

Welcome to the St Ives Community Minibus

A new wheelchair accessible transport service was launched in St Ives on 22 October. The project was initiated by the Penwith Over 50's Forum and several organisations have worked together to bring the new service to St Ives.

The seven seater bus will provide a much needed service to the older and less able residents of the St Ives area. Margaret Ford, Chairman of the minibus committee outlined the benefits at the recent launch. "I say to the older people of St Ives, welcome it, enjoy it and above all use it!" We understand residents of Carbis Bay and Lelant will also be able to access the service.

Anyone in need of transport can call 01872 266886. There is a small charge for using the service to cover costs. Volunteer drivers are also needed. Please contact the organisation via the above number if you would like to support this valuable service as a driver or in any other capacity. This is likely to prove a valuable service to our patients.

Breathers Club

Do you suffer from Asthma COPD or emphysema? The Breathers Club was set up with help from the Stennack Surgery over two years ago with the aim of improving the lives of people living with chronic illnesses. Members meet fortnightly for a fun afternoon with peer based support and gentle exercise at a level to suit them. There's no obligation to participate however, so why not join us for a chat over a cuppa to find out more?

VENUE St Anta Church Hall,
Carbis Bay TR26 2LD

DATE Monday - Fortnightly

CONTACT Jenny 01736 756729 or Mike
01736 794667



THE STENNAK SURGERY
The Old Stennack School
St Ives Cornwall TR26 1RU
Tel: 01736 793333
Fax: 01736 793746

GP Surgery, Walk In Centre and Urgent Care Centre Information

The Stennack Surgery provides GP services to its registered local population. We are not a walk in centre, you will need to book an appointment to be seen. We cannot provide medical services to anyone staying outside or the catchment area unless you have an injury.

The Stennack Surgery also provides a Minor Injury Service to anyone in need, if you have suffered an injury. If you have an injury you do not need an appointment to be seen.

There is a WALK IN CENTRE at Camborne Redruth Community Hospital

The Minor Injury Unit is **open every day between 8am and 10pm.**

Camborne Redruth is now also an Urgent Care Centre, open seven days a week from **11am to 7pm.** They are able to treat minor to moderate injuries and illness without an appointment

The hospital's X-Ray department is open week days between **9am and 8pm** and **12pm till 6pm** on weekends.

Contact Details: 01209 318000
Barncoose Terrace, Redruth, Cornwall, TR15 3ER

There is an URGENT CARE CENTRE at west Cornwall Hospital

The Urgent Care Centre is **open 24 hours a day** dealing with Minor Injuries and Acute Illnesses. You do not need an appointment to be seen.

The service is run by doctors between 9am – 10pm and at other times the service is led by specially trained Nurse Clinicians.

Contact Details: 01736 874000
St Clare Street, Penzance, Cornwall, TR18 2PF



Need an NHS dentist?

What to do if you would like regular dental care



If you would like to sign up with a practice for **regular check-ups and dental care** in Devon and Cornwall:

Tel: **03330 063 300** (local call charges apply)

(Monday – Friday: 7.30am - 10.30pm and Saturday/Sunday: 8.00am – 10.30pm)

or Email: accessdentalhelpline@nhs.net

NHS treatment is free if you are under 18; under 19 and in full-time education; pregnant; or receiving certain benefits. Normal charges apply for all other patients.

Change of role for Dr Sharkey

Dr Michele Sharkey has recently stood down as Senior Partner at the Practice to pursue a wider based portfolio career. She moved to Cornwall in 1989 and had been a Partner for 25 years. She will continue to work at the Stennack on a locum basis from time to time. We wish her well in her new career!

The Cove - Macmillan Support Centre

Opens Autumn 2016

This new centre is situated on the Royal Cornwall Hospital site and will be providing help and support for people affected by cancer in Cornwall and the Isles of Scilly. Further details available from the surgery or contact the team on: 07920 845 853 or email: thecove@nhs.net

Have you had your annual Flu Jab?

We are now well into “flu season”, having run six drop-in flu clinics during October. It is really important that all eligible patients take up this opportunity now for maximum benefit and protection. If you haven’t had yours yet ask your clinician at your next consultation or contact the surgery to arrange an appointment in a routine nurse clinic.

The injected flu vaccine is offered free of charge on the NHS to people who are at risk. This is to ensure they are protected against catching flu and developing serious complications.

