

Ammonite Health Partnership QUARTERLY NEWSLETTER

Helping us to help you

Welcome to the second edition newsletter!

We're pleased to bring you another issue filled with useful updates, practical health advice, and news from across the practice. Our aim is to keep you informed about the services we offer, highlight ways you can look after your health, and share what's happening behind the scenes at the surgery. We hope you find this edition helpful, whether you're looking for tips on staying well, understanding how to access care more easily, or simply learning more about how we support our patients.

Included in this issue:

- Patient Participation
- Meet Our Data Team
- Cervical Screening
- Tick Awareness
- Covid & Flu Clinics
- Weight-Loss Injections
- Statistics

And much more in the next edition!

Meet Our Data Quality & IT Team

When you think of a GP practice, you might picture doctors, nurses, and reception staff, but there are many other teams working behind the scenes to make sure everything runs efficiently and accurately: one being the Data Quality & IT Team.

- Maintain accurate, up-to-date medical records to support safe and effective patient care.
- Record test results, referrals, and online patient submissions.
- Manage IT support in the practice, including handling issues with all things digital.
- Send out various recall invites (e.g. medication monitoring, annual health checks etc.).
- Support the practice in meeting NHS data and reporting standards.
- Help improve services by analysing data trends performance.
- Handle the web services including the website, and social media.

Thanks to the work of the Data Quality & IT Team, your health information is secure, your care is well-coordinated, and the technology that powers the practice keeps running smoothly. They may not be front-facing, but they play a large role in delivering safe efficient care.

Looking after your health means enjoying life's moments - together. Stay well, stay connected.



Thank you for being a part of our practice community.



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PPG

A message from Paul Overall (Chair of the *Bridport* PPG): Since the last newsletter, the Patient Participation Group (PPG) has met on two occasions. In April, we had a presentation from the Social Prescribing Team at the Bridport practice, and were impressed with the work they are doing to complement the medical care provided by the practice. In July we heard from representatives of the Advocates who support the team. These people are available in the practice reception area at certain times of the week to assist patients attending the surgery with any non-medical queries they may have. In order to cover more times during the week and to do more to help the Practice (for example: raising funds to purchase more equipment) we need more enthusiastic volunteers to join us because at the moment we are only a small group. If you are interested in helping in this way and would like to join us, then please contact the Practice.

You can email: ppg.ammonite@dorsetgp.nhs.uk or visit www.ammonitehealth.co.uk/about-the-ppg for further info including minutes from previous meetings held.

Last Month's

Stats



2613 Face to face appointments conducted by GPs and ANPs.



1393 Telephone consultations conducted by GPs and ANPs



3385 Nurse and HCA appointments booked.



5955 eConsults/triages processed.



6524 Reception managed and processed incoming calls.



2452 Prescription requests processed.



356 Did not attend (DNA) their appointments (or cancel them).



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Turnover to read more content!

Cervical Screening Update for Women Aged 25-49

- From 1 July 2025, changes have been made to the cervical screening programme for women with a cervix aged 25 to 49.
- If you have /had a cervical screening test (smear test) on or after this date and test negative for HPV (human papillomavirus), **you will now be invited for your next screening every five years, instead of every three.** This change is based on strong evidence showing that people who test HPV-negative are at very low risk of developing cervical cancer in the following years.
- **This update only applies to samples taken on or after 1 July 2025.** If your test was taken before this date then your next test will still follow the previous three-year interval.
- HPV testing has been part of the NHS cervical screening programme since 2019 and is the most effective way to identify people at risk. The extended interval helps reduce unnecessary appointments, without compromising safety.
- If you're due for a smear test, we encourage you to attend - **it's a quick test that could save your life.**

Avoiding Ticks:

Peak tick season in the UK usually begins in March, with most ticks being active between the months of April to August, although ticks can be active all year round. They are particularly common in grassy and wooded areas with you being most at risk if hiking, cycling or camping, but ticks can also sometimes be found in urban gardens. There are many ways you can reduce the chances of being bitten and if you are bitten, what you can do to safely remove the tick:

