Landlake Road Launceston Cornwall PL15 9HH Tel - 01566 772131 Fax - 01566 772223

Launceston Medical Centre

Website - www.launcestonmedicalcentre.co.uk Spring newsletter 2015

Online Services

To use our website go to www.launcestonmedicalcentre.co.uk

Booking Online Appointments

You can book online appointments up to one week in advance or go online at 6pm for an appointment the next day. You will require your NHS number to register for this service.

Ordering Repeat Prescriptions Online

You can order your repeat medication online after registering on the website. Please remember to still give at least 3 working day's notice. Thank you.

View Medical Records

You can now access summary information of your medical records online. This facility allows you to view, export or print the following summary information from your medical records:

- 1. Acute medication (issued within the last 12 months)
- 2. Current repeat medication
- 3. Past repeat medication (discounted within the last 6 months)
- 4. Allergies and sensitivities

You must be a registered user of Systmonline before you can access your medical records through our website.

To register for online services, please ask a member of our reception team who will be more than happy to help you. You cannot register for this service electronically because the Practice needs to verify your identity. Please call the Practice in advance to find out what kind of identification you will need to take with you, e.g. a driving licence, utility bill or passport.

Once you have registered with us you will be given a Systmonline username and password.





Funding For Expansion!

The Partners of Launceston Medical Centre are delighted to announce that they have received support in principle from NHS England for funding to expand the surgery at Landlake Road. A business case was first submitted in July 2013 but, following a bid made by the Practice in February this year under the recently announced General Practice Infrastructure Fund, acceptance was only received at the end of March 2015. Further discussions will take place this month between the Practice, NHS England and Kernow CCG with the aim of now moving the project forward as quickly as possible.

The planned additional spaces will almost double the internal working area at the surgery by

expanding on to land (currently owned by Launceston Hospital) at the rear of the existing premises. Additional car parking will be provided which, it is hoped, will be accessed via the road currently leading to the Hospital.

The additional consulting rooms will allow the Practice to focus on preventative measures and health promotion and lead to greater integration and service development across primary, secondary and community sectors. The creation of a larger primary care centre, with additional GP and Nursing staff, will not only increase the capacity for appointments but should also allow the Practice to become involved as a training centre for the future generation of GPs.

Accepting that the expansion plans will take time to physically complete (realistically 2 years from start to finish) and that the Surgery is critically short of consulting space, work is underway at the moment to convert the Records Room into another GP consulting room and the internal toilets (off the main corridor opposite the Nursing rooms) into an additional Nursing room. This work should be completed within the next 4/6 weeks.

The Partners and Staff very much appreciate the support received from patients and the local community and particularly the PPG (Patients Participation Group) and look forward to continuing an open dialogue regarding progress on the project.



Text Reminder Service

Please ensure you keep us up to date with your current mobile telephone number so that we can text you an appointment reminder. We shall also be developing this service to remind patients when they are due a particular check-up. You can choose to decline this service by contacting Reception.

Email Contact Details

Please let us have your email address so that, if applicable, we can send you reminders for blood pressure checks, flu vaccinations, asthma reviews etc.

Medication From Dispensary

- . Please can you, or whoever is collecting your medication, check that all the items you have ordered are in the bag before you leave the Medical Centre.
- . It is not possible for us to raise repeat prescriptions without advanced notice so please plan ahead and give us AT LEAST three working days to get your prescription ready.
- . PLEASE NOTE: we cannot accept prescriptions requests over the telephone.
- . The Dispensary is closed on a Thursday between 1.15pm 2.15pm for staff training.
- . The Dispensary telephone line is closed every day between 12noon 2pm.

Travelling Abroad

If you are travelling abroad please be aware that you may need some vaccinations depending on the area you are travelling to. Please contact the surgery and the Nursing Staff will be able to help you and give you further travel advice. However, you must allow enough time before you go to ensure that you receive adequate cover from the vaccinations. If you are travelling within the next four weeks you will need to attend the MASTA TRAVEL CLINIC, Lisson Grove Medical Centre, 3-5 Lisson Grove, Mutley, Plymouth, PL4 7DL. Tel - 01752 205556.

Drop-in Hearing Clinic - For NHS hearing aids supplied by Derriford Hospital

Unfortunately, due to the removal of funding, the last drop-in clinic at Launceston Medical Centre will be held on Friday 10th April. After this date you can attend the drop in clinics at either Oak Tree Surgery, Liskeard or Millennium House, Pensilva. Please ask at Reception for dates or see the Surgery noticeboard.











Rock Solid Staff!



Three members from the Medical Centre, plus four friends, one a crew member of the Bude Lifeboat, competed in the Rock Solid Race at Escot Park, Exeter. They battled through mud, freezing water, ice and more than 40 obstacles spread across a 10km course.

They took part to raise funds for the RNLI, and the race on Saturday, March 21st, included jumping 12 feet into a freezing lake after scaling a cargo net, 10 foot vertical walls and dragging themselves through mud up to their waists.

The team, Cazza's Super Seven, said it was 'extremely proud' to have raised more than £1,300.00, the amount required to fully kit out one lifeboat crew number.

"The crews of the lifeboats and lifeguards on and around our local beaches risk their lives daily to save ours but get little publicity compared to the larger charities.

We were all very humbled by the fantastic support and generosity shown by all those who donated and for the numerous messages of encouragement. Thank you so much on behalf of the RNLI."

Nurse Practitioner/ Minor Illness Nurse Clinics



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

Nurse Practitioner	Minor Illness Nurses (2yrs and over)
Carol Jackson	Peter Wyatt/Christine Fielder
Sore Throats	Sore Throats
Chesty Coughs	Chesty Coughs
Urinary Tract Infections	Urinary Tract Infections
Sickness and Diarrhoea	Sickness and Diarrhoea
Sore, Sticky Eyes	Sore, Sticky Eyes
Ear Infection	Ear Infection
Eczema	Eczema
Skin Rashes	Skin Rashes
Boils or Skin Infections	Boils or Skin Infections
Contraceptive Advice	Contraceptive Advice
'Women's Problems'	Thrush
Acute Asthma	Acute Asthma – nebulising

PLEASE NOTE: THE NURSE PRACTITIONER OR MINOR ILLNESS NURSES DO NOT DO MEDICATION REVIEWS, <u>REPEAT</u> PRESCRIPTIONS OR PRESCRIPTIONS FOR ANTI-DEPRESSANTS.