You are eligible to receive a free flu jab if you:

- are 65 years of age or over
- are pregnant
- have certain medical conditions
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

Children’s Nasal Spray Flu Vaccine

At what age should children have the nasal spray flu vaccine?

In the autumn/winter of 2016-17, the vaccine will be available free on the NHS for eligible children, including:

- Children born between September 1 2011 and August 31 2014 will be offered it by their surgery
- There will also be a vaccine programme in primary schools

Promas Caring for People CIC
Promas Caring for People CIC
 Working with unpaid carers
 LOTTERY FUNDED

Courses for unpaid carers
 Giving back to the community

Many unpaid carers face social isolation due to their caring roles. They often experience loneliness and a reduction in their social activities. Promas CIC works with local businesses to organise fundraising events so that we can raise awareness of the issues facing unpaid carers. These events give unpaid carers an opportunity to attend free social activities across the county, where they can enjoy a free dinner or lunch. In addition they can meet other unpaid carers in a social setting.

Central to our working ethos is our commitment to the inclusive working and the principles of quality and diversity; this is at the core of all of our work.

Promas is a Cornish word meaning a promise or undertaking. We chose this word because it represents our obligation and commitment to our work.

Promas Caring for People CIC is an award winning Community Interest Company. Winners of the Voluntary Sector Forum awards for VCSE Organisation delivering Learning in the Community 2014.

We work with unpaid carers across the County of Cornwall who are caring for a family member or friend, delivering free courses to teach carers the emotional, practical and resource skills necessary to enable them to continue in their caring roles. Caring for a family member or friend requires specialised skill. It is often unexpected and comes with no training on how to cope.

National research has shown that 80% of all unpaid carers have experienced Depression, Anxiety and a multitude of physical illnesses exacerbated by their caring role. We want to ensure that this statistic reduces, not increases, giving people the right help and support to keep them well, ensuring a healthy and active part in the community. Our courses are not a "sticking plaster", but offer a preventative tool to abate crises before they happen.

Our role is to teach people the skills and strategies to enable them to develop healthier and more fulfilling lives.

www.promas.co.uk Email: info@promas.co.uk 01736 339226 M: 07775 756454

www.promas.co.uk Email: info@promas.co.uk 01736 339226 M: 07775 756454

Chair and Volunteer Vacancies

- Are you a patient or carer of a patient at the Stennack Surgery?
- Would you like to help improve services for patients?

Interested? Please visit the website for further details or contact ppg.stennack@nhs.net
 Mentoring and support available

The Stennack Surgery is a large GP Practice looking after over 12000 patients. We are always looking for new members to join our PPG, particularly those from under-represented groups.

You can join as either a Consultation Group member, attending our quarterly meetings or as a Virtual member where all correspondence is received via email and you don't have to commit to any meetings.

If you are interested in joining, please ask at Reception, send an email to ppg.stennack@nhs.net or apply via the surgery website www.thestennacksurgery.co.uk

Cyber stalking and domestic abuse

Generally, there is now a much greater awareness of domestic violence and abuse issues across society with access to a wide variety of practical help and support. However one aspect in today's modern society that may be poorly understood is our potential exposure to abuse from use of social media and cyber technology. Our virtual footprint can also increase our vulnerability to fraud or stolen identity.

Twelves Company is a local organisation that works with police and health professionals to protect vulnerable people in potentially abusive relationships. They also help increase awareness of how the general public can protect themselves. Do have a look at the wide range of resources and practical information available on their website. <https://www.twelvescompany.co.uk/cornwall/safety-information/cyber-stalking>

Hello to..

Dr George Heaton-Renshaw (GP Trainee)

Dr Pete Jackson (Foundation Doctor)

Thea Barlow (Practice Nurse)

Charlene Jones (Phlebotomist)

Goodbye to...

Dr Michele Sharkey

Dr Jerry Quill

Chris Gendall

Our Current F2 Doctor is

Dr Pete Jackson

F2 lead Trainer – Dr Rupert
Morrall

Our Current GP specialty trainee is

Dr George Heaton-Renshaw

GP Trainer – Dr Sarah Shaw

Please leave any feedback on the comments tab of the PPG webpage or in comments box at the PPG Information Point in the waiting room. If you would like to join the PPG Consultation Group or be part of the Virtual Group please contact.....

Linda Petzing

PPG Chair

Fiona Vinnicombe

PPG Surgery Lead

email: ppg.stennack@nhs.net

Please visit the Stennack Surgery website for further information