

Winter & Spring Newsletter

Kinson Road Medical Centre (No 2)

2024



Welcome to Kinson Road Medical Centre Newsletter which will initially run as a twice-yearly edition (Summer/Autumn and Winter/Spring). We are always looking for topics that our patients specifically want more information about. Therefore, members of the Patient Participation Group (PPG) will receive a text before the next newsletter edition to ask for topics and feedback from previous newsletters. Members of the PPG will also be sent a text when the newsletter is published with a web link. Should you wish to share a topic or receive notification of the newsletter, please consider joining our PPG.

Main Topics to share

- Carers Leave Act 2023 became law on 24th May 23. Carers Leave allows those who care for a dependant to take up to 1 weeks' worth (taken flexibly or as full or half days) of paid carers leave to care for or arrange care for their dependant. This great news and enables carers to continue caring and not being penalised in their job role as a result.
- As a surgery we have been asking patients to attend various clinics to check their overall health, blood pressure (for hypertension), asthma and diabetes amongst a few. All these checks are for patients own benefit and to help monitor the conditions in everyone.
- The Campaign 'Keep warm, keep well this winter' was rolled out over the past few months to ensure that those with young children, elderly and/or a health condition are kept safe.
- The Mental Health Integrated Community Care Transformation Programme has a new name 'Access Wellbeing'. Access Wellbeing is for anyone aged 18+ that needs quick and effective access to services and support using community facilities and online. It will focus on wellbeing, intervention, prevention, and community engagement. The most local hub to Kinson Road Medical Surgery opening from 2024 will be in the Dolphin Centre, Poole. The other hub will be at Hope House in Weymouth.
- Mr Amos has joined our Primary Care Network (PCN) as a dedicated Mental Health practitioner.



Everyone's mental health is different.

How's yours?

#TakeAStep | Visit dorsethealthcare.nhs.uk/takeastep

NHS

- Wasted Appointments due to non-attendance:
 - GP appointments – 30 Time wasted – 1005 minutes
 - Nurse – 50 Time wasted – 485 minutes
 - Phlebotomy – 30 Time wasted – 203 minutes

Month of December 23



Mental Health – Tackling Minds

Mental health involves a common group of conditions that can affect people from all walks of life and backgrounds.

A study was recently done by Anglia Ruskin University Professor Lee Smith looking at whether Fishing benefits Mental Health. The research gave strong evidence that the emotional, psychological, and social well-being of those involved were greatly benefitted.

[The Benefits of Fishing for Mental Health & Well-Being | Tackling Minds – www.tacklingminds.org](https://www.tacklingminds.org)

Veterans

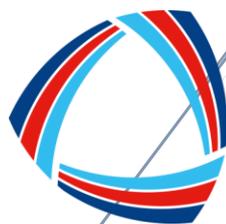
Here at Kinson Road Medical Centre we have become an accredited Veteran Friendly Practice. This means as part of the health commitments of the Armed Forces Covenant. We have a dedicated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. Helping ex-forces to get the best care and treatment.

Patient Participation Group

Many thanks to those who came along to our first meeting on Tuesday 23rd January 24. We hit the ground running!

We had two special guests to help introduce the purpose of the group and Medical Centre updates. We also discussed a few topics from the recent survey including accessing information, general awareness when accessing appointments and everything in between.

If you would like further information and participating in the next survey and meeting, please get in contact with us.



**Armed Forces veteran
friendly accredited
GP practice**