

# The Mullion & Constantine Group Practice Winter Newsletter

## New Year...New You?

For those who want to make lifestyle behaviour changes please book to see a GP for a referral to *Healthy Cornwall* (formerly the Health Promotion Service).

They provide free, friendly advice to: stop smoking; get active, and attain a healthy weight. Or, simply call them on 01209 615600.

## NHS Health Checks

Even though you may be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

We provide free health checks for those patients aged between 40 and 74 and are not already suffering from one of the health issues mentioned above.

A FREE NHS Health Check can help you reduce these risks and make sure you stay healthy.

Please ask the receptionist for an appointment.



*We continue to experience busy times at all four of our sites. During these times you may be asked if you would accept an appointment at another of the Group Practice surgeries. Although it may sometimes not be possible for you to travel to another surgery, please bear with us as we are simply attempting to utilise all that is available for you, our patients.*

## Organ Donation

We would like to take this opportunity to mention the sensitive subject of **organ donation**.

We have all heard stories of how the kind gift of organ donation can save lives of adults and children and indeed there have been patients of ours who have received donated organs.

To join either pick up a form in reception or visit

[organdonation.nhs.uk/register-to-donate](http://organdonation.nhs.uk/register-to-donate)

Highlighted recently by a concerning diagnosis of one of our medicine delivery drivers is the need for **bone marrow donors**.

Please search for

**The Bone Marrow Registry** online or call the blood donation number below.

It's also very easy to register as a **blood donor** and there are regular sessions in Helston to donate.

Please either visit [blood.co.uk](http://blood.co.uk) or call 0300 123 23 23

## Online Access

Many of you know that you can register online to book and cancel appointments and order your repeat medication but you can also now register to see your **medical records online**.

This is done by completing a registration form and handing it in person to the receptionist along with photo and address identification.

If you are interested, simply ask for the form at your surgery.

## **Electronic Prescribing**

We have now signed up for electronic prescribing. This does not affect the dispensing surgeries but for Mullion patients who prefer to collect their medications from a pharmacy there is a slight change. For all our affiliated pharmacies – Boots Mullion and Helston, Tesco Helston and Halls Pharmacy we now need 3 days to process from ordering.

Please note that repeat prescriptions need to be ordered in the morning for these timings to apply.

*Thank you*



*Although the majority of our patients are wonderful, we occasionally experience problems.*

*We would like to state that shouting, swearing or being abusive will not be tolerated under ANY circumstances.*

*Patients who are abusive will be asked to leave and may be removed from our patient list.*

*We are here to help and aim to be as polite and helpful as possible, even during difficult times.*

## **Emergency Dental care**

If you think you need urgent dental treatment and you already have a dentist, you should contact them on their usual number. If you are not registered with a dentist and have an emergency, contact 0333 405 0290. Alternatively, call *NHS 111* for further advice.

## Charities

A reminder that at the surgeries we collect used stamps which go to a charity for the blind and also glasses (either prescription or ready-readers) for Africa through Vision Aid. These are taken to Vision Express in Tesco Helston so it may be easier for some of you to drop them straight there.

Dr Bradley Medlock is running the London Marathon on 28<sup>th</sup> April 2019 in aid of the Cornish Heart Unit Fund. For any patients that would like to sponsor him, please find the form in reception at Mullion

## **REMINDER...**

*If you are unable to attend your appointment, please ensure you contact reception to let them know in time for it to be offered to another patient who needs it.*

*Thank you.*

