

PLEASE TAKE A COPY

We would like to welcome our new Practice Nurses Mrs Sam Mcloughlin and Mrs Lorraine Brooks.

We are confident they will be great additions to the nursing team at both Dunster and Porlock.

Dr Capps has decided to concentrate her time working in Accident and Emergency in Taunton and as such will be leaving us in September. We're really sorry to say goodbye, as she has been a valuable, energetic addition to the team, and we know patients will be sorry too - but we wish her every possible success in the future.

Dr Rebecca Goddard is covering maternity leave until February 2019 when Dr Sherry will return and we are delighted to have Jo and Aiofe our two long term locums with us.



Dunster & Porlock
Surgeries

FOCUS ON FLU



Its time to start thinking about how to reduce your chance of catching flu this coming winter. People often call a bad cold 'flu' but if you have had real flu you will know how incredibly disabling it is— it's a nasty virus which can spread easily.

The flu vaccine is tailored every year to the type of flu viruses which are predicted to be the main culprits this year and is proven to be much more effective than just hoping you won't get flu. It is impossible to catch the flu from a flu jab— if you hear of people (or remember in yourself) having a virus after the jab it is most likely that they were already brewing something up at the time they had the vaccination.

For 2018, there are 3 types of flu vaccine, one is a nasal spray given to children and there are two types of injectable vaccine this year- which one you get will depend on your age.

If you are over 18 and would like to book into our flu clinics— please telephone reception to check your eligibility. All those 65 years and over are eligible, if you have a long term illness such as diabetes you will be eligible regardless of your age and if you are pregnant or a carer you are also entitled to the jab.

If you choose to attend the surgery flu clinics for your flu jab, you will be vaccinated by a qualified member of our Nursing Team. You will also be supporting the practice and help to ensure that resources are not removed from General Practice.

If you wish to decline the vaccination, please contact the surgery and we will update your record.

Routine enquiries and ringing for results

We would really appreciate if when telephoning for your blood or other diagnostic test results you could do so after 12pm.

This is to ensure people who need to book an urgent appointment or speak to the admin team urgently can do so in a timely manner.

It would also be appreciated if when ringing to book a routine check with the nursing team you could do so after 12pm.

Thank you.

FLU CLINICS

Tuesday 25th September
Dunster Tithe Barn

Monday 15th October
Porlock Village Hall

Monday 5th November
Roadwater Village Hall

Please telephone or ask at reception to check your eligibility and book your appointment.

Controlling Blood Pressure

Blood pressure is the pressure of blood in the arteries. High blood pressure is caused when the walls of the larger arteries lose their natural elasticity and become rigid. At the same time the smaller vessels become narrower. There is often no single cause of high blood pressure, but being overweight, excessive salt intake, too much alcohol and lack of exercise can all contribute.

People with high blood pressure run a higher risk of having a stroke or a heart attack. Therefore by reducing your blood pressure you will reduce the risk of having a heart attack or stroke.

The first step in improving your control of blood pressure is to measure it so we know if you are suffering from High Blood Pressure.

If you are 45 years or over and have not had your blood pressure checked within the last year, please contact the surgery and ask to have a blood pressure check with one of our Health Care Assistants.

Talking Cafe

Multi agency information cafe
providing free advice and support.

- Providing a place for the community to access several agencies in one location, in an informal, relaxed environment.
- Come along for advice and support with professionals and volunteers you can trust - from health to finance - support is here for you.
- Pop in for a cuppa and a chat - open to any Adult 18+

10am - 12pm **Free Advice**
First Tuesday of EVERY month Starting 6th February
Porlock Library

Call 01823 331222 or email info@somersetcc.org.uk
www.somersetcc.org.uk/talkingcafe

We are delighted to support the talking Café initiative as part of Living Better. The Beach Hotel in Minehead hosts one every Monday between 10am-1pm. Due to the popularity and success in providing support for West Somerset patients, Porlock library now also hosts one on the first Tuesday of the month.



Please ensure when dropping off urine samples at the surgery you complete the necessary forms. As we expand, we have several patients with the same name- so we need both your name and address date of birth on the form and sample pot or unfortunately we will not be able to test the sample.



Travel Vaccinations

You should get advice at least eight weeks before you're due to travel, as some jobs need to be given well in advance.

First, you need to collect some forms from the surgery, or via our website, fill them in and pop them back to us so we can establish what vaccinations you need. An appointment will then be made for you to have your necessary vaccinations and the practice nurse will also be able to give you general advice about travel health, such as protecting yourself from malaria.

Alternatively, you can visit a local private travel vaccination clinic for your UK boosters and other travel jobs.

Not all vaccinations are available free on the NHS, even if they're recommended for travel to a certain area. We can advise you, but it is important you get the forms back to us well in advance of your intended travel date.

DUNSTER AND PORLOCK SURGERIES

Dr. DAVID DAVIES
MBChB DPH FFPHM
MRCGP

Dr. BEN FAWDEN
MA MBChB DRCOG
MRCGP

Dr. CATHERINE SHERRY
BSC, MBChB, MRCGP

West Street Dunster,
Minehead, Somerset.
TA24 6SN

Porlock Medical Centre
Porlock
TA24 8PJ

USEFUL CONTACTS:

www.dunsterandporlocksurgeries.co.uk

PORLOCK SURGERY 01643 862575

DUNSTER RECEPTION 01643 821244

for appointment booking or to speak to a receptionist

DUNSTER DISPENSARY 01643 822594

for repeat medication orders and enquiries.

This line is open between the hours of 9-11am and 3-5pm

We would like to remind dispensing patients that the Dunster dispensary is closed between the hours of 12-2pm. This is to ensure the dispensers have protected time to prepare medication without interruptions to make the process as safe as possible. We would therefore ask you to avoid collection of medication between the hours of 12-2pm. Your co-operation is appreciated.

YOUR DETAILS

Please remember to inform us if your address or telephone numbers change