or you can email jill.prior25@btinternet.com or call Maggie on 01202 980551.

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

BOWEL CANCER SCREENING

We are raising awareness of Bowel Cancer Screening and the importance of completing your at-home test when it is sent in the post. Bowel Cancer Screening was introduced in the UK 20 years ago and since then, it has saved thousands of lives. Cancer screening is for people with no symptoms, aiming to find cancer early, or to find changes in your bowel that could lead to cancer before they are noticeable. If you are aged between 50 and 74, you will be sent a bowel screening at home test in the post. All the instructions are included on the box and just a tiny bit of poo can help find cancer early, when it is easiest to treat. The test is quick, you do it at home, and just a tiny sample of poo is needed. Please visit [cancermatterswessex.nhs.uk/screening-for-bowel-cancer](https://www.cancermatterswessex.nhs.uk/screening-for-bowel-cancer) for more information, videos and links to charities who can support you too. If you need to contact the Dorset Bowel Cancer Screening Programme please visit: <https://www.uhd.nhs.uk/services/cancer-services/poole/bowel-cancer-screening>



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 7th July.

STAY MINDFUL!

Our Mindfulness group at East Way Clinic has returned! This popular group has been refreshed and now runs on the first Monday of each month from 6pm. The group caters to a wide range of ages, with anyone over 18 welcome. We're expecting to offer crafts, yoga, meditation, and some guest speakers and experience facilitators to help you unlock the power of your mind, but would love to hear what you'd like from the group. As with most of our groups there's no need to book, simply turn up on the day to receive a warm welcome.

If you have any queries you can contact our new group lead Rebeka on 07380 382391.



Look out for the Autumn edition of our newsletter in September 2026!