

NOVEMBER 2023 NEWSLETTER

For the patients of **Roseland Surgeries**



Dr Mark Stephen - RIP

It is with much sadness that we report Dr Mark Stephen passed away on 8th October. He passed away peacefully in hospital surrounded by his family.

His funeral took place on Thursday 26th October in Altrincham, Cheshire. We are you sure you will join us in sending our thoughts to his family, especially his children, at this very sad time. He is sorely missed as a friend and a colleague in the surgery.

Mark asked for any donations to go to the RNLI - he had a love of the sea and was always trying to find time to fit in kite surfing!

The link to his donations page is:
<https://markstephen.muchloved.com/>

Home Blood Pressure Kits

If you have been given a home blood pressure kit from the practice on loan, please can you let us know that you have it and if it is no longer being actively used please return it back to one of our sites. Thank you.

Countersigning passport applications and photos

It has recently been brought to our attention that your doctor cannot countersign passport applications unless they can state that they have known you socially for more than two years and not just in the context of their professional relationship.

For more information, visit:
<https://www.gov.uk/browse/abroad/passports>

You could save money on your prescriptions

If you are on a low income, or pay for more than 3 prescription items in 3 months, or 11 items in 12 months, you could save money on your prescriptions.

A Prescription Prepayment Certificate (PPC) covers all NHS prescriptions for a set pre-paid price, or spread over 10 direct debit payments.

People on a low income could be entitled to help with costs or free prescriptions through the Low Income Scheme, depending on their circumstances.

Check if you are eligible for free prescriptions at www.nhsbsa.nhs.uk/check.

Find out more about the Prescription Prepayment Certificate at www.nhsbsa.nhs.uk/ppc.

Flu and Covid Vaccinations

We are continuing to provide flu and covid vaccination clinics across all three sites. If you haven't yet had yours and would like to book, please contact the surgery as soon as you can. You can have just flu, just covid - or both!!

If you are over 65, have heart/lung/kidney disease, diabetes, are immunosuppressed, pregnant, a carer or healthcare worker, you are entitled to a vaccine. Please don't delay waiting for an invite.

It is vitally important that as many of our patients are vaccinated as possible to help protect our community against these dreadful illnesses this season.

These vaccines are on offer at other organisations, however they won't have access to your medical records to help ensure your safety and you will be supporting the surgery into the bargain.

Defibrillators on the Roseland

Fundraising continues to replace 20 expiring defibrillators across the Roseland. The RSPG are delighted by the ongoing phenomenal support from our community to keep this lifesaving network going, despite the difficulties of the current economic climate.

There have been bucket collections at various events, and individual donations from both locals and visitors. From generous local sponsors to Parish Councils who have funded whole units, and Portscatho held a fundraiser involving donated work from local artists and craftspeople, a game involving 40 sparkly hedgehogs and a phenomenal quantity of cake!

All of this effort has meant that nine defibrillators have been replaced at a cost of just under £900 each. With eleven still to go! The RSPG is applying for grants and organising more events.

If you would like to help, you can make a donation via the GoFundMe page:

<https://www.gofundme.com/f/roseland-defibrillators-need-you>

Or you can donate by BACs to the RSPG account:

Sort code: 20-87-94

Account number: 63179419

If you would like more information or have any questions, or if you really feel the need for a sparkly hedgehog, please contact Kate by email on kateeblake1958@gmail.com



www.roselandsurgeries.co.uk



@TheRoselandSurgeries

Dr. Will Hynds & Dr. Terese Tubman
Nicola Davies - Practice Manager

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For the patients of **Roseland Surgeries**



The Roseland Surgeries Facebook Page

Like/follow our new Facebook page for regular updates on health campaigns and practice news!



Search for us on Facebook
"The Roseland Surgeries"



Roseland Surgeries Patient Group (RSPG)

The RSPG are always looking for new members who can bring something different to the table - one of the things they currently need is support with running their Facebook group. If you are a bit of a dab hand at IT and could volunteer your time to help the RSPG in this way, please get in touch!

Social Prescriber Updates from Sophie

Carer's Support Cafe

Are you looking after someone? Drop in and have a chat at the new carers' support cafe opening on Friday 3rd November at Gerrans Memorial Hall meeting room.

Informal support and information will be available. For the first Friday, our local Dementia Advisor from the Alzheimer's Society will be helping to run the cafe and sharing useful information.

It will be open from 10am to 12pm. Everybody is welcome. There will be refreshments and a friendly welcome. We look forward to seeing you there!

Keep warm and well this winter

Are you worried about how to keep warm and well this winter?

You may need help to keep your home warm enough, to eat well and keep moving or to stay connected in the community and keep your spirits up. Please contact Sophie at the surgery for information and support.



Search for us on Facebook
"Roseland Surgeries Social Prescribing"

Portscatho Surgery (01872) 580345 Gerrans Hill, Portscatho, TR2 5EE	Tregony Surgery (01872) 530483 Well Street, Tregony, TR2 5RT	St Mawes Surgery (01326) 270241 Hillhead, St Mawes, TR2 5AL
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Ping Pong / Table Tennis

Did you know there are ping pong / table tennis sessions every week in Portscatho and St Mawes? These are fun sessions to enjoy playing whilst getting some exercise and company! Please feel free to come along to any of the sessions. No booking needed and equipment provided.

The Portscatho sessions run on Tuesdays (2.30 - 4.30pm) and Fridays (10.30am - 12pm) in Gerrans Memorial Hall. The St Mawes session runs on Mondays (5 - 8pm) in the Millenium Rooms.

Papyrus - Hopeline 247

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINE247 for confidential support and practical advice.

- For children and young people under the age of 35 who are experiencing thoughts of suicide.
- For anyone concerned that a young person could be thinking about suicide.

Digital Devices for free loan

Do you need a laptop or tablet to help you to get online and access digital information? If so, please contact Sophie at the surgery.

December Repeat Prescriptions

During this busy period, please help the dispensary prepare your request by allowing a little extra time and not over-ordering extra medicines.

Please order by Monday 11th December 2023.

Cornwall Council's Winter Wellbeing Guide

For many people, coping with the cost of living crisis over winter will be extremely difficult.

Hundreds of organisations all across Cornwall are ready to help. Their support, advice and contact info is available in Cornwall Council's guide:

<https://cornwall.gov.uk/health-and-social-care/public-health/public-health-campaigns/winter-wellbeing/>

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