



BLOOD PRESSURE CHECKS FOR MEN AGED OVER 30 YEARS

On Friday 17th January staff from our Poole North Primary Care Network will be at The Dorset Soldier in Corfe Mullen from 12pm - 2pm checking men's blood pressures who are aged over 30 years.

No need to book.

★ BP IN THE BOOZER ★



CHRISTMAS OPENING TIMES

Please see below our Christmas opening times.

Date	Broadstone	Merley
Monday 23rd December	8am - 6.30pm	8am - 6pm
Tuesday 24th December	8am - 6.30pm	Closed
Wednesday 25th December	Closed	Closed
Thursday 26th December	Closed	Closed
Friday 27th December	8am - 6.30pm	8am - 6pm
Monday 30th December	8am - 6.30pm	8am - 6pm
Tuesday 31st December	Closed	8am - 6.30pm
Wednesday 1st January	Closed	Closed
Thursday 2nd January	8am - 6.30pm	8am - 6pm

BABY NEWS

We would like to say a massive congratulations to Dr Maiden on the birth of her daughter in October and congratulations to Dr Hawkins on the birth of her daughter in December.



CARERS RIGHTS DAY

The Care Coordinators from Poole North PCN hosted an event at St John Church, The Annexe for Carers Rights Day. Carers braved the snow and ice for a chat with our carers leads from each Practice. We hope to do more of these in the New Year.



STAFF TRAINING

Eight staff from Poole North PCN attended a full day Accredited fit2fit RPE Qualitative Face Fit 'Train the trainer' course in November. They now have the required knowledge and skills to conduct Qualitative Face Fit testing on staff.





COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...



Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7
[Nhs.uk/mental-health](https://www.nhs.uk/mental-health)



Under 35s can Call 0800 068 4141, Text: 88247 or Email: pat@papyrus-uk.org 24/7
[Papyrus-uk.org](https://www.papyrus-uk.org)



Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
[Samaritans.org](https://www.samaritans.org)



Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234
[Mind.org.uk](https://www.Mind.org.uk)

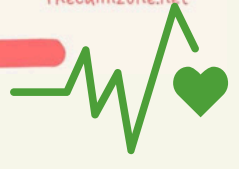


Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19
[Giveusashout.org](https://www.Giveusashout.org)



Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Watsapp 0800 585858
[Thecalmzone.net](https://www.Thecalmzone.net)

[ChristmasCountdown.uk](https://www.ChristmasCountdown.uk)



COPING AT CHRISTMAS

Christmas is not always an easy time of year for some people. It is important to know there is always someone you can talk to.



Broadstone Village Pharmacy		
Holiday	Date	Times
Christmas Day	25-Dec	noon to 2pm
Boxing Day	26-Dec	Closed
New Year's Day	01-Jan	Closed
Arrowedge Broadstone		
Holiday	Date	Times
Christmas Day	25-Dec	Closed
Boxing Day	26-Dec	Closed
New Year's Day	01-Jan	Closed
Boots - Broadstone		
Temporary changes to opening times		
Day	Date	Times
Tuesday	24-Dec	8:45am to 6pm
Tuesday	31-Dec	8:45am to 6pm
Rowlands - Merley		
Holiday	Date	Times
Christmas Day	25-Dec	Closed
Boxing Day	26-Dec	Closed
New Year's Day	01-Jan	Closed

PHARMACY OPENING TIMES

Please see the changes in the pharmacy opening times over the Christmas period.

You can find more information online

<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy/>



DID NOT ATTEND APPOINTMENTS

This year patients have missed a total of 1357 appointments.

If you cannot make an appointment please contact the Practice to cancel so the appointment can be offered to someone else.



STAY WELL DORSET



NHS Dorset have launched a new website Stay Well Dorset.

Bringing you the best local health and care advice from Dorset's NHS, councils, health and voluntary organisations.

<https://staywelldorset.nhs.uk/>



**WE WOULD LIKE TO WISH YOU ALL A
VERY MERRY CHRISTMAS AND A
HAPPY NEW YEAR**

FUNDRAISING

In September staff from The Harvey Practice completed The Jurassic coast Mighty Hike walking an incredible 26.2 miles, raising a huge £4099 for Macmillan Cancer Support.



Ho Ho Ho!

Use the right service



Self-care

Hangovers. Coughs. Colds. Bruises and grazes. Small cuts.



GP advice

Persistent symptoms. Chronic pain. Long-term conditions.



NHS 111

Feeling unwell? Need medical advice? No GP to call?



Minor injuries

Breaks and sprains. Minor burns and wound infections. Cuts and grazes.



Pharmacy

Minor ailments. Bites and stings. Upset stomach. Medication advice.



A&E or 999

Choking. Severe chest pain. Breathing difficulties. Blood loss.

