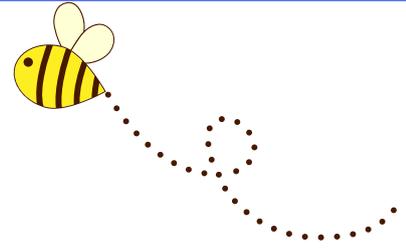
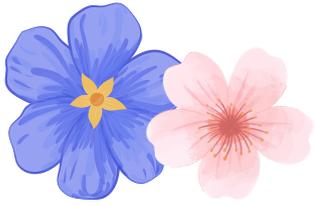


Puddletown Surgery

Spring 2026 Newsletter



Message from Clare, Practice Manager

We are pleased to announce that Dr Niall Dermody has joined the practice permanently as a salaried GP, working Mondays and Thursdays from the beginning of March, further enhancing our current GP provision. We are also delighted to welcome Dr Kenneth Onwuachu, who will be with us until Spring 2027 while completing his GP training, and we hope you will extend a warm Puddletown welcome to both.

Spring is typically one of our busiest periods, with an increase in seasonal illnesses, allergy-related conditions, and routine health reviews, and we sincerely appreciate your continued patience and kindness towards our reception and clinical teams. Our staff are also working extremely hard to deliver the spring COVID booster programme within the practice for the first time, please see below for more information.

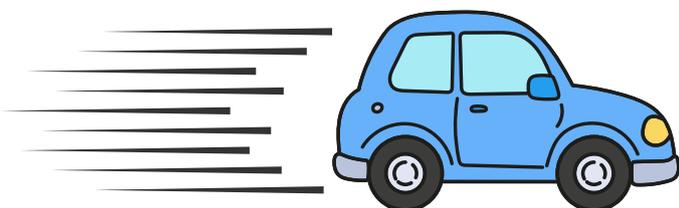
We remain committed to providing safe, high-quality care and ensuring patients can access the right service at the right time.

SPRING COVID VACCINATION CLINICS

WE ARE PLEASED TO BE OFFERING THE SPRING COVID-19 BOOSTER TO ELIGIBLE PATIENTS, HELPING TO PROTECT THOSE MOST AT RISK AS WE MOVE INTO THE COMING MONTHS. ELIGIBLE GROUPS FOR VACCINATION AT THE SURGERY INCLUDE ADULTS AGED 75 AND OVER AND INDIVIDUALS AGED 18 AND OVER WHO HAVE A WEAKENED IMMUNE SYSTEM. ALL ELIGIBLE PATIENTS WILL BE INVITED OVER THE NEXT COUPLE OF WEEKS, SO PLEASE DO KEEP AN EYE OUT FOR YOUR INVITATION. WE KINDLY ASK FOR YOUR SUPPORT IN MAKING THIS PROGRAMME A SUCCESS BY BOOKING PROMPTLY WHEN INVITED. IN ADDITION, WE WILL ALSO BE OFFERING THE RSV VACCINATION TO ELIGIBLE PATIENTS TO HELP PROTECT AGAINST RESPIRATORY SYNCYTIAL VIRUS, AND FURTHER INFORMATION WILL BE PROVIDED TO THOSE WHO QUALIFY

CAR PARK

To help ensure everyone's safety, we kindly ask all drivers to observe proper car park etiquette, parking in a considerate manner and adhere to safe driving speeds at all times.



Inside this issue

- Spring Covid Clinics
- New GP Introductions
- Missed appointments
- Next of Kin information
- Telephone calls
- Prize Draw
- Patient Participation Group Update
- Access Wellbeing Hub Drop in
- HGV and Taxi Medicals
- NHS Health Checks
- Cervical Screening
- Dispensary Updates

Introductions to our new Doctors



My name is Dr Niall Dermody. I qualified from Cardiff Medical School in 2013 and completed two years of junior doctor training posts thereafter. Following this, my wife, who works locally as a physiotherapist, and I took a year out to travel and work in Nepal and Vanuatu. We then returned to Dorset for me to complete my GP training.

