



### **Menopause Peer Support Group**

This brand new peer support group is for women to help them live with the Menopause and the symptoms associated with it.

It's a place where everyone understands what you are living with on a day to day basis, so come along and join us!

The group will be held at Abbey View Medical Centre in Shaftesbury every 2<sup>nd</sup> Friday of the month between 5 - 6:30pm - and every 4<sup>th</sup> Friday of the month between 2:30-4pm at Sturminster Newton Medical Centre.

No booking is necessary- just turn up and join in!

### **North Dorset Parent & Carer Support Group**

This is an opportunity to connect those with children or young people aged 0-25 years in their care, who have additional needs and/or learning disabilities of any kind. A safe, relaxed space to share experiences and ideas, as well as gaining support and friendship from others facing similar day to day challenges.

The group operates on Monday Mornings during term time between 09:30 and 11:30am at Stour Connect in Sturminster Newton.

Refreshments are available from the very reasonably priced community cafe on site.

They can offer support (or help find it) with any ongoing issues (eg EHCP's, Housing, Linking with other services etc), share ideas with each other or just be a listening ear.

There is now a toybox on site too for any children under 5 years old who accompany you - please note children remain your own responsibility at all times.

They look forward to seeing you there! No booking necessary just turn up and join in!

### **Steps2wellbeing**



Steps 2 Wellbeing is a free, NHS service that offers treatment and self help when you aren't feeling your best. If you are worrying about things, feeling low, or out of sorts, It's quick and easy to get in touch.

Steps to Wellbeing can also help with –

- Diabetes
- IBS
- Chronic pain
- Heart and stroke
- Employment advice
- Helping you stay in work
- CV and interview support
- Computer skills

To refer yourself, Simply go to the website [www.steps2wellbeing.co.uk](http://www.steps2wellbeing.co.uk)

or Telephone: 0300 790 6828 or ask your GP.

#BeLymeAware



A red circular rash that looks like a bull's-eye is a common early symptom of Lyme disease.

The most common human disease transmitted by ticks is Lyme Disease. Symptoms will usually develop between 1-4 weeks, but can appear any time between 3-30 days after exposure.

Here are some common early symptoms of Lyme Disease

- A red circular rash
- Flu-like symptoms
- Nerve pains

If you're experiencing any of these symptoms after being bitten, call your GP or NHS 111 and mention where you've been and when you were bitten.

### Marnhull Community Café



The Practice is kindly supporting this new venture in the Village Hall, Marnhull on the 3<sup>rd</sup> Friday of every month, from 10.00 - 12.00. The next Café is on Friday June 17<sup>th</sup>.

A member of the Practice Wellbeing team will be available should anyone wish to talk about any support or help they might need. But the main purpose of the Café is to be a lovely community space to have a chat, meet friends old and new and enjoy cake and a cuppa!

There's no charge, but the Café asks for a donation, if you can, towards the running costs.

# CARING FOR UNPAID CARERS

COFFEE/TEA  
CAKE  
CHAT  
SUPPORT

LAST TUESDAY OF THE MONTH  
10:30—12:30

STURMINSTER CHRISTIAN FELLOWSHIP  
THE ROW  
DT10 1AX



carers welcome ~  
come and join us!

Calling all our unpaid carers!  
Come along and join us at our new support group!

### Carers' Clinic

The Practice holds a monthly Carers' Clinic at Sturminster Newton Medical Centre.

Each clinic provides six, one hour appointments split into two, a general health check provided by one of the Nursing Team (Carers often neglect their own health due to prioritising the health needs of the person they are caring for) and a half hour chat with Carers' Lead, Claire Lockett to offer useful information about relevant support, local organisations and services.

If you are a Carer and have not yet had an appointment, please contact the Practice to make one.

### PPG Secretary

We are looking for someone who could join the PPG Steering Group and take the minutes. If you think you would like to be involved, please get in touch by email - [bvpppg@gmail.com](mailto:bvpppg@gmail.com). Thank you!

PPG Contact details - [bvpppg@gmail.com](mailto:bvpppg@gmail.com)