

SPRING/SUMMER NEWSLETTER MAY 2018

FUTURE OF THE PRACTICE

St Clare Medical Centre - Work is well under way



Despite the recent poor weather there has been significant progress on the site and for those of you who pass or have recently been to the Leisure Centre you will have noticed a considerable change. The outline of some of the buildings is now visible and some of the external brick work is in place

The main areas of development have been:

- The demolition is complete – this took a little longer than expected due to the size of the existing building foundation and structure. All this material was ground up and sorted and was then reused on the site.
- The foundations are being excavated and some have been filled with concrete already.
- Brady the constructors have set up a site office on site and we are now able to hold regular meetings with the various contractors to ensure we are aware of how the building is progressing.
- The site is secure and is regularly patrolled at night. Now that Galliford Try have purchased the adjacent land they are working on developing the access road to the site.
- In terms of environmental issues, the listed trees are now all protected and the ecology reports have been completed.
- During April and May we will have completed the foundations and the sub structure building work and installed the ground to 1st floor structural steel. So we should be able to get a feel for what it will look like.

Pharmacy

We have had news that we now have the final go ahead for the new pharmacy to be based on the site and we will be working with Day Lewis on detailed plans for its design and layout.

ROSMELLYN

STAFF

We have recently welcomed Mrs Theresa (Terry) Cook to the nursing team. Terry has been a qualified Treatment Room Nurse for many years and joins the nursing team here at Rosmellyn to eventually become a Prescribing/Minor Illness Nurse. Terry is undergoing an intense few months of training however she has fitted in really well and it's a pleasure having her on the team.

At the beginning of April GP Registrar, Dr Rhianne Robinson, left us as a qualified GP to become a locum in the local area. Last month Lucy Watts our HCA/Clinical Administrator went on maternity leave and welcomed Matilda May on the 16th of April. Both mum and baby are doing really well!

WALKING GROUP

Rosmellyn Walking Group is still up and running and meets weekly. If you would like to meet up with the group to take a walk around the local area for about an hour please contact Liz Berryman on: 07812 433 791.

It's a great way to socialise, meet new people and gain some much needed exercise!

TRAVEL VACCINATIONS

It's that time of year again when we think about flying away on our summer holidays. The nurses offer advice in person as to which vaccinations you need and any other advice or precautions you should be aware of (e.g. malaria). There is also a wealth of good advice on the **NHS Choices website**, and on the **Foreign & Commonwealth Office website**. Please make an early appointment to discuss this with us. Please remember to leave enough time as some vaccinations will require two injections 6 or more weeks apart. Some have to be ordered, and may carry a charge. So start planning early. And don't forget to pack sunscreen!

SHINGLES VACCINE

If you are between the ages 70 to 76 and 78 to 79 you are eligible for a Shingles Vaccine. If you haven't had one please speak to one of our nurses who will be happy to advise you.

PROTECT YOUR CHILD

Deadly diseases are in circulation. Vaccination helps your child build protection and stops infection spreading. Please feel free to speak to one of our nurses and check that your child's vaccinations are up to date.

SEASONAL VIRUSES

Seasonal viruses will circulate every year. A key part of avoiding catching the flu virus and Noro virus is good personal hygiene. If you cough or sneeze, use a tissue and then throw it away safely. Then wash your hands.

NURSE APPOINTMENTS

We are very lucky to have a highly qualified and experienced team of Nurses who are specialists in such things as asthma, diabetes, learning difficulties and wound care. Three of the Nurses are also able to prescribe medicines for you; the Doctor will often advise that one of our Nurses is the best person to see. For many common illnesses, you can book in to see the Nurse without needing to wait for a call back from the Duty Doctor.

HEALTHCARE APPOINTMENTS

Our Healthcare Assistants are a highly qualified team. As well as completing their normal everyday duties they can also do routine nurse tasks such as, wound care, B12, flu, pneumonia vaccines, ECG's and ear syringing. Please remember this when you are booking an appointment!

DID YOU KNOW?

Your local Pharmacy can treat these conditions: Urinary Tract Infections, Skin conditions such as Impetigo, Nappy Rash and Sunburn as well as Conjunctivitis. Pharmacists are fully trained to advise in minor illness and medication reviews. They have onsite consulting rooms available for use.

DEMENTIA SCREENING

Certain people have an increased risk of dementia due to their other medical conditions. If you are worried about your memory please ask us if you would like to be screened and we will be happy to arrange this for you.

REPEAT PRESCRIPTIONS

Surprisingly, many patients get their prescription drugs and then don't take them. This is a costly waste as even if they are returned unopened, they cannot be recycled. Please think carefully before ordering repeat medication, and let us know if you want to discuss reducing or stopping any medication. You need to give us two working days' notice for repeat prescriptions, so please keep an eye on your stock and avoid running out.

Please note: If your pharmacy automatically orders your monthly prescriptions it may be worth checking what is being ordered on your behalf on a regular basis. Please let the pharmacy know if some items are not needed.

EVENING & SATURDAY APPOINTMENTS

Our weekly evening surgery on Tuesdays are from 6.30pm, and our occasional Saturday morning clinics have both doctor and nurse appointments available and are proving popular. They are either held at Mount's Bay Surgery, in Sainsbury's or at the practice. You may book ahead for these if it is more convenient for you.

WHEN YOU PHONE THE SURGERY

When you contact us for an appointment we aim to find the best route for you to the right care, with the right clinician as quickly as we can; please help us to achieve this by telling the receptionist something about what ails you so that they can help the doctors to get your care right. It may not always be appropriate to see a doctor, depending on your condition; our nurses and healthcare assistants are all very highly trained and competent in many areas of care. The receptionists are trained to advise you of the most appropriate care path, but will always direct you to the doctor if unsure or if it is obviously appropriate. Every conversation you have with everyone in the surgery is held in the strictest confidence, and the doctors ask that you help us in this way. All calls are recorded.

MOBILE TELEPHONE NUMBERS & EMAIL ADDRESSES

Please keep us informed of your email address and contact numbers so that we can be sure to contact you if we need to; we will not send you emails or text messages if you ask us not to.

TELEPHONE MESSAGES

As a rule we do not leave a telephone message on patients' phones to notify them that we have called. However if you are happy for us to leave a message, please let the Receptionists know.

WEBSITE

We strive to keep our Website as up-to-date as possible. If you have suggestions for the website please let us know, especially if any links are broken – it sometimes happens! Please use the Friends & Family Test link to rate us online.