

Pendeen News



FLU VACCINATION

Pendeen held 3 Saturday morning flu clinics and we had a brilliant turnout with over 1600 patients coming along for their annual flu jab.

Patients who didn't attend one of these clinics and are eligible for a vaccination should speak to a receptionist to book in to one of the mini clinics held during the next few weeks or you can ask your doctor during a routine appointment.

If you are:

65 years of age or over
or are Pregnant
or you have a chronic disease
or have a weakened immune system
you are eligible for a free flu vaccination!

Children aged 2,3 and 4 are eligible for a nasal vaccination (Fluenz)

Shingles Vaccination

The shingles vaccine is given as a single injection. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed.

It's fine to have the shingles vaccine if you've already had shingles.

The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

You will receive a letter inviting you for a vaccination when you are eligible. There is a rolling programme in place to ensure everyone over the age of 70 is invited in the next few years. If you are unsure, you can ask at reception to check your eligibility.

Pneumonia Vaccination

This vaccination is available to anyone aged 65 or over, who has not previously been vaccinated against pneumonia.

The vaccine can be given at the same time as your annual flu vaccination. Please speak to a receptionist or your nurse, if you need to check if you have had the vaccination.

From the Doctors
& Staff at
Pendeen Surgery,
We wish you all a
very merry
Christmas!



Save a life
- give blood



Visit blood.co.uk
or call 0300 123 23 23


Blood and Transplant

 Save a life
Give blood

MOVEMBER

Movember, the month formerly known as November, is when brave and selfless men around the world grow a moustache, and women step up to support them, **all to raise awareness and funds for men's health - specifically prostate and testicular cancer.**

Prostate Cancer UK is the main beneficiary of the Movember campaign.

For the last ten years, the amazing efforts of the Mo Bros and Mo Sistas from across the UK have significantly contributed to cancer research initiatives and have supported men.



MOVEMBER
CHANGING
THE FACE
OF MEN'S
HEALTH 

*Between 2012 and 2015,
the Movember Founda-
tion invested a whopping
£21 million!!*

To find out how you can get involved this Movember visit:

www.movember.com

Go on give it a go!
Take your moustache to the next level!

Staff news

- * In October we welcomed a new practice nurse Heather Johnson. Heather specialises in COPD, Asthma and Spirometry. She will be working here two days a week.
- * Kate Miller our HCA has now returned from her maternity leave after having a baby Girl. Kate will be working Mondays, Tuesdays, and Thursdays In November and from December she will be working Mondays, Wednesdays and Thursdays.
- * Sister Jan Rosser will be leaving Pendeen Surgery on the 30th November to enjoy her retirement. We wish her many happy holidays with her Husband!

KEEPING UP WITH THE DOCTORS

Dr Leeman - Monday to Thursday & every other Friday

Dr King - Monday (am), Wednesday, & Friday

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

Dr Cadbury - Monday, Tuesday, & every other Friday

Dr Jackson - Wednesday, Thursday, & Friday

Dr Das - Monday, Tuesday, Thursday, & Friday

Dr Amar—Tuesday, Wednesday, Thursday (am) & Friday (am)

What to do if you need to see a doctor over the festive period?

OPENING HOURS FOR PENDEEN SURGERY

The surgery will be open on
Monday 19th until Friday 23rd December 2016 &
Wednesday 28th until Friday 30th December 2016

OPENING HOURS FOR TAURUS HEALTHCARE

(at Pendeen hub)

Monday 26th December, Tuesday 27th December,
Friday 1st January, Saturday 31st December,
Sunday 1st January

You can now call them direct to book an appointment
on: **0800 121 7221**