



Royal Manor Health Care Autumn Newsletter

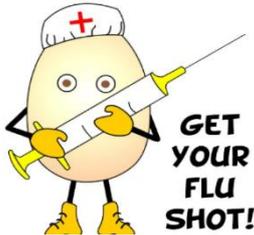
Welcome to RMHC Autumn Newsletter – You will find lots of information within that can be shared with friends or relatives – so what will Autumn bring us.

Influenza - Flu

Australia has experienced a particularly bad flu season this year raising concerns that the northern hemisphere could face a similar surge which would have a huge impact on the NHS.

Flu vaccine clinic this year is Saturday 8th & 29th October.

Save the dates and we will be in contact soon for you to make that appointment.



Covid-19 Booster

Have you had yours yet... if not check out the NHS website [How to get a booster dose of the coronavirus \(COVID-19\) vaccine - NHS \(www.nhs.uk\)](#) And see if you are eligible...

MSK (Musculoskeletal Matters)

Did you know you can self-refer to MSK? Did you know they have an amazing website which allows you to choose a tab for self-help on all parts of the body. For more information and the link to self-refer please go to their website [Looking after yourself | Musculoskeletal Matters \(mskdorset.nhs.uk\)](#)

New patient and want to register with us. Could not be easier. Go to [Administration Office | Royal Manor Health Care \(royalmanorhealthcentre.nhs.uk\)](#)

Fill in the application form and submit. Royal Manor thrives on aiming to register within 48 hours of receiving the application form unless there is a problem. If you are not computer minded and need to hard copy – then pop into our surgery and pick up a form.

Why am I seeing an ANP and not a GP?

ANP is an Advanced Nurse Practitioner and are qualified to do a range of things including:

- Diagnosing health conditions
- Conducting check-ups
- Researching patient conditions
- Referring patients to specialists
- Maintaining records of patient medical history
- Prescribing and administering medication

You might see an ANP first as we are an ANP led practice.



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Social Prescribing Team

Social prescribing enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services to support their health and wellbeing.

Recognising that people's health and wellbeing are determined mostly by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

Schemes delivering social prescribing can involve a range of activities that are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.

If you think you might benefit from the social prescribing team then speak with one of our ANP (Advance Nurse Practitioner) or a GP today.



Cervical Screening

Cervical Screening or a Smear Test as it was previously known which checks the health of a female's cervix. It is not a test for cancer it is a test to help PREVENT cancer. During the appointment a small number of cells are taken from your cervix using a soft brush. The test itself only takes a few minutes and you usually get your results by letter within a 2-week period. If you feel worried at all or want to find out more information then speak with a nurse at RMHC or visit www.jostrust.org.uk or call the free helpline on 0808 802 8000 So... If you receive your invite for a Cervical Screening please book that appointment at the earliest.





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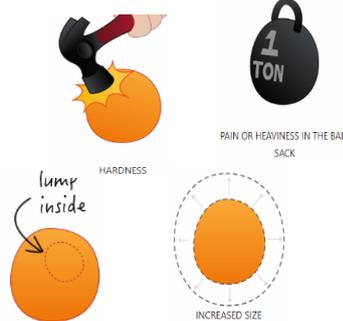
How to check your balls (Testicles)

Did you know the most common cancer for men aged between 15 and 45 is Testicular Cancer?

- Get to know how your balls look and feel normally.
- Once a month, take a few minutes to check for any changes:
- The best time is after a bath or shower
- Rest your balls in the palm of your hand, and gently roll each one between finger and thumb



GET TO KNOW YOUR BALLS



It's normal to have one ball slightly bigger or hanging slightly lower than the other. That's why you should get to know what's normal for you and then look for changes. These could be a lump, increased size, hardness or pain – Found something? Call us now to get them checked out.

Welcome to

NHS HEALTH CHECK

Helping you prevent

- diabetes
- heart disease
- kidney disease
- stroke & dementia

The NHS Health Check is a check up for adults aged 40 to 74 who have not been previously diagnosed with a health condition. Patients with long term conditions (LTC) such as heart disease or diabetes will already receive regular health check ups so would not be invited. A letter or a text will be sent out to you if you qualify.

We appreciate our phone lines are often busy, but we would like to reassure our patients that answering the phones is our staff's priority and we have taken a number of steps over this past year to improve this. We actually answer on average about 5000 calls per month which as you can imagine is huge... coupled together with staff sickness and holidays some days are trickier than others. So, a huge thank you for your patience.



ParentLine

Confidential text messaging advice service for parents and carers of children aged 0-5.

We can help with:

- infant feeding
- child development
- toileting
- sleep
- behaviour
- parenting
- weaning
- child health

07312 277162

NHS Dorset HealthCare University NHS Foundation Trust

Parentline is a new text messaging service provided by the Health Visiting Team which allows parents and carers of 0-5 year olds to seek advice about their child's health and development via a text message. For more information visit... www.dorsethealthcare.nhs.uk/healthvisiting