I was fortunate to train as a GP registrar at the surgery in 2018, and I have worked here as a locum for the past four years. It is fantastic to now join the team as a permanent member of staff.

Outside of work I enjoy getting out into nature with our two young boys and spending time in the mountains skiing and climbing.

I am passionate about continuing the Puddletown ethos of patient-centred, empathetic care combined with excellent open access to appointments.



My name is Dr Kenneth Onwuachu, and I'm a GP trainee joining the practice. I've worked in both hospital and GP settings and enjoy seeing patients of all ages. I'm passionate about listening carefully, working together on health concerns, and supporting patients with both day-to-day problems and long-term conditions. I'm really looking forward to being a part of the team.

MISSED APPOINTMENTS

Puddletown Surgery



**KEEP IT.
CANCEL IT.
DON'T
WASTE IT!**

Please let us know if you no longer need your appointment so someone else can use it

IN 2026 SO FAR

61
APPOINTMENTS
WERE MISSED

THAT'S
16 HOURS 45
MINUTES
WASTED



**Do we have your
correct
Next of Kin?**



If your Next of Kin's phone number, address, or relationship to you has changed, please let us know by calling 01305 848333 so we can update your records.

Keeping this information current helps us support you quickly and effectively when it matters most.

Thank you for your help.



CALLING THE SURGERY

To help us manage high call volumes, we kindly ask patients to avoid calling to book routine appointments or admin queries between 8:30–9:00am and 3:30–4:00pm.

Thank you for your understanding and cooperation.

Prize Draw

If you would like to be in with a chance of winning our Spring hamper, all you need to do, is come in and check your blood pressure using our self service machine in the waiting room and hand your slip in to reception with your name and contact details before
2nd April 2026



Checking your blood pressure at the self service machine can save vital minutes in a GP or nurse appointment. If you would like someone to show you before giving it a go for yourself please ask any member of admin team who would be happy to help.

Patient Participation Group (PPG)

Deputy Chair Vacancy

Our Patient Participation Group (PPG) plays an important role in representing patients and working alongside the practice to help improve services.

We are currently looking for a Deputy Chair to support the Chair and help guide the group's activities. This is a voluntary role and would suit someone who:

- Is passionate about improving local healthcare services
- Can attend regular PPG meetings (usually quarterly)
- Is a good communicator and team player
- Is willing to support group initiatives

The Deputy Chair supports the Chair in leading meetings and may step in when the Chair is unavailable. This is a valuable opportunity to have a positive impact on your local GP services and ensure patient voices are heard.

If you are interested or would like more information about what the role involves, please contact puddletownppg@outlook.com.

PPG fundraising

The Patient Participation Group (PPG) is raising funds to replace the Practice's Electrocardiogram (ECG) and Blood Cholesterol testing machines. Updating these vital tools will ensure patients continue to receive fast, convenient on-site heart and cholesterol checks, with results available immediately, reducing the need to travel to Dorset County Hospital. By supporting this initiative, you'll help maintain high-quality patient care, speed up diagnoses, and enable clinicians to monitor health more effectively. The PPG is inviting pledges and match-funding contributions to reach our £4,000 target. Every donation, large or small, makes a difference. There may also be other fundraising events as time goes on, giving everyone in the community a chance to get involved.



Access Wellbeing Community Hub Now At The Surgery!



The surgery are keen to support our patients with all aspects of their health and wellbeing and as part of that we are excited to host an Access Wellbeing Community hub drop in, providing mental health and wellbeing support for adults aged 18 and over.

Access Wellbeing offers personalised, practical help to prevent issues from escalating. Whether you need guidance for your mental health, or advice about finances, work, housing, or other life challenges, their friendly team is here to listen and support you.

When: Second Monday of each month

Time: 1:30pm – 4:00pm

Where: At the surgery

if life feels overwhelming or you just need some guidance, drop in and have a chat.

