



## Carers Info

**Suicide is the biggest killer of men under 50.**

**Andy's Man Club** is a group where men aged 18 and above can speak openly about their mental health in a judgement-free, non-clinical environment.

Meetings are held on Mondays at 7pm at Henry Brown Youth Centre  
BH11 8DU



**#HelpYourNHS**

Prescriptions for 35 minor conditions are no longer available in Dorset.

This includes coughs, colds, mild hay fever and indigestion.

Visit your pharmacy or supermarket instead.

[nhsdorset.nhs.uk/helppost](http://nhsdorset.nhs.uk/helppost)



## 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](http://nhs.uk/talk)

## Bowel Cancer Screening

Bowel cancer is one of the most common cancers in the UK

Bowel cancer is **preventable, treatable, and beatable**

Screening is offered to everyone aged 54 to 74 years old every 2 years. If this is you, a home testing kit (FIT kit) will automatically be sent through the post.

Results usually come through in less than 2 weeks.

For more information, go to:

<https://www.gov.uk/government/publications/bowel-cancer-screening-benefits-and-risks/nhs-bowel-cancer-screening-helping-you-decide>

or call Helpline on 0800 707 6060

## Email Addresses for Village Surgery

Please find below correct email addresses to use to contact us. Using the correct email reduces delay and avoids duplication. Please use only the service you require:

GENERAL ENQUIRIES: [villagesurgery.poole@nhs.net](mailto:villagesurgery.poole@nhs.net)

PREScriptions: [village.prescriptions@dorsetgp.nhs.uk](mailto:village.prescriptions@dorsetgp.nhs.uk)

SECRETARY/ADMIN: [villagesurgery.admin@nhs.net](mailto:villagesurgery.admin@nhs.net)

## News

Village Surgery is a Parkrun practice. We have also recently become Gambling Harms accredited

Welcome to Receptionist Beth and Workflow Administrator Debbie.

## Patient Participation Group.

We are actively looking for patients who would like their say in healthcare provisions at the surgery and in the wider Primary Care Network.

Please contact Reception if interested.



Armed Forces veteran friendly accredited GP practice



Follow the Village Surgery on Facebook & Instagram

@villagesurgerypoole  
@villagesurgerygp



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