

Village Surgery News

Autumn 2025



Telephone: 01202 525252

www.villagesurgery.com

SELF-CARE WEEK 17th – 23rd NOVEMBER 2024

Self-Care is defined as the actions that individuals take for themselves, on behalf of and with others, to develop, protect, maintain, and improve their health, wellbeing or wellness.

People can take care of themselves when they have common conditions such as sore throats, coughs by using over-the-counter medicines. The same is true for long-term conditions, where people often self-manage without intervention from a health professional.

Many long-term conditions are preventable by practising self-care and adopting healthy lifestyle choices.

At the Village Surgery, we offer support, assistance, and guidance to signpost and enable people to make changes to live a healthier life.



STOP TOBER

**STOP SMOKING
AND GOOD
THINGS HAPPEN**

If a smoker makes it to 28 days smoke-free, they are five-times more likely to quit for good.

Since the 2012 launch, Stoptober has helped over 2.5 million people attempt to stop smoking.

LiveWell Dorset is offering adult smokers who live in Dorset the opportunity to access to support via a downloadable quit app and online video coaching.

Local smokers can sign up at:

www.livewelldorset.co.uk/swap-2-stop

Autumn Flu & Covid-19 Clinics

Dates for our 2025 vaccination days are as follows:

4th October

11th October

Texts with booking links have already gone out to eligible patients. We will be calling patients who do not have mobile numbers listed on their contact details.

Make sure you get 'Winter-ready'.

Please visit our website for more information

Benefits of using NHS App

- Order & track prescriptions
- View your GP health record.
- View hospital appointments
- Register your organ donation decision.
- Get health advice through 111 online.
- Book/amend/cancel vaccinations.

[Getting started with the NHS App - NHS App help and support - NHS \(www.nhs.uk\)](#)



Carers News

CRISP is now BCP Carer Support

New Wellbeing for Carers workshops across the BCP area.

Call 01202 128787 or email carersupport@bcpcouncil.gov.uk

Let us know if you are a carer.

Staff News

We are delighted to welcome Dr Lara Jackman (Registrar), Sian (Mental Health Practitioner), Jackie (Workflow Administrator)

Welcome back to Nurse Alex Cocorachio.



Follow the Village Surgery on Facebook & Instagram
@villagesurgerypoole
@villagesurgerygp

After undertaking a Green Impact evaluation, Village Surgery is now an accredited Greener Practice.



Armed Forces veteran friendly accredited GP practice

Let us know if you have served in the UK Armed Forces



NHS Diabetes Prevention Programme



Whilst type 1 diabetes cannot be prevented, type 2 diabetes is largely preventable through lifestyle changes.

The Healthier You programme identifies people at risk of developing type 2 diabetes and refers them onto a 9-month evidence-based lifestyle change programme. This is available as a face-to-face group or as a digital service.

Face group service receive personalised support to manage their weight, eat more healthily and be more physically active – which together have been proven to reduce a person's risk of developing type 2 diabetes. The digital service offers similar support but using digital tools, such as wearable technologies that monitor levels of exercise, apps to access health coaches, online support groups and ability to set and monitor goals electronically.

The Healthier You programme cuts the risk of developing type 2 diabetes by a third for those completing the programme.



We're proud to be a **parkrun practice!**

Join in the fun at parkrun: walk, jog, run, volunteer or spectate

- ✓ Free and easy to take part
- ✓ Make new friends and feel part of your local community
- ✓ Every Saturday morning



Find out more at parkrun.org.uk



NHS Talking Therapies

The NHS is encouraging anyone struggling with feelings of depression, or anxiety such as excessive worry, panic attacks, social anxiety, post-traumatic stress, or obsessions and compulsions to seek help through NHS Talking Therapies services. These are effective, confidential, and free treatments delivered by trained clinicians – online, on the phone, or on person.

You do not need to have a diagnosed mental health problem. Getting support as soon as you start having difficulties can help to reduce their impact.

Your GP can refer you for NHS Talking Therapies, or you can refer yourself online at nhs.uk/talk

Thank you to our Patient Participation Group for all their recent feedback. It is much appreciated. Any patient who would like to join please ask at Reception.