



OUR COMMUNITY IN NUMBERS JUNE - AUGUST 2026



Welcome to the Team

Dr Lily Mulholland, Dr Clare Morris & Dr Kate Smeaton have joined our GP team working alongside our existing GPs providing care for our patients. We are also pleased to welcome Dr Unais, who joins us as our new GP Registrar. GP Registrars are qualified doctors undertaking specialist training to become GPs and work within the practice under the supervision of our experienced GPs. Finally, a warm welcome to Samatha Fry, our new Pharmacist who will be supporting patients with their medicines & medication reviews.

Keep your Details Up to Date

Changed your mobile number, email or address recently?

Please keep your details up to date so you don't miss important appointment reminders or messages from the surgery.

You can update your details quickly & easily by completing the online form on our website - no need to call the surgery.

Keeping your details current also helps us contact you promptly about test results needing action & important health information

Patient Participation Group (PPG)

Our Patient Participation Group is a team of patients, carers, and staff who meet regularly. If you'd like to join, please ask at reception.

What a PPG does

- Shares feedback on services & supports the practice with community engagement.
- Helps to promote health events & campaigns.

What a PPG doesn't do

- It is not a forum for personal complaints.
- It doesn't deal with individual medical issues.

Pharmacy First

Think you may have a urine infection (UTI)?

You may not need to see a GP first. Your local pharmacist can assess your symptoms & offer treatment if suitable.

Pharmacy first can also help with a range of other common conditions including sore throats & earache.

Using your local pharmacy can mean quicker more convenient access to healthcare while helping to keep GP appointments available for patients who need them most



Health & Wellbeing Focus – Stay Well This Autumn

Vitamin D - during autumn & winter, sunlight in the UK isn't strong enough for our bodies to make enough vitamin D. The NHS advises adults & children over 4 to consider taking a daily vitamin D supplement during autumn & winter

Seasonal bugs - coughs, colds & other respiratory illnesses become more common. Regular hand washing & covering coughs & sneezes can help reduce the spread of infection

Keep an eye on your mood - shorter days & less daylight can affect how we feel. Try to get outside during daylight hours & stay connected with friends, family & your community

Check your medicine cupboard - make sure you have basic remedies at home & request your regular prescriptions in good time

Look out for others - colder weather can be particularly difficult for older or vulnerable people. Check in regularly on a neighbour, friend or relative.

Behind the Scenes - Meet our Admin Team

There is a lot happening behind the scenes at Wareham Surgery!

Our Admin Team plays an important role in keeping the practice running smoothly & supporting both our patients & clinical teams.

Every day they process hospital letters, referrals, medical reports & patient records, as well as dealing with information received from hospitals & other NHS services. They also help with patient registrations, recalls, insurance & medical forms, record requests & general patient enquiries.

The team works closely with our GPs, nurses & wider clinical team to make sure important information & requests are processed & reach the right person at the right time

Although much of their work isn't visible to patients, there is a huge amount of administration involved in coordinating care & keeping records accurate & up to date.

So, when you contact the surgery online, receive a referral update or have information added to your medical record, there is often a member of our Admin Team working away behind the scenes to make it happen.



Social Prescribing - Support Beyond Medicine

Sometimes the things affecting our health & wellbeing can't be solved with a prescription or medical treatment.

Social prescribing can help connect you with a local service, activities & support in your community that may improve your health, confidence & wellbeing.

What can a Social Prescriber help with?

They can support you with things such as: Feeling lonely or isolated, getting more active & finding local groups or activities, bereavement & emotional wellbeing, housing, money or financial worries, building confidence & social connections, carer support, finding local community groups & services, making positive lifestyle changes.

How does it work?

A social prescriber will take time to talk about what matters to you rather than focusing only on a medical condition. Together you can look at practical steps & local support that may make a difference.

Interested in Social Prescribing?

If you feel you could benefit from additional support, complete an online consultation through our website & let us know how we can help.

Your request can then be reviewed & directed to the most appropriate member of the team.

Your health is about more than medicine, sometimes the right support can make a difference

Reducing Missed Appointments (DNAs)

Every day, a number of appointments at the surgery are missed because patients are unable to attend and forget to cancel. These are known as DNAs (Did Not Attend), and unfortunately, they mean appointment time is lost that could have been offered to another patient who needs care.

We understand that plans can change, and if you're unable to attend your appointment, please let us know as soon as possible so it can be offered to someone else.

Appointments can be cancelled quickly and easily by phone or via text reminder links where available.

Flu Vaccinations - Autumn 2026

This autumn, for the first time, Wareham Surgery will not be providing flu vaccinations to our registered patients.

NHS policy allows multiple local providers to offer flu jabs. With three local pharmacies and Wareham Hospital (co-administering flu and COVID vaccines) all vaccinating the same eligible patients, last year many people quite reasonably chose to go elsewhere.

This left us with unused vaccines which cannot be returned, causing a financial loss to the practice and unnecessary waste. In the current climate, it is not financially viable for us to continue running our own flu clinics without impacting our ability to provide core GP services.

You can still get your NHS flu vaccine if you are eligible.

You can:

Book online through the NHS National Booking Service - this will show available appointments at participating local pharmacies and vaccination centres

Use the NHS Find a Pharmacy service to find a local pharmacy offering free NHS flu vaccinations, including information about walk-in and bookable appointments.

Call 119 if you cannot book online. The NHS vaccination telephone service can help eligible patients book, change or cancel an appointment.

Thank you for your understanding and for helping us to use our practice resources as effectively as possible.