

Pendeen News

FREE COPY!
PLEASE TAKE ONE!

Taking care of yourself in the sun

Summer has arrived and temperatures are soaring - here are some tips to stay healthy as you enjoy the warm weather.

Try to avoid the sun between 11am and 3pm, when it's at its hottest, if you need to go out cover up with loose, cool clothing, sunglasses and a hat if you can. Apply sun-screen before you go out and reapply regularly throughout the day.

Drink plenty of water, as more fluid is lost by sweating in the warmer weather. Don't forget to check that other family members are drinking enough, especially children and elderly people. Avoid excess alcohol, caffeine and hot drinks as they can make dehydration worse.

Keep cool using fans and cold damp cloths, and take a cool shower or bath if you need to.

Check up on friends, relatives and neighbours who may be less able to look after themselves.



Staff news

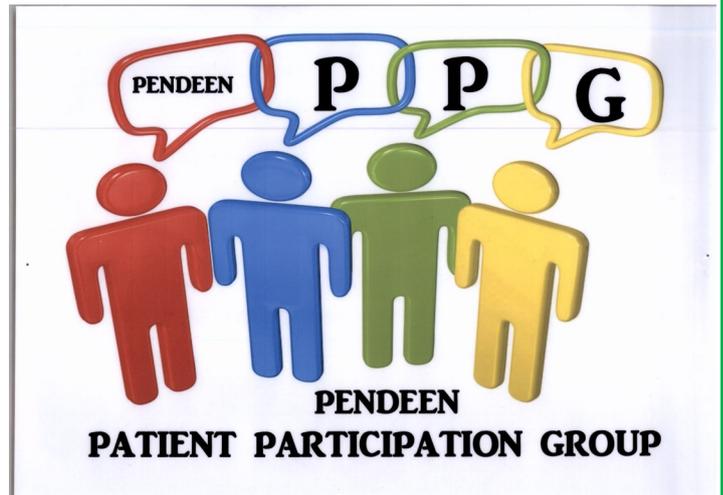
Our Practice Manager Karen Manifold gave birth to a baby girl on the 12th July. She will be on maternity leave until January 2017. Deputy Practice Manager Naomi Calvert will be working in her place.



Pendeen Patient Participation Group

Did you know...?

- ◇ ...about Taurus, the out of hours GP service available to you?
- ◇ ...that there is a patient comments box in the surgery?
- ◇ ...that Pendeen Surgery was in the top 2% of surgeries in the country?
- ◇ ...about the District Nurses' clinics?



Join the surgery's Patient Participation Group to have your say on how the surgery is run, and find out information.

The AGM will be on Monday 19th September 2016 at 6pm at John Kyrie High School. If you would like to attend please contact ppg.pendeensurgery@nhs.net or ask at reception for Deb Jones.



Missed Appointments

Missed appointments in June 2016 totalled **139**, these are booked appointments that patients have failed to attend.

If you are unable to make your appointment or no longer require it, please phone the surgery and let us know so it can be offered to another patient.

KEEPING UP WITH THE DOCTORS

Dr Leeman - Monday to Thursday and every other Friday

Dr King - Wednesday and Friday

Dr Bathurst - Monday, Tuesday, Wednesday and Thursday (am)

Dr Cadbury - Monday, Tuesday and every other Friday

Dr Jackson - Wednesday, Thursday and Friday

Dr Das - Monday, Tuesday, Thursday & Friday