



THE ADAM PRACTICE



Summer NEWSLETTER

June - August 2026

Welcome to our Summer 2026 Patient Newsletter.

For the latest updates and information, visit our website www.adampractice.co.uk or follow @TheAdamPractice on Facebook & Instagram

We're now on WhatsApp!

We're delighted to announce our new **WhatsApp Channel** for patients, carers & families of The Adam Practice.

Our channel is a simple way to stay up to date with:

- practice news
- health information
- seasonal advice
- service updates
- reminders
- And MORE!



This is a **one-way** communication tool. Subscribers won't be able to add comments, only emoji's! 🙌💖👩🏻🙌😊

📱 Updates are sent privately and securely through WhatsApp. Subscribers can join & leave at anytime.

We'd love for you to join us! 💖 To join, visit the below link:

<https://www.whatsapp.com/channel/0029Vb7zVv0GehEQQmCiUH0r>

or search 'The Adam Practice' in your Whatsapp App.

NHS App Changes - Appointment Reminders

The NHS App will now be used to send some messages and appointment reminders to patients. This change is being made by NHS England.

? What does this mean?

If you have downloaded the NHS App, appointment reminders will now be sent to the NHS App, replacing SMS text messages. You will receive a notification telling you to go to your App.

What if I don't see my notification or open the message in the App?

Notifications stay on your phone screen for 30 minutes before disappearing. This is to protect patient information.

!! If you do not open the message in the app, you will receive a SMS text message reminder after 4 hours

If you are using the NHS App please **turn on your notifications** so you don't miss out on any important messages from us.





Best Foot Forward - Leg Club Charity walk

 On Saturday 18 April, staff and their families from The Adam Practice completed a 16-mile fundraising walk along the Jurassic Coast.

They raised money for the Best Foot Forward Leg Club in Upton. The club supports 40–60 members each week by providing treatment, care and social support.

Donations help pay for equipment, venue costs and activities throughout the year. We are very proud of everyone who took part and supported this event.

If you'd like to support our amazing staff and volunteers and contribute to this wonderful charity, please donate here:

<https://cafdonate.cafonline.org/30123#!/DonationDetails>



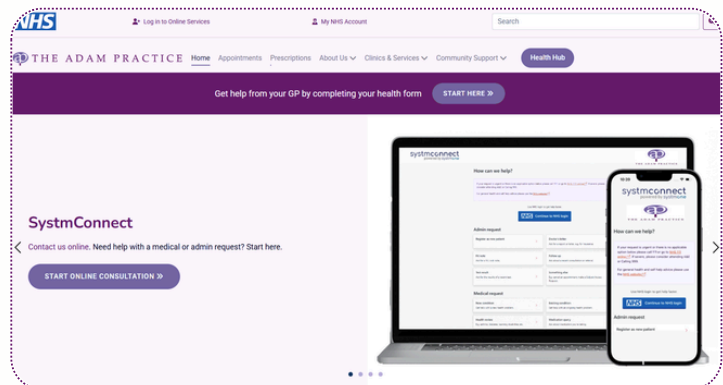
The Adam Practice Website - New Design

 Have you seen our new website?

We have re-designed our website to make it more user-friendly and easier to find information on our clinics & services.

Our website address is still the same: www.adampractice.co.uk

Remember you can contact us on our website using a health form.



Travelling abroad this summer?

 Don't forget to book your travel vaccines at our travel clinic.

We offer most travel vaccines. See our website for a full list and prices.

You don't need to be a registered patient of The Adam Practice to book with us.



Carers week 8-14th June



We're celebrating Carers week with a **cake sale** on **Wednesday 10th June** at our Lifeboat Quay and Hamworthy surgeries from 11am - 2 pm.

 Did you know -A calendar of **local carers events** can be found on Bournemouth & Poole council's (BCP) webpage: <https://www.bcpcarersupport.org/carers-events>.





Celebrating our Volunteers



It's **Volunteer Celebration Week in June** and we want to thank all the **amazing volunteers** who support the practice & help to run our activities, including vaccination clinics, Upton leg club, group clinics, gardening groups and many more.

Can you help? We are always looking for more volunteers to support the practice activities. Please contact Paula.best@dorsetgp.nhs.uk



Lung Health Event

The Adam Practice welcomed around **150 patients and carers** to our **Lung Health Day** at Poole Ferry Port in May 2026.

The event provided support, inhaler checks and vaccinations for patients with long-term respiratory conditions. Our trained Respiratory Nurse Team carried out around **100 respiratory reviews**.

We were also joined by **local organisations** including **Help & Care**, **Lewis-Manning Hospice Care** and **Action for Pulmonary Fibrosis**.

If you have a long-term respiratory condition, please look out for future lung health events.



Caring for Our Patients Through Vaccination

During our Spring Covid vaccination programme we gave nearly:

2000

Covid vaccinations



Thank you to all the staff and volunteers who help run the clinics.

Patient feedback has been very positive:

"Very well run COVID vaccination clinic. Very easy to book time and date, good confirmation, excellent reminders. Very helpful and pleasant nurses, clerical staff and volunteers organising parking and waiting"



Compliments for Staff

Thank you to all our lovely patients that send in kind words about our staff, who work extremely hard to provide care to our community of patients.

Really helpful Practice, very friendly staff. They always follow-up on appointments, schedule in check-ups and reply to on-line messages within a few days. I've never had any problems with their service and I order monthly repeat prescriptions and have regular appointments and blood tests. Highly recommend if you're looking for a GP.
Patient J.S.



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