



Pendeen News



Flu season is upon us...



As usual, Pendeen held 3 Saturday morning flu clinics. 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.

If you,



- are 65 years of age or over
- are Pregnant
- or you have a chronic disease
- or have a weakened immune system

you are eligible for a free flu vaccination!



Please speak to our receptionists to make your appointment or to check if you are eligible. Children aged 2,3 and 4 are eligible for a nasal vaccination

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.



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.

The next blood donor sessions are at the Larruperz centre, Ross on Wye on

Wednesday 4th November 13.00– 15.30 / 16.30– 18.45

Wednesday 2nd December 13.00– 15.30 / 16.30– 18.45

For more information visit www.blood.co.uk or call 0300 123 23 23

Save a life
- give blood



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


Blood and Transplant

 Save a life
Give blood

Patient Participation Group, First Annual AGM

Pendeen Surgery's First Annual Patient Participation Group Meeting was held at The John Kyrle High School on Monday 14th September. The group discussed many aspects of the practice and a separate publication will be displayed on the Pen.PPG notice board for those who are interested. Copies are also available from reception, should you want to peruse what was discussed at your leisure.

Smokers across the country are being urged to sign up to **Stoptober**, the country's 28 day mass quit attempt from Public Health England.



For more information, please visit:
www.nhs.uk/smokefree/stoptober

Keeping up to date with the Doctors

Dr Leeman Monday to Thursday and every other Friday

Dr King Tuesday, Wednesday and Friday

Dr Bathurst Monday, Tuesday, Wednesday and Thursday morning

Dr Cadbury Monday, Tuesday and every other Friday

Dr Jackson Wednesday, Thursday and Friday

Dr Das Thursday

Dr McCarthy Varies week to week

Dr Kemi (GP Registrar) Monday, Tuesday and Friday all day.
Wednesday and Thursday mornings

We are delighted to introduce Dr Kemi, who has joined Pendeen for one year to complete the final leg of her training to become a fully qualified GP, having already spent many years working in hospitals in various departments.

She has appointments daily and is already proving very popular with patients.



CHANGES TO ORDERING PRESCRIPTIONS



We will be changing the way in which you can order your repeat prescriptions. We'll be asking you to order your medicines either in writing, or electronically.

We are doing this to improve the accuracy and safety of repeat prescription ordering, and this will bring us into line with national prescribing recommendations.

You can order repeat prescriptions in several ways:

- By completing the re-order slip given to you when you collected your last prescription and posting or dropping this to the surgery.
- Sending in a written request for the items you require
- By logging onto the Pendeen Surgery website <http://www.pendeensurgery.nhs.uk/> (You will need your personal log in details to do this and will need to provide photograph ID to obtain your log in details. Please ask staff for more information)

Some pharmacies also offer an ordering service. If this is of interest to you, please speak to the relevant pharmacy

From 18th January we are no longer able to offer a telephone repeat prescription ordering service except for those few patients who are housebound and unable to utilise any of the above methods of ordering.

Please pick up a copy of our PRESCRIPTIONS leaflet and speak to any member of staff if you have any questions or need more information.