

PRINCE OF WALES & PORTESHAM

SURGERIES

Macmillan Coffee Morning

Thank you so much to everyone who supported our Macmillan coffee mornings. We held two recently, one at our Dorchester branch on Friday 26 September and the other at our epic Flu vaccination clinic on Saturday 4 October, in Portesham. In total we raised more than £600! Thank you to all the bakers and to all the PPG and health champion volunteers.



Remembrance Day



On Tuesday 11 November at 11:00 am, our team will observe two minutes of silence to honour and remember those who served and sacrificed. During this time our clinicians and staff will pause all conversations and patient interactions. Normal service will resume immediately afterward. Thank you for your understanding. Lest we forget.

Respiratory infections

With colder weather approaching, colds, flu and other respiratory viruses tend to rise. If you do get a respiratory illness, you can often treat it without seeing a GP and you should start to feel better in 1 to 2 weeks.

Don't forget the essentials:

- ✓ Get plenty of rest
- ✓ Drink plenty of fluids to stay hydrated
- ✓ For a sore throat or cough try a soothing hot lemon and honey drink
- ✓ Visit a pharmacist for advice on the best medicines to ease your symptoms
- ✓ We don't prescribe antibiotics for colds and flu - they won't help because these illnesses are caused by viruses, not bacteria
- ✓ If you are asthmatic, please check your personalised asthma plan for specific advice.

See the NHS website for lots more self-help tips.

First Contact Physiotherapist

If you suffer from bone, joint or muscle pain you can make an appointment straight away with one of our First Contact Physiotherapists, Kerry and Christian, without having to see a GP first. They can assess the cause of the pain and diagnose what is happening. They will give you expert advice on how best to manage your condition and refer you on to specialist services, if necessary. Call the Patient Services Team to book your appointment.

Surgery website → www.princeofwalessurgery.co.uk

On Facebook → Prince of Wales surgery and → Portesham Patient News.