



Lander Medical Practice

NEWSLETTER

July / August / September

2018

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>

Click on "Online Services"

You will see a link to: "Help us to keep your clinical record up to date "

Click on it, fill in the form and submit!

SHINGLES VACCINATIONS

Are you eligible for a shingles vaccination?

On the 1st September will you be aged 70, 71, 72, 78 or 79 ??

If so, please contact the surgery to book your appointment.

If you are aged 73 to 77 you will be invited during the next season for the catch up programme.

Important!

Due to a backlog at the Cornwall Laboratory the results of Smear Tests are taking about 9 weeks to come back.

Immunisations....

...for children at 2,3 and 4 months, MMR at 13 months and pre-school boosters are available in twice weekly nurse clinics. Adult vaccinations for tetanus are done by the practice nurse.

For a full list of vaccinations have a look at the NHS Choices website at:

<https://www.nhs.uk/conditions/vaccinations/>

All Students heading off to University are encouraged to ensure they are up to date with their immunisations, especially Meningitis ACWY. If Students are unsure if they are up to date, they should contact the Practice Nurse to check their records.

Further information can be found on the Public Health England Website - <https://www.gov.uk/government/organisations/public-health-england>

The aim of our PPG is to develop a really positive and constructive relationship between patients, our

Practice and the community it serves.

Patient Participation Group (PPG)

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

The PPG will be hosting a Coffee Morning in the main corridor of the Health Park on Thursday September 13 from 10am-2pm.

If you know of any local groups or charities who could benefit from our fundraising please let us know.

Either email us or leave a note at reception addressed to the PPG. Thank you!

Getting to know our Doctors!

Dr Matt Leigh

I have been a GP at Lander Practice since



2005. I enjoy all aspects of general practice, including training doctors and students for the future.

I particularly value involving patients in their healthcare decisions and would

like to see more active patient involvement across healthcare in general.

Outside medicine I enjoy swimming competitively for Cornwall, running the Cornish footpaths with my black retriever, surfing on the north coast and playing Abba songs on the piano.

I have an amazing wife and six fantastic children.

General Data Protection Regulation (GDPR)

As you probably know from the media, the General Data Protection Regulation came into effect on 25th May 2018.

The Lander Medical Practice has fulfilled their responsibilities regarding this.

You have the right to both:

- Opt out of any of the data sharing schemes
- Opt back into any of the data sharing schemes (that you may have already opted out of)

Just go to the link: "Data Protection (GDPR)" under "Further information" on the website to read the Practice GDPR policies

Cafe CHAOS are hitting the road!



Every Monday our Positive People Change Café will open a regular pop up cafe at Truro Health Care Park, between 10am - 2pm, serving delicious healthy treats.

The Positive People Project is changing lives across Cornwall.

Come along and learn how the project can help you and your family - with thanks to Pluss, Lander Medical Practice, Truro Health Park and the Big Lottery Fund.



1 -7 August 2018

World Breastfeeding Week

aims to highlight the huge benefits that breastfeeding can bring to both the health and welfare of babies, as well as a wider push for maternal health, focusing on good nutrition, poverty reduction and food security.

For more information go to:

<http://worldbreastfeedingweek.org>

Breastfeeding is welcomed in the surgery!

Useful contacts

Truro Health Park Surgery (Reception)
01872 243700

Threemilestone Surgery
01872 243723

Community Nurses
01872 221417

Midwives
01872 221420

Health Visitors
01872 221400

Web page
www.landermedicalpractice.co.uk



This group is for anyone with a stoma, a Colostomy, Ileostomy or a Urostomy and anyone who has had a reversal or is about to have an operation

We meet at Carnon Downs Village Hall on the first Tuesday afternoon of each month from 2 until 4pm and we also hold Quiz

nights and other activities.

Your family and friends are very welcome.

For more information call 01872 274471

or go to: www.cornwallostomysupport.org.uk



This practice Newsletter is produced by your PPG
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