



# The Ideal Health Exhibition

## *Live Life to the Full*

*The Exchange, Sturminster Newton, Dorset, September 7<sup>th</sup> 2019*

### **Ideal Health Exhibition**

**The Ideal Health Exhibition – Live Life to the Full**, will be held at the Exchange in Sturminster Newton on Saturday September 7<sup>th</sup> from 10.00 – 2.30pm.

Organised by the Patient Participation Group (PPG) of the Blackmore Vale Partnership, this will be a fantastic opportunity to have many of your queries regarding various medical, social and well-being issues answered. This event follows on from the highly successful Exhibition held in 2016 with over 600 visitors and almost 40 exhibitors.

The Blackmore Vale Partnership, with surgeries in Shaftesbury, Sturminster Newton, Marnhull and Fontmell Magna looks after around 26000 patients. With the unprecedented pressures on the NHS, it's clear that patients and the public need to be better informed about any conditions they have and take as much responsibility as possible for managing their own health. The days of 'see the GP for everything' have gone. We have a wide range of health professionals across the surgeries and pharmacies and online advice available, therefore it's essential that we make better and more appropriate use of these services, leaving GP appointments for those who really need them.

This is a key area where patients can make a difference in the current climate and The Ideal Health Exhibition is a response to that and is reflected in the groups and organisations taking part. As well as covering common health and social topics like Bereavement, Carers, Diabetes, Dementia, Hearing Loss, Home Safety, Mental Health, Scams & Fraud, Social Isolation, etc. there will be around forty stalls from Age Concern, Citizen's Advice, Healthwatch, Help & Care, LiveWell Dorset, Read Easy, RVS, Sturminster Library, Walking for Health, U3A and many, many more, including diet, obesity, exercise, and of course, our Practice Nurses offering mini health MOTs.

Everyone attending will be given a booklet, containing all the contact details the exhibitors, for future reference.

Put **Saturday September 7th** in your diary now and don't miss this great opportunity - a vast array of experts in the one place, providing current information regarding many of our health and social concerns.

An up-to-date list of those who have agreed to take part can be found on the Surgery website - [www.blackmorevalesurgery.co.uk](http://www.blackmorevalesurgery.co.uk)

For more information please contact

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*Organised by the Patient Participation Group of the Sturminster Newton & Marnhull Surgeries, part of the Blackmore Vale Partnership.*