

# Launceston Medical Centre

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Website: [www.launcestonmedicalcentre.co.uk](http://www.launcestonmedicalcentre.co.uk)

## SPRING NEWSLETTER 2016

### EXPANSION PLANS



Although the Practice has not received final approval for the proposed expansion plans we have been awarded pre-project costs by NHS England so that we can apply for planning permission for the project.

We have therefore recently appointed ADG (Architects Design Group) Plymouth to work with us and our Property Consultants (GPI Ltd) in order to obtain detailed planning permission. Within the last week various surveyors, engineers and consultants have started on-site work to gather the necessary information – this will continue for a number of weeks so apologies for any disruption caused if you are visiting the surgery.

We will be applying for the maximum number of car parking spaces allowed under the planning rules and also aim to ease the traffic flow by introducing a one-way system through the site - entry through Landlake Road (with hopefully enlarged vehicular entrance) and exit via the Hospital road.

We will keep you informed of progress whenever possible – please look out for updates displayed in the waiting room and local press.

## GPs WORKING PATTERNS FROM APRIL 2016



As from 4th April 2016 some of our GPs work patterns are changing as follows:

Dr Michelle Wells	Tuesday and Wednesday	( 2 days a week)
Dr Janice Haddon	Monday, Wednesday and Thursday	( 3 days a week)
Dr Holger Stoecker	Monday, Wednesday and Thursday	( 3 days a week)
Dr Christopher Anthony	Monday, Wednesday, Thursday and Friday	( 4 days a week)
Dr Dylan Reid	Monday, Tuesday, Thursday and Friday	( 4 days a week)
Dr Tracey Lavell	Wednesday and Friday	( 2 days a week)
Dr Rachel Parkinson	Monday, Tuesday and Thursday	( 3 days a week)
Dr Amit Dhulkotia	Monday, Tuesday, Wednesday and Thursday	( 4 days a week)
Dr Fiona de Ferrars	Monday, Tuesday, Wednesday and Thursday	( 4 days a week)
Dr Nell Battye	Monday, Tuesday and Friday	( 3 days a week)

Dr Catherine Stoecker and Dr Andrew Kaitiff will be working as locum GPs.

**Please note: working days are occasionally subject to change**

**We are delighted to welcome Marcus Wadland as the Practice Duty Practitioner.** It is an exciting new concept to have a trained paramedic working within the team. His role involves seeing patients and triaging/visiting our patients in the community. At present he will be working Thursdays and Fridays and covering other days occasionally.

The Receptionist will often offer you an appointment with one of our experienced GP support staff. The Nurse Practitioner, Minor Illness Nurses or Duty Practitioner can diagnose and prescribe and help you with the following minor illnesses:-

### ***NURSE PRACTITIONER***

**Carol Jackson**

Pill Checks  
Asthma/COPD Flare Ups  
Sore Throats  
Chesty Coughs  
Urinary Tract Infections  
Sickness and Diarrhoea  
Sore, Sticky Eyes  
Ear Infections  
Eczema  
Rashes  
Boils or Skin Infections  
Contraceptive Advice  
'Women's problems'  
Mastitis

### ***MINOR ILLNESS NURSES***

**Peter Wyatt, Christine Fielder (2yrs and over only)**

Pill Checks  
Sore Throats  
Chesty Coughs  
Urinary Tract Infections  
Sickness and Diarrhoea  
Sore, Sticky Eyes  
Ear Infections  
Eczema  
Rashes  
Boils or Skin Infections  
Contraceptive Advice  
Acute Back Pain

Our **Duty Practitioner, Marcus**, can see all age groups but does not deal with gynae issues. He triages calls and visits patients at home if appropriate.

**PLEASE NOTE: THE GP SUPPORT TEAM DO NOT DO BREAST LUMPS, MOLES, MEDICATION REVIEWS, SICK NOTES, REPEAT PRESCRIPTIONS, PRESCRIBE ANTI-DEPRESSANTS OR SLEEPING TABLETS.**

## DENTAL PROBLEMS

The GPs and Support Team **will not** deal with dental problems. If you have a dental issue or dental infection, please call your registered dentist.

If you are not registered with a dentist or cannot get an appointment with your own dentist, please call:

**Emergency Dental Help Line on: 01872 354375**



## MINOR INJURIES

If you have injured yourself within the last 14 days you should attend the Minor Injuries Unit at Launceston Hospital. They are available between 8am and 10pm, 7 days a week. No appointment is required. The nurses at the Unit will re-direct you to the GP if necessary.

By using these services it will help to reduce inappropriate bookings with the GP or Support Team.

Thank you for your co-operation.



## REPORTS

If you or a Solicitor has requested a GP to complete a medical report, insurance report, insurance claim form etc, please remember that this is private work and will be dealt with in date order. We attempt to deal with all reports within 1 month of receipt. If you have waited longer or the need for the report becomes urgent please ring the surgery number and ask for the Reports Clerk.



## SICK NOTE REQUESTS

We are getting an increasing number of sick note requests on the day. The GPs do not consider these requests to be urgent as sick notes can be backdated if necessary. Please give as much notice as possible. Remember, you must do a self-certification for the first 7 days of illness, there is no requirement for a GP to write a sick note for less than 7 days illness.

## REFERRALS

If you are awaiting a routine appointment from your recent referral please allow 3 weeks from the date you saw your GP. This gives adequate time for collecting the information required by the Hospital, dictation by the GP, typing by the Medical Secretaries and process through the Referral Centre (DRSS). If you have waited longer than 3 weeks please contact DRSS direct 01752 398993.



# Health check for 40-74 year olds!

The NHS Health Check is your chance to get a free midlife MOT. It is available to anyone in England aged 40-74, without a pre-existing condition. Your circulatory and vascular health will be checked and what your risk of getting a disabling vascular disease is.

Please go to our website, [www.launcestonmedicalcentre.co.uk](http://www.launcestonmedicalcentre.co.uk) where you will find a link explaining in detail what is involved. If you are unsure if you qualify, please contact the surgery where the Reception team will be happy to help you.



## Planning a holiday abroad?

This website is full of useful information and tips:- Search **Fit For Travel**.

If you require vaccinations for travel and you are leaving the country in less than 4 weeks you need to contact MASTA:



## MASTA TRAVEL CLINIC



Lisson Grove Medical Centre 3-5 Grove, Mutley, Plymouth PL4 7DL

Telephone: 01752 205556

## And finally ... have you thought about the PPG?

### **PPG** stands for **Patient Participation Group**.

The group meets every six to eight weeks and provides a link between the Medical Centre and those who use it. All patients are welcome to take part and the group is keen to encourage some younger patients to participate as well.

If you would like to get involved please refer to the details on our website:-

[www.launcestonmedicalcentre.co.uk](http://www.launcestonmedicalcentre.co.uk)