



PENRYN SURGERY

NEWSLETTER



HELPING US TO HELP YOU

As always feedback is greatly appreciated at the Surgery. If you have any suggestions that you feel would be helpful to us, please ask Reception for a Feedback/Suggestions form and this will be passed onto our management team for discussion.

Hay Fever

It's very difficult to avoid pollen, particularly during the summer months when you want to spend more time outdoors.

Treatment options for hayfever include antihistamines, which can help to prevent an allergic reaction from occurring and corticosteroids, which help to reduce inflammation and swelling.

Hay fever can often be controlled using over-the-counter medication from your pharmacist. However, if your symptoms are more troublesome and over the counter treatments don't help, it's worth speaking to your GP, as you may require prescription medication.

Friends of Penryn Surgery

We would like to thank the Friends of Penryn Surgery for their continued contributions and support to the Practice.

We would also like to thank all the patients that generously donate towards this charity, it is always greatly appreciated.

If you are interested in becoming a member of the FOPS or are interested in making a donation then please contact the Surgery on **01326 372502** and speak to our Business Manager Ryan Ohly who will be more than happy to advise you on the work of the charity and how to become a member.

Recently published books in good condition are always welcome and help with fundraising when patients borrow or buy them from the book cases at Penryn.

Staff Changes

Dr Helen Burns will be retiring from the Practice on 7th July 2017

Dr Burns has been with us for 30 years and we wish her every happiness for a well-deserved retirement.



KEEPING YOUR DETAILS UP TO DATE

We use electronic methods wherever possible to contact our patients so it is important that you let us know if you have a new mobile number or change your email address.



Please check with reception what contact details we hold on record for you and your family, or complete a change of details form. Remember to let us know if this change applies to anyone else in your household who is also a patient of the surgery.

PRESCRIPTION ORDERS

DAY PRESCRIPTION ORDERED

READY TO COLLECT FROM NOMINATED PHARMACY

MONDAY

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

MONDAY

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

We're listening to your feedback....You told us you would prefer to have paper cups for use with our water dispensers so they could be recycled.

We're changing from plastic cups to paper cones and will have bins for used cups next to the water dispensers. They will be sent for recycling along with our non-confidential paper waste. Having your say helps to improve the surgery for everyone.

BANK HOLIDAY
DATES WHEN
SURGERY CLOSED
2017

AUGUST 28TH

DECEMBER 25TH

& 26TH

MONTHLY MEETING

The Surgery closes every first Friday of the month 1pm—3pm for staff training.



The pharmacy and dispensary remain open during this time.

If you need urgent medical help when we are closed please call NHS111

Hearing Aid
Batteries

Can be collected from the Prescription Desk

DO I NEED TO SEE A GP?...WHERE ELSE TO GO

The pharmacy at Penryn Surgery is open Monday-Friday 8.45am—6.15pm

Hendra pharmacy at 44 Market St, Penryn is open :

Monday to Friday 8.45am—1pm and 2pm—5.30pm & Saturday 9am—1pm

The pharmacist and dispensers are available for advice on all medicines and minor ailments, in a private consultation room if requested.

MINOR AILMENT SCHEME

If you or a relative are suffering from any of the following conditions: CONJUNCTIVITIS (over 1 year old), CYSTITIS (over 18s), IMPETIGO (over 1 year old) or NAPPY RASH (under 3 years) a pharmacist may be able to prescribe without the need to see a doctor. To access this service please call into the pharmacy and ask to speak to the pharmacist, with your child if they have the symptoms.

MINOR INJURIES

Falmouth Hospital Minor Injuries Unit: For cuts, sprains, fractures, animal and insect bites, minor head and eye injuries and burns. Drop in service available 7 days a week from 8am to 8pm.

CAMBORNE/REDRUTH HOSPITAL:

NHS walk-in centre located between Camborne and Redruth at Barncoose Terrace TR15 3ER

Open 7 days a week, from 8am to 10pm for anyone who needs to see a Doctor or Nurse.

NHS111

24 hours a day, 7 days a week service. 111 should be called if medical help or advice is needed fast but it's not a life-threatening emergency. If it's an emergency you should still phone 999.

A&E

Emergency Department available at Treliske Hospital. Open 24/7 for life threatening emergencies only.