

GP Training Practice

St Agnes Surgery is a training practice and is proud to be involved in training the clinicians of the future.

Over the past few months you may have noticed or seen Dr Henry Perkins in the Surgery. Dr Perkins will be leaving us in August and we would like to take this opportunity to thank him for all of his hard work and wish him good luck for the future.

As we wave goodbye to Dr Perkins we welcome Dr Katy Bellis. Dr Bellis is in the final year of her GP Training and will be with us here at St Agnes for a year.



ST. AGNES SURGERY



JULY 2019



Health, Activities and Wellness Event

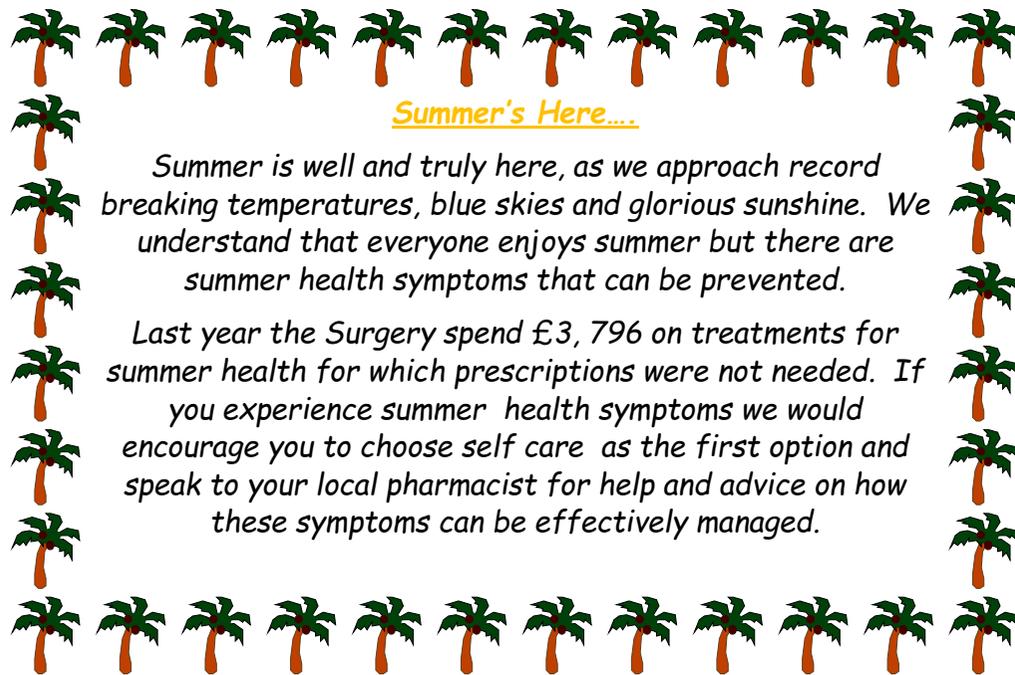
We are delighted to report that the 'Health, Activities and Wellness Event' held on Thursday 11th April, which was organised by our Patient Participation Group was a great success.

Forty-two groups, clubs and organisations from the local area attended and a further seven outside organisations kindly came along to support the event. The event, which was held at St Agnes Church Hall offered entertainment, with the 'St Agnes Singers' offering two separate performances. Refreshments were served throughout the day and we are delighted to announce that £135.15 was raised for Cornwall Hospice.

Feedback from the event has been overwhelmingly positive with many of those attending recruiting new members. The Partners at St Agnes Surgery would like to thank the members of the Patient Participation Group for organising such a worthwhile event and all those who gave their time to attend.

St Agnes Patient Participation Group are always looking for new members and if you would like further information, please visit our website and complete the online form.

It is hoped that a further event will be held in the future; please keep an eye out for further information.



Summer's Here....

Summer is well and truly here, as we approach record breaking temperatures, blue skies and glorious sunshine. We understand that everyone enjoys summer but there are summer health symptoms that can be prevented.

Last year the Surgery spend £3,796 on treatments for summer health for which prescriptions were not needed. If you experience summer health symptoms we would encourage you to choose self care as the first option and speak to your local pharmacist for help and advice on how these symptoms can be effectively managed.

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Flu Season

We are nearing that time of year again! Please be reassured that we will be adhering to NHS England guidance and offering two separate vaccines; one for those aged over 65 years and one for those under 65 years.

If you are entitled to a vaccine we will contact you via letter, email or telephone call. Annual flu clinics will commence from mid September so do keep an eye out for further information regarding dates around the village.



Are you entitled to a health check...?

If you are aged between **40 and 74** and **do not** suffer from a pre-existing condition then yes. Pre-existing conditions can include diabetes, heart disease, kidney disease, stroke or dementia.

If you think that you are eligible for a health check, please ask our Reception Team about booking an appointment.

PLEASE NOTE... If you have previously had a health check within the last 5 years you will not currently be eligible for another.



Community Navigator



We are pleased to introduce Nikki Kelly as our new Community Navigator who is part of a team providing a pioneering new social prescribing based service to our local community and will be working across St Agnes, Perranporth and Chacewater.

Nikki will provide a link between GP Surgeries and community services to support general wellbeing. Providing short, guided conversations with people to find out what they want and how to overcome barriers in getting there through the use of community activity groups.

In addition Nikki will be developing a network of volunteers/key connectors in each area to build capacity, and a link between health and social care professionals and the local community; working with organisations within the area to play an active part in the wellbeing of residents; promote wellbeing initiatives and work with General Practice and the community to support local wellbeing needs.

Nikki has over twenty-five years extensive experience in working both within the community and hospital and acute settings across Cornwall and in different areas of the Country. Working in advocacy, regeneration, place-based education, developing skills and employment programmes, social justice, public-facing events, exhibits and community projects. Helping to support and enable people to make informed choices and live an independent and fulfilling life.

Nikki is excited and honoured to be the first community navigator appointed to St Agnes and is really looking forward to working within the local community and getting to know everyone; exploring new ways in which people would like to engage and using my experience to add value or build new local partnerships and networks to enable people to get involved. Nikki is passionate about working with the amazing local organisations and volunteers within the area and playing an active part in the wellbeing of our residents. If you see Nikki out and about or at the Surgery, please feel free to say hello; alternatively you can contact her on 07920419105 or email her at Nichola.Kelly@nhs.net.

Armed Forces Veteran Friendly Accredited Practice

We are pleased to announce that we are now an armed forces veteran friendly accredited Practice and supporting the health commitments of the Armed Forces Covenant.

This means that we have a dedicated clinician who has specialist knowledge of military related health conditions and veteran specific health conditions, which is significant in terms of helping ex-forces personnel to access the best care and treatment possible.

If you are ex-forces personnel, please do let us know as it may help to ensure that you are getting the best possible care. Furthermore, if you are approaching discharge, please do also make us aware of this. If you wish to find out more, please do feel free to ask any of our clinicians.



Armed Forces veteran
friendly accredited
GP practice



Have you signed up to 'The Waiting Room' yet?

Registering for access to online services can allow you to order prescriptions, book appointments and view parts of your care record online. Utilising this service often proves more convenient for patients as it enables access to certain services when the Practice is closed or when patients find it difficult to contact us during normal working hours. For more information please visit our website.

Paracetamol for Adults and Children

*****Please note that we are **unable** to prescribe paracetamol to adults and children that needs to be taken on an as and when basis.*****

Gentle Reminder.....

Please could we remind all of our patients that it takes the surgery **two full working days** to process prescription requests.

