



Pendeen News



Flu season is upon us...



As usual, Pendeen is holding 3 Saturday morning flu clinics in October—8th, 15th, and 22nd. 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 flu vaccination.

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!



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.

STOP TOBER IS BACK!

Stop for 28 days and you're five times more likely to quit for good



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:

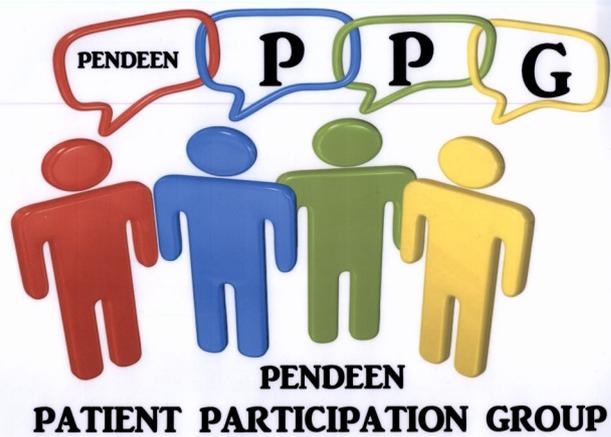
www.nhs.uk/smokefree

Pendeen Patient Participation Group

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

The next meeting will be on **Monday 12th December 2016** at 6pm the location TBC.

If you would like to attend please contact ppg.pendeensurgery@nhs.net or ask at reception for Deb Jones.



Patient Participation Group, 2nd Annual AGM

Pendeen Surgery's 2nd Annual Patient Participation Group Meeting was held at The John Kyrle High School on Monday 19th September. The group discussed many aspects of the practice and the minutes will be displayed on the Pen.PPG notice board for those who are interested.

Staff news

- * We welcomed a new GP Registrar to the surgery in August - Dr Hena Amar.
- * Our Practice Nurse Julie Stoakes, who specialised in asthma and COPD, left the Practice in August to train as a Nurse Practitioner in Hereford. We have recruited Practice Nurse Heather Johnson and she will be joining us in October.
- * We also have a new medical receptionist joining the Pendeen Team—Cathy Cornes.

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

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

Missed Appointments

Missed appointments in August 2016 totalled **115**, 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.