

Surgery Contact Information

Reception Telephone Number: 01929 471268

Reception Fax Number: 01929 472098

Reception email:

bereregis.reception@dorset.nhs.uk

Dispensary email:

bereregis.dispensary@dorset.nhs.uk

Website: www.bereregissurgery.co.uk

Address: Manor Farm Road, Bere Regis,
Wareham, Dorset, BH20 7HB

In an emergency, dial 999

Health Visitor

Based at Wareham Health Centre - 01929
550586

District Nurse

If you need to speak to a district nurse please
contact reception.

Midwife

If you need to speak to a midwife please contact
reception.

For out of hours advice please call the Haven
birthing suite on 01202 448509.

The Pop In Place Bere Regis

HAPPY MEMORIES CAFÉ

On Monday 25th June

10.00am – 12noon

At the Lower Drax Hall Bere Regis

We will be exploring the Memory Boxes and
reminiscing on their contents. There will be a
short fun Quiz. Homemade cakes and a warm
welcome to you all.

Surgery Opening Hours

Monday to Friday
8:30 am to 6:30pm
except Wednesday
8:30am to 4:00pm
(Morning blood test
appointments
available from 8:10am
by appointment only)
Late Surgery Monday
& Friday 6:30pm to
7:00pm

Dispensary Opening Hours

Monday to Friday
8:30am to 1:00pm -
3:00pm to 6:30pm
except Wednesday
8:30am to 4:00pm

OUT-OF-HOURS

In an urgent
situation, phone
01929 471268 for
recorded information
on access to the
doctor-on-call

NHS Direct advice
line 0845 4647 or
www.nhsdirect.nhs.uk

BERE REGIS SURGERY

NEWS

Summer 2012
Issue 2

Compiled by the Patients'
Participation Group
(PPG)

WELCOME

Welcome to Issue number 2 of this quarterly
newsletter.

We also extend a very warm welcome to Dr
James Jackson who joined the Surgery in May.

FITNESS AND WELLBEING EVENT

AT THE SCOUT HUT BERE REGIS
ON SATURDAY 7TH JULY 2012.
DOORS OPEN AT 10 30 A.M

The Patient Participation Group is hosting
the above event at which various groups and
organisations will display and promote their
activities for the benefit of local villages.

Purbeck Sports Centre will be a contributor
along with Tai Chi, the Gardening Club, Bell
Ringing, Improving your Memory skills and
many more. Something for all ages!

Please support us and benefit from this
event. Free refreshments will be provided.

HAY FEVER - BE PREPARED

The hay fever season will be upon us shortly.
Hay fever (also known as allergic rhinitis) is a
miserable and unfortunately very common

PARTNERS

Dr Tim Harley
Dr Angela Salter
Dr Keri Rosenthal

PRACTICE MANAGER

Mrs Karen Rumsey

In this issue:

- ◆ Fitness and wellbeing event
- ◆ Hay Fever
- ◆ How can I find out my NHS number?
- ◆ First Aid kits
- ◆ Going Abroad? - don't forget your jabs!
- ◆ Contact information
- ◆ Happy Memories Cafe

condition which is caused by an allergic reaction, usually to pollens from grasses, weeds or trees but there can be many other triggers. Symptoms are usually worst from April to September but they may start earlier.

Symptoms include: sneezing, blocked or runny nose, watery eyes, itchy eyes, nose or throat, headaches, malaise.

The best way to manage hay fever is to **BE PREPARED**. This means starting treatment about **1 month** before your symptoms would normally be expected to start.

Treatment:

Eye drops

Nasal Spray - decongestant (short term for a few days)

- steroid nasal spray (safe to use long term)

Antihistamines - tablet form, usually 1 a day dosage. Be aware that some antihistamines can cause drowsiness.

Examples of all of these treatments can be bought over the counter in either a chemist or many supermarkets but some are only available on prescription. It is safe to use all 3 products together if this is needed for adequate symptom control.

Other useful strategies to minimise the misery of hay fever:

- Watch the weather forecast for the predicted pollen count
- Wear wrap around sunglasses to limit exposure of eyes to pollen
- Stay away from grassy areas especially early

HOW CAN I FIND OUT MY NHS NUMBER?

Please ask us if you need your NHS number but don't be offended if we ask you for identification, this is to protect your privacy. We do not give out

NHS numbers over the telephone therefore you will need to come into the surgery with some form of identification. And please remember you cannot request this information on behalf of someone else.

morning and late afternoon when the pollen count is at its highest

- On days with high pollen counts, dry washing indoors to avoid pollen getting trapped in the fibres of clothes
- Put Vaseline on the inside of nostrils to prevent pollen from entering your nasal passages.

If you are unable to control your symptoms or aren't sure where to start, come and see one of the GPs sooner rather than later!

Dr Keri Rosenthal

FIRST AID KIT FOR THE HOME

A basic first aid kit should ideally be in a waterproof container and include:

Item	Quantity
First Aid In An Emergency Booklet	1
Adhesive dressings (plasters)	20
Cleansing wipes	10
Medium first aid dressings (non adherent)	1
Large first aid dressings (non adherent)	1
Conforming bandage (with stretch) (7.5cm x 4.5m)	1
Finger Dressing	1
Triangular bandage	1
Pair nitrile powder-free disposable gloves	1
Burn cream	1
Antiseptic cream	1
Face shield	1
Safety pins	6

Going Abroad ? Don't Forget Your Jabs.

Did you know that The Surgery can give you the injections recommended for trips abroad as well as a leaflet about it and other travel advice. Ask at Reception or you can visit

www.dh.gov.uk/PolicYAndGuidance/HealthAdviceToTravelers/fs/en

Enjoy Your Trip

Suggested first aid kit contents as

recommended by St John Ambulance

Please visit the website for further information – www.sja.org.uk