- **Regularly Check:** clothing and exposed skin for ticks that might be crawling on you and brushing them off immediately.
- **Stay on Clear Paths:** to avoid brushing against vegetation (e.g. long blades of grass) where ticks may be present.
- **Wear Light-Coloured Clothing:** so that ticks crawling on clothing can be spotted and brushed off immediately.
- **Wear Long Trousers and Long-Sleeved Tops:** to reduce the likelihood of direct exposure of ticks to your skin, making it more difficult for them to find a suitable area to attach.
- **Using Insect Repellent:** that can repel ticks and prevent them from climbing onto clothing or attaching to skin (always follow the manufacturer's guidance).



PPG: Maiden Newton / Tunnel Road

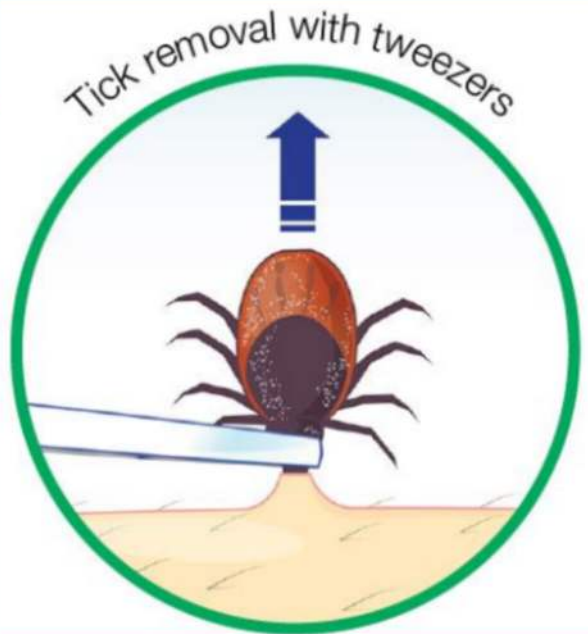
The Maiden Newton and Beaminster Patient Participation Group (PPG) held a successful AGM in May. During the past year, the PPG has raised issues with practice staff such as the dispensary at Maiden Newton, the e-consult system, continuity of care and staffing in both surgeries, telephone contact with the surgeries, and confidentiality in reception at Maiden Newton. We have also been talking with practice staff about the plans for changing the layout of reception and the dispensary at Maiden Newton.

The PPG has donated funds to buy a blood pressure machine for each surgery waiting room (installation at Maiden Newton will follow the work on the new waiting room).

Flu & Covid Clinics

We have started sending out invitations for the COVID-19 booster and flu vaccination to all our patients aged 75 and over. If you fall into this age group, please keep an eye out for your invite. We'll also be inviting further patients over the coming weeks – starting with those aged 65 and over, followed by those under 65 – to ensure the most vulnerable are prioritised first.

Flu and COVID-19 vaccines offer vital protection, especially for those most at risk. Invitations are being sent out in phases, so please look out for yours and respond promptly when contacted.



Weight Loss Injection Clarification:

Recently we have had quite a lot of queries regarding these injections. For clarity, to be eligible for Mounjaro (tirzepatide) on the NHS for weight loss, you need a BMI of 40 or higher (or 37.5 for certain Asian, Black, or Middle Eastern ethnicities) and at least four obesity-related health conditions like: Type 2 diabetes, high blood pressure, heart disease, obstructive sleep apnoea, or high cholesterol. Access is currently limited to those with the highest medical need, and the treatment is provided with essential lifestyle support. **Important Information:**

- **Phased Rollout:** Mounjaro is being introduced gradually, prioritising patients with the highest health risks.
- **Wrap-around Care:** This treatment is part of a broader weight management programme, which includes advice on diet, physical activity, and regular support.
- **Must be used:** alongside diet and exercise, not on its own.
- **If stopping Mounjaro:** this often leads to weight regain, so long-term maintenance strategies are important.