

# CENTRAL BOURNEMOUTH PCN NEWSLETTER

Panton - St Albans - Moordown - James Fisher | Summer 2025

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## WHAT'S NEW?

Welcome to the Central Bournemouth Primary Care Network Summer 2025 newsletter! This edition contains all sorts of good news about local health initiatives and changes to keep you in tip-top shape over the Summer months. Be sure to safely enjoy the sun, but perhaps you'll be enjoying the shade even more!



Telephone  
Appointments

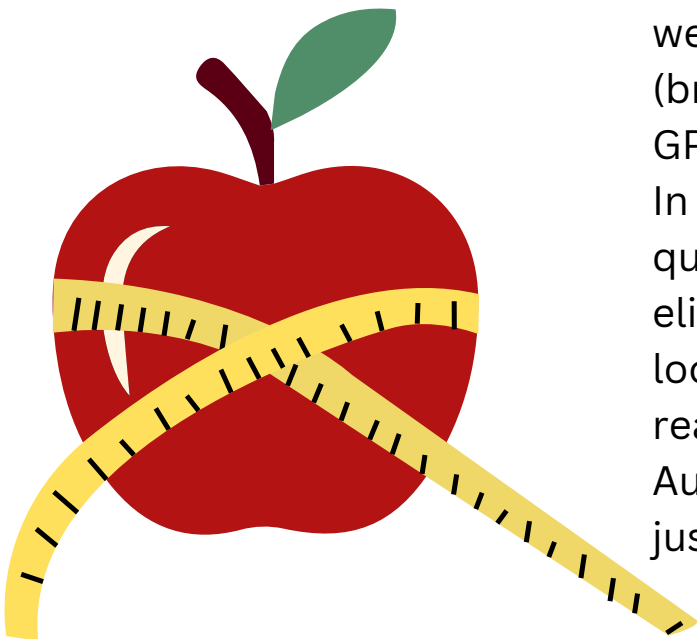
62,315

Telephone appointments are offered based on your needs, to save you having to visit the surgery and helping limit the spread of infectious diseases. Between 1<sup>st</sup> April 2024 and 31<sup>st</sup> March 2025, 21% of our appointments were conducted via telephone.

## WEIGHT LOSS JABS

You may have seen the news that the new weight management medication Tirzepatide (brand name Mounjaro®) is now available for GPs in England to prescribe.

In Dorset around 1,000 people currently qualify for the medication based on national eligibility criteria, but it won't be available locally until the new NHS Dorset service is ready later this year (expected to launch in Autumn) – so please don't contact your GP just yet as we're unable to help currently.



# MMC'S NEW CLINIC ROOM

If you've recently visited Moordown Medical Centre you may have noticed some building work taking place. These works will result in a brand new clinical room, allowing the practice to see more patients each day. The room is scheduled to be ready for use by the end of July, and will be used by GPs and nurses, as well as non-clinical members of the Moordown team for appointments. Keep an eye out to see if your next appointment takes you in there!

Find us on Facebook!  
Search "Central  
Bournemouth Primary  
Care Network"



Face-to-face  
Appointments

**193,391**

The majority of the appointments we offer are face-to-face. Between 1<sup>st</sup> April 2024 and 31<sup>st</sup> March 2025, over 190,000 face-to-face appointments have been conducted across our four surgeries, including 70,363 in-person GP appointments.



## KNIT & STITCH BLANKET DONATION

Our Knit & Stitch group have very generously donated two hand-knitted blankets to YMCA Bournemouth, where they will be used to help keep residents warm in the colder months.

The Knit & Stitch group meet every other Thursday at East Way Clinic, and can regularly be found working on crafting projects for good causes. You'll even find some of their creations for sale at our network coffee mornings, with the proceeds being donated to charity. For more information, contact Ellë on 07380 185949.

Want to get this newsletter right to your email inbox? Send a request to  
[cbpcn@dorsetgp.nhs.uk](mailto:cbpcn@dorsetgp.nhs.uk) to receive the newsletter every quarter!

# WOMEN'S HEALTH IN DORSET

There's a new website to support women in Dorset with information specifically tailored to women's needs. Our Dorset have worked in partnership with NHS Dorset and women locally to produce this comprehensive and evolving website, covering topics such as breast health, contraception, fertility, menopause, menstrual health, and pregnancy.

The information on this website is open to anyone who may require access to it, including those who are transgender, intersex, non-binary, or who have variations in sex characteristics. Check it out by visiting:

<https://ourdorset.org.uk/women/>



Did Not  
Attend

9,058

Patients not turning up for appointments are a massive drain on resources across the NHS. While sometimes there are valid reasons why you may be unable to make your appointment, please call and let us know if you can.

## ONLY ORDER WHAT YOU NEED!

Did you know that approximately 1.6 million medicine items are wasted unnecessarily in Dorset each year? We need your help to reduce this. Check what medicines you have at home before you order your repeat prescriptions. If you have enough, only request the medicines you need this time. You will still

be able to order your medicine again in future.

By only ordering the medicines you need, you'll be helping to cut costs to the NHS, and reduce the environmental impact of medicine wastage.

For out more at: [www.nhsdorset.nhs.uk/yourmeds](http://www.nhsdorset.nhs.uk/yourmeds)

NHS

Repeat prescriptions?



**Only order  
what you need**

If you have enough medicine at home,  
there's no need to request more -  
you can request more in the future

The figures presented in this newsletter are taken between 1st April 2024 and 31st March 2025, and are gathered from the NHS Digital GP Appointments Dashboard.



# HEALTH HUB VOLUNTEERS

If you've ever attended one of our coffee mornings at East Way Clinic, or perhaps come along to one of our peer groups, you may well have spotted some of our Health Hub Volunteers! This group volunteer their time to help run some of the sessions at East Way, including the Book & Biscuit Club, Diabetes Peer Support Group, and the Knit & Stitch group.

It's thanks to their generosity that we're able to provide so many high quality sessions of these groups while still bringing you the same level of care and support that you're used to from the network.

If you're interested in joining them and volunteering your time, please contact [sarah.gallagher@dorsetgp.nhs.uk](mailto:sarah.gallagher@dorsetgp.nhs.uk).



Have your say about your surgery - sign up for our bi-monthly Patient Participation Group (PPG) on your Practice's website to provide constructive feedback on how we're doing. The group usually meets on the first Tuesday of every other month from 6pm at East Way Clinic. The next meeting is 2<sup>nd</sup> September.

## NHS APP

Are you one of over 420,000 people aged over 13 in Dorset signed up for the NHS App? It's the quickest and easiest way to order repeat prescriptions, manage your appointments, and view your health record. In January alone, more than 72,000 repeat prescriptions were ordered via the app, saving hundreds of hours of staff time.

If you need help getting started, visit <https://www.nhs.uk/nhs-app/> to view the official help and support page. We will also soon be bringing volunteers into surgery waiting rooms to provide in-person support.



Look out for the Autumn edition of our newsletter in September 2025!