

Lander Medical Practice

Newsletter August/September 2017



Have you registered for our new online system yet?

It is very straightforward! Just go to:

www.landermedicalpractice.co.uk

Download and fill in the application form and bring it to reception with two forms of ID (one must be photo ID) and, once registered, you will be able to log on and sign in

What are the benefits of accessing the online system?

- *You will be able to view, book and cancel appointments*
- *You will be able to view and request medication*
- *View a summary of your patient record as well as accessing any results from tests you may have had.*
- *Answer any questionnaires e.g. the Friends and Family test questions which asks you: How likely you are to recommend our GP Surgery to friends and family if they needed similar care or treatment?*

If you don't want to use online...

You can continue to book appointments and get test results by phoning 01872 243700.

Do remember that the surgery can't take requests for repeat prescriptions over the phone. So you will need to email your request or pop a paper request into the box in the waiting room.

For more information please go to the practice web page (see above) and click on "Prescriptions".

Travelling abroad?

If you require any vaccinations relating to foreign travel you need to make an appointment with the practice nurse to discuss your travel arrangements. This will include which countries and areas within countries that you are visiting to determine what vaccinations are required. Prior to your appointment it would be useful to visit the website "Fitfortravel".

It is important to make the initial appointment as early as possible, even if you think it is too early - we suggest at least six weeks before departure.

Who are our doctors?

Dr Adam Paynter

Dr Cathy Laing

Dr Matt Leigh

Dr Peter Boyle

Dr Tom Weake

Dr William Sellwood

Dr Johanna Gilfillan

Dr Chris Tiley

Dr Sue McEvoy

Dr Jane Gormley

Dr Meenu Kandasamy

We hope to "meet" some of our doctors and other staff who work at the practice in future newsletters!

Missed Appointments

In May and June this year there were 140 missed appointments at our surgery (where the appointments were not cancelled).

If you feel better or find you cannot attend an appointment please do remember to cancel it.

You can do this by phoning the Truro Health Park Surgery on 01872 243700 or if your appointment is at the Threemilestone Surgery, their number is 01872 243723.

If you are registered with the online system you can easily cancel any appointment by logging on to the "Appointments" section.

.....Don't forget you can cancel on the same day as the surgery can always fill appointments.....

When should I go to a Minor Injuries Unit?

MIUs can treat a range of more minor conditions.

For example, if you have:

- Sprains, strains and broken bones
- Traumatic wound infections
- Minor burns and scalds
- Head injuries (where the person has not been unconscious)
- Insect and animal bites and stings
- Minor eye injuries, cuts, bruising and grazes.

If you are not sure whether your injury is minor and can be treated in a minor injuries unit, contact NHS 111.

There are MIUs at:

- **Camborne and Redruth Community Hospital - includes a Primary Care Centre 01209 318010 - 8am to 10pm every day. This service is provided by nurses and a doctor.**
- **Falmouth Community Hospital 01326 430030 - 8am to 8pm every day.**
- **Newquay Community Hospital 01637 834820 - 8am to 10pm every day.**
- **St Austell Community Hospital 01726 873010 - 8am to 10pm every day.**



**CANCER
RESEARCH UK
RACE FOR LIFE**

**Pretty Muddy Cornwall
5k**

**Sunday 3 Sep 2017 at
Stithians Showgrounds**

Pretty Muddy isn't like any other fundraising event.

It's a muddy obstacle course that women and girls of any ability (as long as they are over 13 yrs) can climb over, crawl under, and charge through.

However dirty you get....

THIS IS BEATING CANCER!



This group is for anyone with a stoma, Colostomates, Ileostomates and Urostomates and anyone who has had a reversal or is to have an operation.

We meet on the first Tuesday afternoon of each month at Carnon Downs Village Hall from 2 until 4pm. We also hold quiz nights and other activities.

Just come along!

We are a friendly group and your family and friends are very welcome !

You can find and contact us at :-

www.Facebook.com/groups/cornwallostomysupport

www.cornwallostomysupport.org.uk

**This Newsletter has been produced by the
PATIENT PARTICIPATION GROUP
for our practice.**

The PPG are a group of volunteer patients who are involved in making sure the surgery provides the services its patients need.

The overall aim of our PPG is to develop a positive and constructive relationship between patients, the Practice and the community it serves.

Why not join us? As well as patients, we would also welcome specialist nurses or anyone who works with patients to join the group e District Nurses, Mental Health Workers, Learning Disability Liaison and Head Teachers to name just a few.

The latest piece of news is that the PPG is in the process of purchasing a Blood Pressure machine for the waiting room!

Opening Times

Truro Health Park

Tel: 01872 243700

Monday to Friday 8.00 -18.30

•There are also early morning GP appointments on Tuesdays from 7.30am and

•Phlebotomy appointments from 7.30am on Tuesday, Wednesday, Thursday and Friday

Threemilestone Surgery

Tel: 01872 243723

Monday to Friday 8.00 - 11.45

Monday and Wednesday afternoons 13.30 - 16.30

Friday afternoon 13.30-17.00