

CENTRAL BOURNEMOUTH PCN NEWSLETTER

Panton - St Albans - Moordown - James Fisher | Winter 2025

WHAT'S NEW?

Welcome to the Central Bournemouth Primary Care Network Winter 2025 newsletter! This edition contains all the information you need to start your 2026 well, plus some updates to local NHS services. Remember to stay safe and enjoy these colder months!



Telephone
Appointments

33,896

Telephone appointments are offered based on your needs, to save you having to visit the surgery and helping limit the spread of infectious diseases. Between 1st April 2025 and 31st August 2025, 15% of our appointments were conducted via telephone.



CHRISTMAS OPENING

All four of our surgeries will be open as usual over the Christmas period except for the following dates:

25th December - Closed

26th December - Closed

1st January - Closed

If you need urgent medical help on these days, contact NHS 111 online or dial 111 on your telephone. In an emergency, call 999.

WINTER VACCINES

It's not too late to get your flu and COVID-19 vaccines! Our practices have a limited number of flu vaccines still available to those who are eligible, with some special clinics being run through Winter. You don't have to wait to be invited though - just ask your surgery if you'd like one.

Alternatively, many pharmacies are also able to provide COVID-19 or flu vaccines to those eligible on request. Enquire at your local pharmacy, or use the NHS online booking site. Just search "Book NHS covid vaccine" or "Book NHS flu vaccine".

Find us on Facebook!
Search "Central
Bournemouth Primary
Care Network"



Face-to-face
Appointments

122,364

The majority of the appointments we offer are face-to-face. Between 1st April 2025 and 30th November 2025, over 122,000 face-to-face appointments have been conducted across our four surgeries, including 42,030 in-person GP appointments.

URGENT DENTAL APPOINTMENTS

Extra appointments are now available for people in Dorset who need urgent or unscheduled dental care.

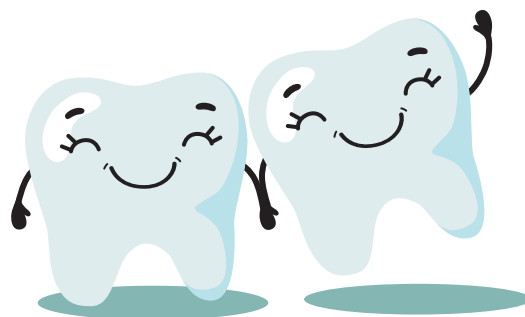
These appointments are for urgent conditions only. While we can't help you register with an NHS dentist, you don't need to be registered with a dentist to access urgent care.

If your issue is not urgent, you may be advised how to care for it at home or guided to contact a dentist for routine care.

To get an urgent appointment visit NHS 111 Online or phone 111.

For the full details, including what counts as an urgent dental issue, visit:
<https://staywelldorset.nhs.uk/update/dental/>

Want to get this newsletter right to your email inbox? Send a request to cbpcn@dorsetgp.nhs.uk to receive the newsletter every quarter!





LET'S TALK NOROVIRUS!



What is norovirus?

Norovirus, commonly known as the winter vomiting bug (although you can catch it all year round), is a stomach bug that causes vomiting and diarrhoea.



How long does norovirus last?

For most people norovirus is an unpleasant but short-lived illness, with full recovery within two to three days without needing any medicine.



What are the symptoms?

Symptoms include sudden onset of feeling sick and wanting to vomit, projectile vomiting and diarrhoea. It can also include a high temperature, pain in the stomach area and aching limbs.

How long does norovirus last on surfaces?

Norovirus can survive on surfaces for days or weeks, which is one of the main reasons it can spread so easily.



What is the treatment for norovirus?

There is no specific treatment for norovirus. As it's a virus, antibiotics won't affect it. The best thing you can do is get plenty of rest and drink lots of fluids, as vomiting and diarrhoea will cause your body to lose water and salts.

Did Not
Attend

6,464

Patients not turning up for appointments are a massive drain on resources across the NHS. While sometimes there are valid reasons why you may be unable to make your appointment, please call and let us know if you can.

NEW YEAR, NEW YOU?

Have you thought of a New Year's resolution? If you're thinking of losing weight, exercising more, or cutting down your alcohol intake, you might be interested in coming along to our special free information event.

On Tuesday 27th January we'll be hosting our event where you can chat with

LiveWell Dorset, BHLive, our very own social prescribers and more, as well as getting a free blood pressure check. Invitations to this event will be going out in January via SMS. Keep an eye on our Facebook page to grab your free tickets.



The figures presented in this newsletter are taken between 1st April 2025 and 30th November 2025, and are gathered from the NHS Digital GP Appointments Dashboard.

2026 PEER GROUPS

We are pleased to announce that our ever-popular peer groups will be continuing into 2026!

Please see below for the schedules for our continuing groups. Unless stated otherwise, all these groups run from East Way Clinic, BH8 9PU.

Book & Biscuit Club	Patient Participation Group	Veterans Peer Support Group	Cancer Peer Support Group
10:30am-12pm 1 st Monday of each month	6:00pm-7:30pm 1 st Tuesday of every other month, starting 6 th January	6:00pm-7:30pm 1 st Wednesday of each month	6:00pm-7:30pm 2 nd Monday of each month

Have your say about your surgery - sign up for our bi-monthly Patient Participation Group (PPG) on your Practice's website to provide constructive feedback on how we're doing. The group usually meets on the first Tuesday of every other month from 6pm at East Way Clinic. The next meeting is 6th January.

Knit & Stitch	Bereavement Peer Support Group	Themed Friendship Group	Meno-Peers Menopause Group
10:30am-12:00pm every other Thursday, starting 15 th January	6:00pm-7:30pm 3 rd Monday of each month	2:00pm-4:30pm 2 nd -to-last Wednesday of each month	5:30pm-7:00pm 3 rd Wednesday of each month
Coffee Mornings	Wednesday Walkers	Diabetes Peer Support Group	Carers Peer Support Group
10:30pm-12:00pm 18 th February 1 st April 8 th July 16 th September 11 th November 9 th December	From 10:30am 8 th April, then 1 st Wednesday of each month	12:30pm-1:30pm 6-Weekly from 29 th January	6:00pm-7:30pm Last Wednesday of each month

Look out for the Spring edition of our newsletter in March 2026!