



# Lander Medical Practice

## NEWSLETTER

### April/May/June

### HEALTH PROMOTION UPDATE

We update your health promotion information annually.

Please let us know your current:

- height
- weight
- smoking status and
- blood pressure reading

There is a blood pressure machine in the waiting room to save making an appointment.

**Remember:** If you are being referred to the hospital they require this information to process your referral. Your referral will not go ahead without this information.

So...

- please update your details at reception **or**
- by using the 'update clinical details' on the website.

To use the website go to:

<http://www.landermedicalpractice.co.uk>

1. Click on "Online Services"
2. You will see a link to: "Help us to keep your clinical record up to date"
3. Click on it, fill in the form and submit!



### The Positive People Change Café

Visit the "Change Cafe" every Thursday at the top of Tregolls Road in Truro.

Brought to you by the Positive People project and funded by the Big Lottery and the European Social Fund; learn more about the exciting opportunities available to help you get back to work!

**Build your confidence, discover new skills and try something different for 2018!**

- Due to launch on the 19<sup>th</sup> of April, every Thursday Café CHAOS will lend itself to become the Positive People Change Café.
- There will be an assortment of professionals to guide people through everyday complexities.
- There will be representatives from housing, the job centre and our own universal credit expert on hand to answer questions.
- There will be **free meals** on proof of benefit and an informal chat to see how the Positive People project can help you.

This incentive is supported from the Big Lottery and ESF funding and the programme is managed by Pluss.

The aim of our PPG is to develop a really positive and

constructive  
relationship  
between  
patients, our

Practice and the

community it serves.

We are all volunteers and if you would like to join us  
you will be made very welcome!

Our email address:

[kccg.lander-PPG@nhs.net](mailto:kccg.lander-PPG@nhs.net)

Do write to us with with any comments and  
suggestions you may have.

## "Coffee and cakes!"



We held our second charity

**Coffee and Cakes** on March

19 in the long corridor. This  
time it was for for **Sport Relief**  
and **we raised £130!**

This event was slightly different in that we joined up  
with members of the PPG from the Three Spires  
Medical Practice. It was good to work together and  
we hope we will be able to do more shared events in  
the future.

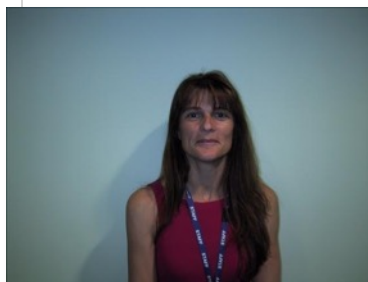
Thank you to all who ate cakes, took them home,  
drank coffee or simply donated to the cause ...many  
because they were on a diet and couldn't eat cakes!

## Practice News!

One of our secretaries, Sue, retired recently  
from our practice after 24 years. She gave  
over 40 years' service to the NHS and with her  
love of travel we are sure she is now enjoying  
her retirement!

## Getting to know our Doctors!

### Dr Cathy Laing



I qualified in  
1991 from  
Dundee Medical  
School in  
Scotland and  
moved to  
Cornwall to  
complete my GP  
training. I then  
worked in

Australia for 3 years as a GP before joining Lander  
Medical Practice. My special interests lie in family  
planning and women's health.

I have 2 grown up children at University both of whom  
are training to be doctors.

Outside of work I love to play tennis and I am  
learning to speak Italian.



## Safeguarding is everybody's business

Sarah Scoltock who is  
Business Manager for  
the Cornwall and Isles of Scilly Safeguarding Adults  
Board joined us at our recent PPG meeting. She  
talked about the 10 priorities that the Board seeks to  
deliver over the next three years. One of these  
priorities is to ensure that the Board listens to service  
users and carers to improve services.

What will this mean?

The Board will be developing ways to hear from a  
range of people including residents, the voluntary  
sector, people who work with adults at risk, and  
people who are subject to the adult safeguarding  
process, as well as their carers, about what adult  
safeguarding is and what needs to be done to  
improve the way everyone works together in order to  
protect adults at risk of harm or neglect.

If you're an adult experiencing abuse or neglect, or if  
you're concerned about an adult possibly  
experiencing abuse or neglect, please don't stay  
silent.

How do I get help?

- Phone Adult Social care on 0300 1234 131
- In an emergency, always dial 999
- For police non-emergencies, dial 101

We will make urgent enquiries to understand the  
situation and make decisions about what needs to be  
done next, to make sure people are safe. We will  
always deal with any calls in the strictest of  
confidence.

***We no longer provide a Travel Clinic at the Practice.***

If you are travelling, we will ask that you check with your travel agent or look on an appropriate website (**MASTA**) to find out what travel vaccinations you will require.

If you require Typhoid, Hepatitis A & B (Twinrix) or a Tetanus booster, you can book in with the Nurse for these immunisations.

We are a registered Yellow Fever Centre so also provide Yellow Fever as a private vaccination which will incur a charge.

For all other travel vaccinations you are advised to visit a Travel Clinic Centre or check on the **MASTA** travel website.

**Prescription Charges:**

**There will be a new prescription charge**

**from 1 April 2018.**

**Each item will cost £8.80**

***Truro Health Park***

**Tel: 01872 243700**

**Monday to Friday 8.00 -18.30**

- *There are 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 & Wednesday afternoons 13.30 - 16.30**

**Friday afternoon 13.30-17.00**



**This practice Newsletter is produced by your PPG  
Editors: Katie Sainsbury and Lesley Clayton**

**If there is anything that you would like to see covered in future Newsletters just  
email us with your ideas : [kccg.lander-PPG@nhs.net](mailto:kccg.lander-PPG@nhs.net)**