

Village Surgery News

CQC Rated top (GOOD) in all areas

Wishing you a Happy and Healthy 2026



Telephone: 01202 525252

www.villagesurgery.com

A Healthier Life made easy with LiveWell Dorset – New Year, New YOU!

When the year changes, we think about lifestyle changes. If you're looking to become healthier: lose weight, get active, cut down on alcohol, or stop smoking - look no further.

LiveWell Dorset is your local dedicated health and wellbeing service, available FREE to every adult living in the county. Its friendly team takes the hassle out of making a healthy change.

Easy to register online or by phone, LiveWell offers a whole range of options and takes away the guesswork and the stress of scrolling and Googling, offering a one-stop service you can trust.

Get personalised support and the perfect package to help you break down barriers, build confidence, and see results - beginning with small, clear, achievable goals. No quick fixes, just a lifestyle change that lasts.

Register online at www.livewelldorset.co.uk or phone 0800 840 1628.

Zero Tolerance Notice to all Patients

We are committed to providing a safe and respectful environment for all patients and staff. Aggressive, abusive, intimidating, or threatening behaviours will not be tolerated under any circumstances.

Our staff come to work to care for others. We kindly ask all patients to communicate with our staff in a calm and dignified manner.

Thank you for your understanding and co-operation

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 \(www.nhs.uk\)](#)



MAKE A RESOLUTION YOU CAN KEEP



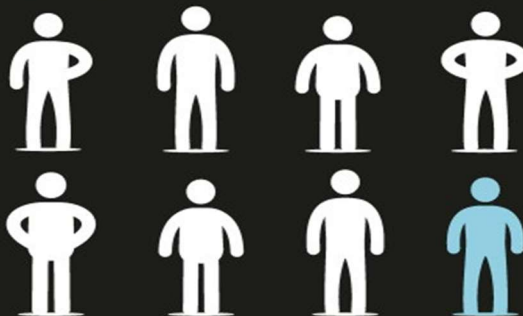
**Quit smoking
for good**

**Better
Health**
Smoke
free

Get your free
Personal Quit Plan

1 IN 8 MEN WILL GET PROSTATE CANCER

Early diagnosis saves lives.



Speak to our Specialist Nurses
0800 074 8383*
prostatecanceruk.org



**PROSTATE
CANCER UK**

*Statistics are for men in the UK.
Call our Specialist Nurses from Mon to Fri 9am - 5pm, Mon 10am - 5pm.
*Calls are recorded for training purposes only.
Confidentiality is maintained between callers and Prostate Cancer UK.



Check your risk of
prostate cancer
in 30 seconds.

prostatecanceruk.org/risk8

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

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

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

PRESCRIPTIONS: village.prescriptions@dorsetgp.nhs.uk

SECRETARY/ADMIN: 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



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[@villagesurgerygp](https://www.instagram.com/villagesurgerygp)



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