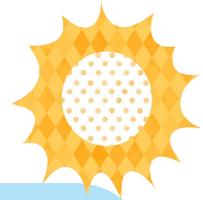


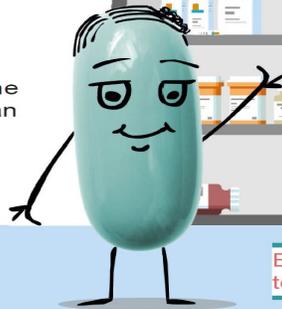
Oaktree Surgery & Pensilva Health Centre

Patient Newsletter/Summer 2022



Check what medicines you have at home before you order more

Remember only order more medicine if you have less than two weeks supply left at home.



Everyone has a part to play to reduce medicines waste

Prospective Access To Your Full Online Medical Records

This programme is being rolled out nationally and the latest information we have received is that this will now be enabled on "1st November 2022".

Once the full online access is enabled, patients will have access to future entries to their medical record from the date of the switch on.



We are still here to help you.

You might not need to see a GP and we will make sure you see the right person, at the right time.

#BeKind



Congratulations to our Receptionist Karen Deavall who completed a running challenge for MND raising a total of £197.00



Inside this issue

- Medical Record Access 1
- Financial Wellbeing 2
- Handi App 3
- HARMONIE
- Research.....4
- Green Team Update... 5
- Social Prescriber6

Autumn Covid Booster/Flu Vaccines 22/23

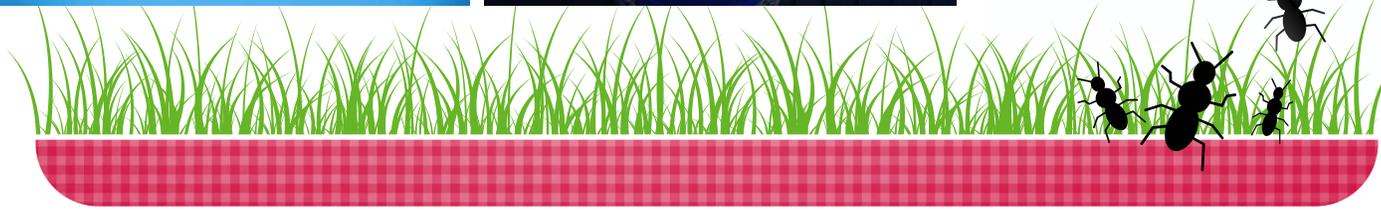
Covid-19 booster vaccinations are available to all patients over the age of 50, clinically at risk, front line health and social care workers, staff working in care homes with older adults and those who are Immunosuppressed & those living with them.

Our first Clinics for over 65's and clinically at risk only will be on 30/09/22 & 02.10.22 at Millennium House Pensilva

All other eligible patients will be able to book after 21/10/22

You can book directly via an SMS that will be sent to you or by calling our Reception Team who will be happy to help.

Please visit www.nhs.uk to find more information





Passport Applications

Please note GP's cannot countersign your passport application

please visit the following link for more information:

<https://www.gov.uk/countersigning-passport-applications/accepted-occupations-for-countersignatories>

The Oddfellows have been celebrating friendship for over 200 years by bringing people together to enjoy the brighter side of life. Friendship is at the very heart of their organisation, so every September, they get together to highlight how important it is to have friends around you that not only make you laugh, but also have your back.

Loneliness is a growing problem in the UK. More than nine million people of all ages say they are lonely either often or always, according to research by The Co-op and the British Red Cross. Friendship Month is one way in which we can play our part in bringing communities closer together, providing easy ways for people of all ages to socialise by hosting fun events and activities nationwide.

Come along and join the fun!

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER

<https://www.oddfellows.co.uk/about/friendship-month/>



There are plenty of simple actions you can take to help lift someone out of loneliness and in doing so, it might help you to feel less lonely too. Find out more about the steps you can take to help yourself and those around you and where you can find further support at www.nhs.uk/every-mind-matters/

SBS

Financial Wellbeing Online & Telephone Help Sessions for People affected by Cancer and other Illnesses

Every 2nd Tuesday of each Month
hourly help sessions 10am - 9pm

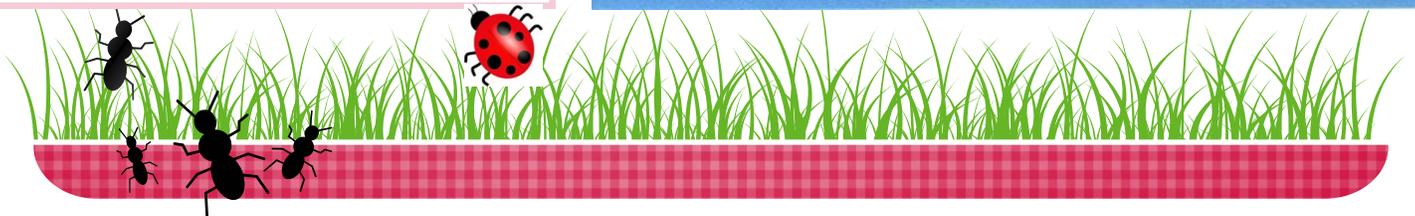
Individual one-to-one sessions can be arranged online, by telephone, or at your home address at other times

Areas where we can help include Pensions, Welfare Benefits, Insurances, Wills & Lasting Powers of Attorney etc

Key areas where we can assist include providing information about how people with life limiting illnesses can claim pension monies tax free (even before age 55) and how to protect monies intended for loved ones from banks and creditors

Please phone 0800 772 0723 or E-mail help@s-b-s.org.uk should you wish to participate in our online or telephone help sessions. You can access both from the convenience of your home.

