



Autumn Newsletter

for the patients of The Roseland Surgeries

It's that time of year again!!!

'Flu season is upon us (I just don't know where the year has gone already!)..... and so we have started booking appointments for our main 'flu day' on **Wednesday 3rd October** here at Portscatho.

Please don't wait for an invitation letter

Other organisations may approach you offering to provide an alternative service, but please remember they will not have access to your medical records and cannot give other immunisations, such as those to protect you against pneumonia or shingles, which are often given at the same time.

Your GP recommends a flu jab if you are over 65 years of age. We are also keen to target anyone who is immunosuppressed, pregnant, a healthcare/social care worker or in receipt of Carer's Allowance. As in previous years, if you suffer from a disease of the heart, kidneys, lungs, liver, nervous system or are affected by asthma or diabetes, you should also have the jab.

Other clinics will be held at Tregony and St Mawes in October, but the sooner we see you, the sooner your immunity against influenza will be boosted. Do please book an appointment at your earliest opportunity.

Flu vaccinations for children aged 2 and 3 yrs

As in previous years, we'll be holding a 'Flu Party' for our children aged 2 and 3 who will be eligible for a flu immunisation. For children, this is given as a nasal spray (so no nasty needles!) We will be writing to the parents/carers of eligible children, but our party will take place on Tuesday 16th October here at Portscatho and any child receiving a vaccination will also receive a goody bag too for being especially brave.

Shingles Vaccinations for 2018

While we're on the subject of immunisations, the ongoing programme to vaccinate patients against shingles continues. You may be aware from previous years that patients are being vaccinated

specifically by age – this year's campaign will target patients who are aged 70, 71, 72, 73, 74, 75, 78 and 79 years as at 2nd September 2018. If you are in the age groups above, and you would like a shingles vaccine, please let us know.

Other age groups will be called in subsequent years and there will be catch up programmes operating each year. The campaign is targeting patients between 70 and 79 over a series of years, so if you're not eligible this year, please don't worry.....you will be called eventually.

Carers need help too

We know that a number of patients are supported by paid carers who come in to their homes either on daily or weekly basis to help with various tasks. These paid carers do vital work in helping retain independence for their charges.

However, we also know that a number of you out there are unpaid carers – if you look after someone in their own home, perhaps help them with their medication, help them shower/bathe, or get dressed, and assist with day to day tasks, you too are a 'carer'. Often, husbands or wives are caring for their spouses and don't feel they want to label themselves as 'carers' but it is important while you're looking after someone, that you get the care you need too. After all, if you get sick or just find it all too much of a strain, what will happen to the person you care for?

Help is out there, whether it's a little bit of respite so you can pop out to the shops without worrying, or you need a few days off to recharge your own batteries. Cornwall Council accept referrals for help from anyone for anyone. Please see this website link for more details:

<https://db.cornwall.gov.uk/referrals/referform1.asp>

AND also check out The Family Information service, which is based in St Austell:

www.supportincornwall.org.uk/kb5/cornwall/direct_ory/carers.page

This particular website gives useful help and advice for families, adults, young adults and carers too.

Tel: 0800 5878191 Email: fis@cornwall.gov.uk

Additionally, we have in the surgery a number of Carer's Packs which are put together to include lots of useful snippets of information, together with a Carers Guide – a one stop guide of 'phone numbers, self help groups etc.

Please let our secretary know if you are a Carer. We can arrange a pack for you which you can read through at any time to suit you. Help is out there – you just need to know that you can access it. Finally, a last point, if you are a carer, you are entitled to a free flu vaccination – please book your appointment at reception!

Mailshot from ‘Pharmacy2U’:-

The Roseland, in addition to other parts of Cornwall is currently being targeted from a company called Pharmacy2U offering postal services for medications to be delivered. Please be aware that this leaflet has NOT been sent out on behalf of surgeries. Organisations such as Pharmacy2U have no access to your medical records and so cannot check your medication against blood monitoring, blood pressure readings, allergies/sensitivities etc. Additionally, they would be unable to post out any items that need to be in a fridge (as they couldn't protect the cold chain) and they could not post any controlled drugs, i.e. those that contain morphine.

Whilst patients have the freedom to choose who dispenses their medication, please remember that our surgery resources are only available because of the revenue we receive from dispensing directly to our patients.

NHS England launches campaign urging patients to ‘check before you tick’ for free prescriptions:-

NHS England and the NHS Business Services Authority (NHSBSA) are launching a nationwide campaign from 10 September to help people understand their eligibility for free prescriptions. The ‘Check Before You Tick’ campaign will encourage patients to check whether they are entitled to free prescriptions before claiming them to help reduce the £256 million cost per year to the NHS when people incorrectly claim them for free. Patients will be able to access a [new online tool ‘Check before you tick’](#) to help everyone to understand the government’s eligibility criteria for free prescriptions.

Anyone incorrectly claiming a free prescription risks a penalty charge of up to £100 from the NHS Business Services Authority which carries out prescription checks each month.

I heard a rumour.....?!!!

We have been made aware that a rumour is circulating amongst some patients that Dr Jacoby is leaving the surgery and going to Penzance. This is NOT true and it’s important to nip this in the bud now!

I am very happy to answer queries from patients at any time, so if you’ve heard something on the grapevine, or via the jungle drums, and you’d like to know for sure, please just pick up the phone or pop in to Portscatho and ask me directly.

Ordering your repeat medication (a reminder):

Please remember that we are now requesting that patients allow THREE WORKING DAYS for their medication to be processed instead of the previous two working days.

Please remember to order your medication in time to accommodate this request and don’t forget to allow an additional day or two if you need your medication delivering to one of our branch sites.

Café Roseland

Our social café continues on alternate Wednesdays at the Memorial Hall in Portscatho, where you can participate in art, board games, knitting/crochet,.....or you can just read a paper while sitting in the comfy chairs with some tea and cake! 1.30 to 4.30 pm – just turn up for a FREE afternoon of socialising (no need to book) This café is for everyone from the the ‘young’ to the ‘young at heart’.

Our Patient Group continues their wonderful work with walking groups in St Mawes and Portscatho, art classes, drama for children, table tennis and much, much more. Please keep an eye out for leaflets in our reception areas and posters.

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