For more details, visit: www.dorsetaccesswellbeing.co.uk/about-us

Take care of yourself—help is here whenever you need it

HGV MEDICALS

WITH OUR INCREASED GP CAPACITY, WE ARE PLEASED TO ANNOUNCE THAT WE ARE ONCE AGAIN OFFERING HGV AND TAXI MEDICALS BY PRIVATE ARRANGEMENT. THIS SERVICE, WHICH WE HAD PREVIOUSLY SUSPENDED, IS NOW AVAILABLE FOR PATIENTS WHO REQUIRE IT.



NHS HEALTH CHECKS

Your health matters!

If you're aged 40–74 and eligible, you may be invited for an NHS Health Check

NHS Health Checks are a simple way to assess your risk of conditions like heart disease, stroke, diabetes, and kidney disease.

During the check, we will review your:

- Blood pressure and cholesterol
 - Lifestyle and family history
 - Risk factors for long-term health conditions
- Early detection saves lives.

If you have been invited recently or believe you are eligible please call the surgery to check/book your NHS Health Check today and take a proactive step towards better health!

CERVICAL SCREENING- DON'T IGNORE IT

Cervical cancer is highly preventable, but only if changes are detected early. Screening can spot problems before they become serious, giving you the best chance to stay healthy.

It only takes a few minutes, yet it could save your life.

If you're due, book your screening now.

Feeling nervous? You can have a confidential chat with one of our nurses beforehand to answer questions and put your mind at ease. Your health is too important to wait.

DISPENSARY INFORMATION

ORDERING YOUR REPEAT PRESCRIPTION

The NHS App is our preferred way for patients to order repeat prescriptions, as it gives you convenient access and greater control over your prescriptions. However, we are happy to accept requests through other methods if needed.

Please remember that we require **three full working days** to process repeat prescriptions, so it is important to take the time of day you place your request into account. Please only order the medication you need for the month, your medication will remain on repeat and will not be stopped if it is not ordered on that occasion. We also kindly ask patients not to leave prescription requests until the last minute, as this can place additional pressure on staff and may delay processing.

Although ordering and collecting your medication may only take moments, several important steps take place behind the scenes to ensure your prescription is safe and accurate. Once you request your medication, the request is recorded and sent for clinical review by a doctor. The doctor checks that the medication is still appropriate and that any required monitoring or medication reviews are up to date. After approval, the prescription is issued to the dispensary team, who carefully prepare the medication and label it with the correct instructions. Every prescription then goes through an accuracy check by another member of the team before it is made ready for collection. Allowing three full working days gives our team enough time to complete these essential safety checks.

How you can help

- Ordering your medication before you run out**
- Allowing the full 3 working days processing time,**
- Attending medication reviews when invited**
- Checking your medication when you collect it.**

Around bank holidays, the dispensary often works to tighter deadlines due to surgery closures. There is usually no need to order very early, but allowing a little extra time can help ensure your medication is ready when you need it. Our team works really hard behind the scenes to make sure every prescription is safe and ready for you, and we appreciate your patience and support.

Closed

DISPENSARY CLOSURES

THE FOLLOWING DATES DISPENSARY
WILL BE CLOSED ON A
WEDNESDAY BETWEEN **12:15 AND 1:15**
FOR STAFF TRAINING

18th March
1st April
15th April
6th May
3rd June
17th June
15th July
5th August

19th August
2nd September
16th September
7th October
21st October
18th November
2nd December

