

# CENTRAL BOURNEMOUTH PCN NEWSLETTER

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

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## WHAT'S NEW?

Welcome to the Central Bournemouth Primary Care Network Autumn 2025 newsletter! This edition contains lots of changes to the services we can provide, plus your guide to our new online consultation platform, SystemConnect!



Telephone  
Appointments

19,759

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 1<sup>st</sup> April 2025 and 31<sup>st</sup> August 2025, 16% of our appointments were conducted via telephone.

## ANDREA'S AWARD

We are incredibly proud to announce that social prescriber Andrea has been awarded one of the top Hillcroft Heroes prizes nationally for her work with our Meno-Peers Menopause Support Group. Every year Hillcroft run a campaign for health professionals in primary and secondary care. Meno-Peers meets at East Way once a month on a Wednesday evening from 5.30pm and offers information and activities for anyone effected by menopause. The next session will be on November 19th.

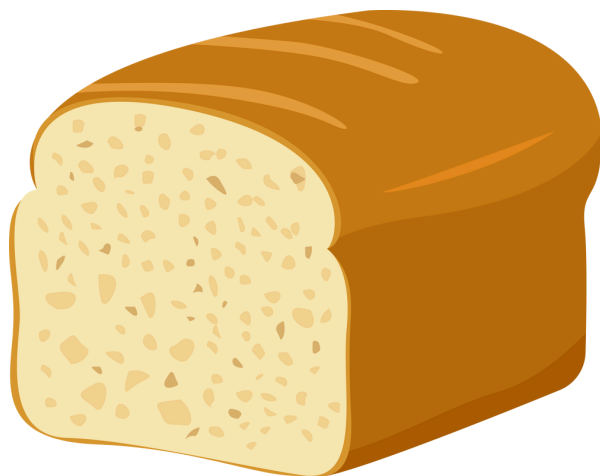


# GLUTEN-FREE FOOD PRESCRIPTIONS

NHS Dorset are ending prescriptions of gluten-free food for those with coeliac disease in the county. This decision has been made after a public survey, and brings us in-line with national guidance.

Key factors in this decision were that gluten-free foods are now more widely available in shops, both physical and online, due to greater awareness and demand, and that the cost of gluten-free foods available on prescription can be higher than those available in supermarkets and online.

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Bournemouth Primary  
Care Network"



Face-to-face  
Appointments

72,234

The majority of the appointments we offer are face-to-face. Between 1<sup>st</sup> April 2025 and 31<sup>st</sup> August 2025, over 72,000 face-to-face appointments have been conducted across our four surgeries, including 25,267 in-person GP appointments.



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

## SHINGLES EXPANSION

From 1<sup>st</sup> September, more people will be eligible for a vaccination against shingles. Currently, the vaccine is available to anyone aged 65, 70-79, or over 50 if you have a weakened immune system (known as immunocompromised). Going forward, this last cohort is being extended to include those aged over 18 who are immunocompromised.

If you're eligible, you will be invited to receive your vaccination by your surgery after your eligibility has been verified by a GP.

# PARACETAMOL IN PREGNANCY

Recent comments by political figures in the USA have made headlines for suggesting a link between taking Tylenol during pregnancy and the development of autism in children. Tylenol is a brand of drugs available outside of the UK, in which the active ingredient is paracetamol.

The Medicines and Healthcare products Regulatory Authority (MHRA) has confirmed **taking paracetamol during pregnancy remains safe** and there is **no evidence it causes autism in children**.

Paracetamol is recommended the first-choice painkiller for pregnant women. Patients should not stop taking their pain medicines as untreated pain and fever can pose risks to the unborn child.

The MHRA regularly reviews the safety of paracetamol during pregnancy to ensure that the benefits to the patient and unborn baby outweigh any risks.



Did Not  
Attend

1,878

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.

## HEALTH COACHING REFERRALS

Health and wellbeing coaching has been provided to our surgeries by Help & Care, an organisation that can support GP surgeries with certain non-clinical staff such as social prescribers and health coaches. Following a data review, we have made the decision to no longer directly refer patients to Help &

The logo for 'help &amp; care' is displayed on a yellow background. The word 'help' is in a bold, black, sans-serif font. The ampersand is a large, white, stylized symbol. The word 'care' is in a bold, black, sans-serif font.

Care. However, we do encourage those who would benefit from health coaching to self-refer via the Help & Care website. By self-referring, you have control over your own referral, and are likely to be seen sooner. Plus, there's still no charge for their services!

The figures presented in this newsletter are taken between 1st April 2024 and 31st March 2025, and are gathered from the NHS Digital GP Appointments Dashboard.