St Bernard Support CIG T/A 'SBS' is registered as a Charitable Incorporated Organisation by the Charity Commission for England & Wales at Broadstone House, Broadstone Mill, Broadstone Rd, Reddish, Manchester, SK5 7DL. Our Charity Registration Number is 1079104



In the last 12 months, the NHS in Cornwall and the Isles of Scilly spent over £790,000 on prescriptions for paracetamol.
This is the equivalent of:



Only request a prescription for paracetamol if you really have to.
It can cost as little as 19p from the shops.

Ordering Repeat Medication

Please could we remind our patients to give at least **seven days notice** when ordering repeat medications, i.e., if you order your medication on a Monday, it will be ready for collection on the following Monday. The easiest way to order is online via:

- www.oaktreesurgeryandpensilvahc.co.uk/triage/request-a-repeat-prescription/
- The NHS App (you will need to register for this service)
- If you do not have internet access then you can:

Hand your repeat slip in at the dispensary when you collect your medication
Hand it back to the delivery driver when your medication is delivered
Hand your repeat slip in at the dispensary with at least five working days' notice.

We will then process the request and have your medication ready again for your next collection/delivery date.

Thank you to all our patients for your support

STAFF UPDATES

We would like to warmly welcome some new clinical colleagues who have joined our practice recently.

Dr Kelchi Okengwu-Registrar
Dr Jane Davis - GP/Freya Barry Conlon - F2
Helen Bainbridge-ANP /Kayleigh Bent - HCA
Holly Green - Research HCA



Not sure what to do
when your child
is unwell?

Get expert advice for
common childhood illnesses.



Download the free
HANDi Paediatric app



HANDi Paediatric app: advice for common childhood conditions.

Developed by NHS organisations in Devon, the HANDi Paediatric app is available to download for free onto any Apple or Android smartphone or tablet.

The app has been designed to help reduce the number of children and young people who visit A&E, but need no treatment.

Advice for common childhood conditions

The app has been developed by paediatric consultants and provides access to home care plans, as well as GP and hospital clinical guidelines, for the most common childhood health care conditions

Patient Participation Group (PPG)

A Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who meet to discuss patient experience to help improve the services provided. Our PPG meets regularly to support the practice and act as a critical friend. They are a link between the wider patient population and the practice. To find out more about joining our PPG and to register your interest click [here](http://www.oaktreeandpensilvahc.co.uk) or go to our website www.oaktreeandpensilvahc.co.uk



Age UK Cornwall Helpline - can help with an application for attendance allowance (this can help to pay for a cleaner or personal assistant) plus help with other enquiries.

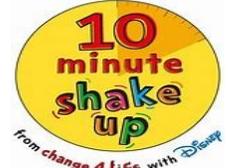
Call 01872 266383

<https://www.ageuk.org.uk/cornwall/>

Age UK Active Living Support Service

[Age UK Cornwall | Active Living Support](#) Active Living Support enhances and enriches the lives of older people. It does this by offering a high-quality service that is tailored to a person's needs. They offer this service across Cornwall and from the comfort of your own home and/or within the local community. Our services include aspects of home support, shopping, gardening, social activities, companionship, and administration. Call 01872 266388

10 Minute Shake Up For Summer



- Shake Up Your Summer!
- This summer, Better Health have again teamed up with Disney to help get kids active throughout the holidays by playing 10 Minute Shake Up games.
- This year the games are inspired by some of their favourite characters Disney's Encanto and Frozen & Disney and Pixar's Lightyear, and Marvel's The Avengers!

The 10 Minute Shake Up campaign aims to inspire children to build confidence in being active, develop new and longer term physical skills and, most importantly, have fun! We know that children and young people need 60 minutes of physical activity a day^[4] so we have chunked up activities into 10 minutes to help getting active be easy and fun.

- So, what are you waiting for? Search '10 Minute Shake Up' today.



We regularly update our social media pages with information relevant to the practice and local Community. Follow us on Face Book & Instagram to keep up to date with everything going on.



Instagram

Research Update

Oak Tree Surgery and Pensilva Health Centre are participating in the Harmonie Research Study, looking at how babies can be protected from serious illness due to RSV infection (respiratory syncytial virus) by giving them a single antibody dose.

