



Whitecliff Surgery,  
Whitecliff Mill Street, Blandford  
Forum, Dorset, DT11 7BH



Eagle House Surgery,  
Whitecliff Mill Street, Blandford  
Forum, Dorset, DT11 7DQ



Child Okeford Surgery,  
Upper Street, Child Okeford,  
Dorset, DT11 8EF

## THE BLANDFORD GROUP PRACTICE NEWSLETTER

### JANUARY 2020

**THE BLANDFORD GROUP PRACTICE WISHES ALL OF OUR PATIENTS A HAPPY AND HEALTHY 2020.**

- Thinking of making some changes in 2020 and want some friendly support and encouragement to make some those changes?
- Thinking of starting a new hobby?
- Need more fun in your life, to make more 'me' time or manage your work / life balance?
- Are you looking for a community group to join and to meet new people and make new friends?
- Going to get fit, stop smoking or reduce your alcohol intake?
- Are you feeling isolated or feel you have no support network to help you?
- Interested in becoming a community volunteer?

***If you have answered 'yes' to any of the above – please come and talk to Sara Stringer who leads our community and volunteering work.***

Activities include:

- ✓ Fibromyalgia, Chronic Pain, and Fatigue Support Group
- ✓ Beginners Running Club
- ✓ Health Walks & Nordic Walking
- ✓ Table Tennis
- ✓ Square Dancing
- ✓ Crafts
- ✓ Gardening
- ✓ Meditation
- ✓ Asthma/COPD Support Group
- ✓ Diabetes Expert Talks & Support Group
- ✓ Cycling
- ✓ Befriending
- ✓ Lunch Club
- ✓ PTSD Support
- ✓ Bereavement Counselling
- ✓ Macular Degeneration Support Group
- ✓ Dorset MIND Women's Support Group
- ✓ Holiday Club – Crafts for Children
- ✓ Leg Ulcer Club

If you do not see what you are looking for – still please speak to Sara as she has great local knowledge of what is on, can introduce you volunteers / group leaders or even help you set up a new activity or group.

## FACTS AND FIGURES

In 2019 The Blandford Group Practice achieved the following:

- 83,509 Face to face appointments. This equates to 320 per day and includes appointments with Doctors, Nurses, Schools, Pharmacists, HCA's, and home visits.
- 30,798 Telephone appointments. This equates to 118 per day.
- Received 279,000 telephone calls. This works out as 1,130 per day. On average, almost 1/3 of our weekly calls are on a Monday.
- Carried out 769 home visits.
- Resolved 1795 E-Consults.
- Processed over 275,000 prescriptions. This is over 1,000 per day.

## E-CONSULT SYSTEM

Get in touch with your GP from home, work or play, day or night without the hassle of waiting for an appointment or phone call. You may not even need to come in for an appointment. If you need advice, we have lots of self-help information on how to treat hundreds of conditions or you can consult with a GP online.

Visit the practice website [www.theblandfordgrouppractice.co.uk](http://www.theblandfordgrouppractice.co.uk) and click on "consult our doctors online", make your choice of how you wish to get help and follow the simple on-screen questions.

## DO YOU REALLY NEED IT?

Once a prescription has been dispensed pharmacies cannot take them back for re-issue even if new and unopened. It has to be disposed of. Let's all play our part and help the NHS allocate the money where it's needed by not requesting unnecessary medicines.

There is no need to stockpile medicines. Let's check what we need next month and not just tick all the boxes - because it's on the sheet it doesn't mean it has to be ordered every time. We save the NHS money and free up cupboard space at home!

You may be surprised to know that the NHS estimate £300 million a year is wasted on unused prescription items each year. In the same way that housekeeping savings can be used for other purposes this huge amount of money saved by the NHS could be invested in other services.

The money from medicine waste could be used to fund:

- 80,906 MORE hip replacements or
- 101.351 MORE knee replacements or
- 19,799 MORE drug treatments for breast cancer or
- 11,778 MORE community nurses or
- 300,000 MORE drug treatments for Alzheimer's.

Any one of us may call on any of these services in the future and find a lack of funding stops us having what would improve our quality of life. Or we could be careful and check our repeat prescription list item by item and decide if we have all we need for the next month and request some others that are needed less frequently another time.

You can make a real difference so that wastage can be its lowest in this area meaning other services can be offered. You may be glad of it one day. Thank you.