SEE OVERLEAF FOR THE LIFE CYCLE OF A PRESCRIPTION

MEDICATION REVIEWS

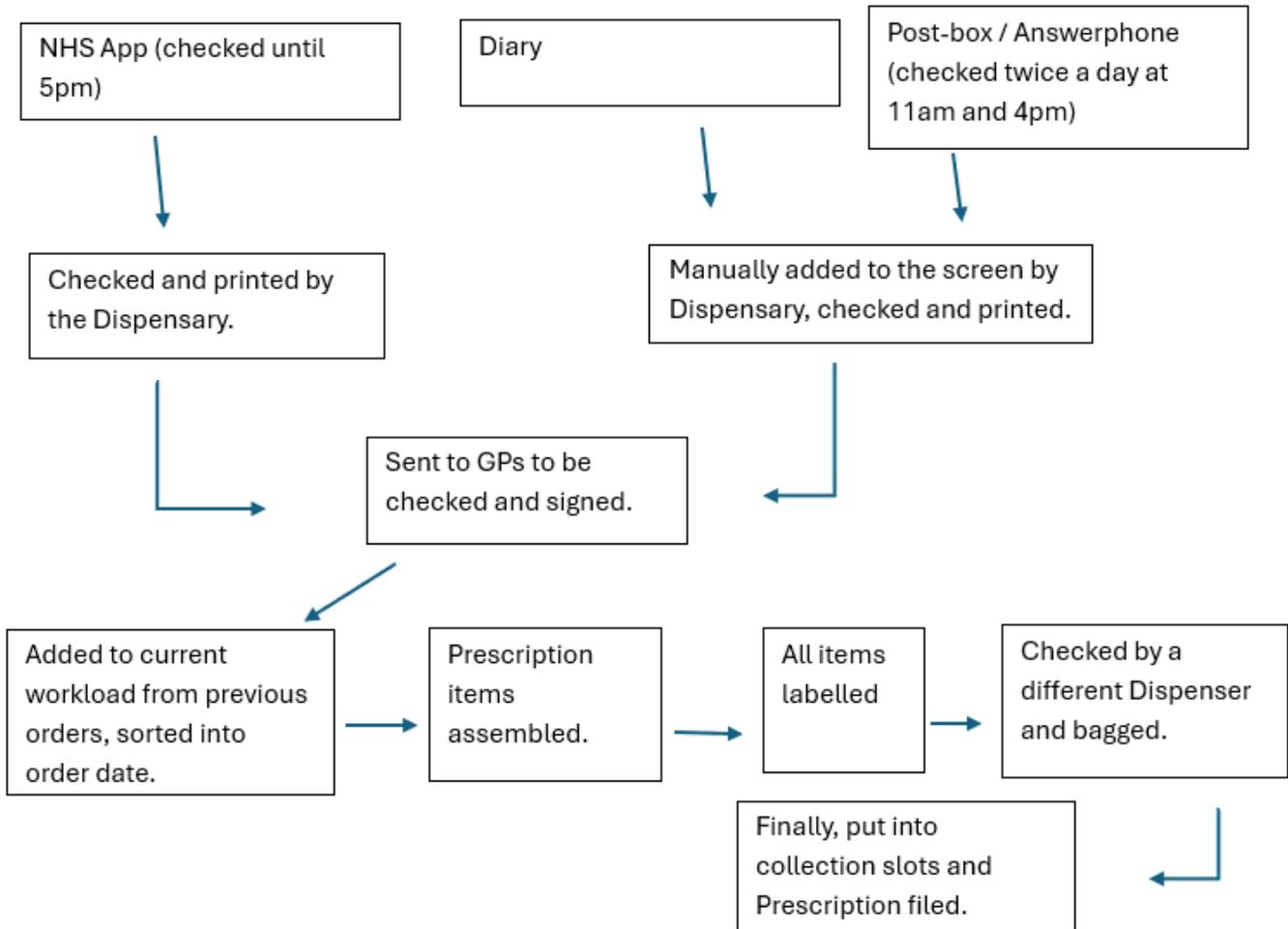
Medication reviews will usually be arranged as face to face appointments. By meeting with your doctor in person, we can:

- Ensure you receive the most accurate and personalised care
- Monitor your medications safely and effectively

We appreciate your cooperation and understanding as we continue to provide safe, high-quality care for all our patients

LIFE CYCLE OF A PRESCRIPTION

Starting with how the Prescription request was received:



At any point during this process there may be a delay. This could be due to dose changes; Medication changes; out of stock medication; stock that needs ordering.