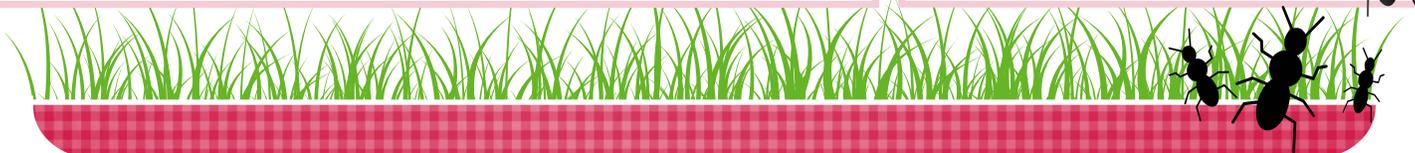
RSV is a common seasonal virus that infects nearly all babies by their second birthday. Most of the time it causes a mild illness like a cold. However for some babies it can lead to more severe lung problems such as pneumonia.

This Study will last for 12 months and will include, 1 Visit to study site, Monthly diary completion (for 6 months) from home and 1 telephone call after 12 months.



Please contact us for more details

01579—324252



Green Team Update

Green Impact for Health Toolkit

This practice is delighted to be signed up to the Green Impact for Health Toolkit and is actively taking steps to reduce our carbon footprint. The climate emergency is also a health emergency, and health care in the UK contributes 5.4% of the UK's carbon emissions.



We need to enhance the health of our current population without compromising the health of future generations, and this means operating within the sustainable boundaries of the planet.

Fortunately, most of the solutions for the planet also make our health better - for example eating a mainly plant-based diet, engaging in active travel and exercise in nature, avoiding smoking, reducing pollution etc all enhance our health and reduce our need for medications, with further benefits to the NHS, your health and the carbon footprint of healthcare.

Take a look at www.greenerpractice.co.uk/ to learn more about this.

Find out what you can do to help!

There is so much you can do to help – and we can't wait to hear your ideas to help us be even better at looking after our people, place and planet.

- Refills are great!
- Did you know you can recycle your medication blister packs at your local Superdrug store.
- You can recycle black ,plastic coat hangers in store at Tesco
- We have cycle racks at the Practice! You can walk or cycle here.
- We now have 3 electrical cycles which our GP's will be using for Home Visits.
- Coffee pods can be recycled by visiting <https://podback.org>
- Advertise, reuse, upcycle, giveaway items you don't want : Try Free Ads, Gum –Tree or take to your local Charity Shop

Please send us your ideas— either pop in to reception or visit the feedback page of our website.



Pick up the past—Protect The Future

Join your local Litter Pick Group
Take a look at the website today
<https://www.cleanupuk.org.uk/>



Clean Air—How To Help?



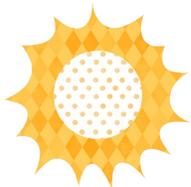
Clean Air is air that has no harmful levels of pollutants (dirt/chemicals in it)

How can we clean our air?

- Use low watt bulbs or energy saving lights
- Limit the use of Air Conditioning units
- Don't burn rubbish
- Avoid using aerosols
- Dispose of refrigeration equipment & coolant safely.

Breathing clean air can lessen the possibility of disease such as lung cancer





Thank you to everyone who sponsored us on our Midnight Walk on Friday 22nd July in aid of St Luke's Hospice Plymouth.

So far we have raised £440 for this wonderful cause. If you would like to contribute to our fundraising you can still sponsor us on our just giving page by scanning the QR code below.



**FORTY YEARS OF
COMPASSIONATE
CARE IN YOUR
COMMUNITY**

Blood Cancer Awareness Month – Sept 22

Every September, Blood Cancer Awareness Month raises awareness and understanding of blood cancers, including:

Leukaemia, Lymphoma and Myeloma, as well as offering information and support to blood cancer patients.

Blood Cancer UK's vision is to beat blood cancer. They invest money into blood cancer research to ensure that all patients have their disease diagnosed early and accurately, receive personal, targeted treatments which are effective and have minimal side effects in order to beat or manage their cancer.



Oak Tree Surgery
Clemo Road
Liskeard
Cornwall
PL14 3XA
Phone: 01579 324252

Pensilva Health Centre
School Road
Pensilva
Cornwall
PL14 5RP
Phone: 01579 362249

We Have A New Social Prescriber

Hello My name is Cherie,

I am a Social Prescribing Link Worker based at Oak Tree Surgery and Pensilva Health Centre.

Social Prescribing starts with a conversation, a conversation about what matters to you. Many things affect your health and wellbeing. It could be feeling isolated, lonely or stressed by work, money and housing problems. Social Prescribing can help with things that can't be fixed by medicine alone. The idea behind Social Prescribing is to empower you to have more control over your health and find ways to improve how you feel, in a way that suits you.

This could mean being introduced to a community group, a new activity or local club. It could be signposting to legal advice, or volunteers to support you. It might be information and guidance, or a bit of inside knowledge on your situation and what local resources are available.

If you feel like this support would benefit you, then please speak with your GP, healthcare practitioner or you can self-refer by contacting our reception team.

