

SPRING 2024 NEWSLETTER

For the patients of **Roseland Surgeries**



Spring has finally sprung! After a tough winter we are glad to finally see some sunshine. Here's some of the things we've been up to:

Practice Statistics: January - March 2024

- **7,407** Total appointments
- **5,242** Patients seen **face to face** (that's 71% of all our appointments)
- **2,792** Appointments booked on the same day
- **112** Patients did not attend their booked appointments - that's around **18 hours** of wasted appointment time! If you can't make your appointment, please let us know so that someone else can have your slot!
- **8,864** incoming calls received
- **317** referrals sent for specialist care
- **218** online enquiries via Klinik
- **19,562** medication items dispensed on site
- **8,592** prescriptions processed

Practice updates:

St Mawes Cleaning Vacancy

We are looking for someone who could work 4 hours per week over 4 sessions. Hours to be mutually agreed but must take place outside of surgery hours. Contact our Practice Manager for more details!

Update your details

Don't forget to let us know when your contact details change!

Next time you're in touch, please check with the team that we have the right details for you and provide a mobile number or email address if you would like to be kept up to date regularly and receive text reminders for appointments and prescription notifications.

Covid Spring Vaccinations

On Saturday 18th May we will be holding a Spring Covid vaccination clinic for eligible patients aged 75 and over, or anyone who is immunosuppressed. Patients will be contacted directly and offered an appointment either via landline or a self-book link sent via SMS to their smartphone.

Alternatively, eligible patients can book their vaccine elsewhere by visiting [nhs.uk](https://www.nhs.uk) or calling 119.

Home Blood Pressure Kits

In our last newsletter we asked if any home blood pressure kits on loan from the practice could be returned if they were no longer needed. These are still high in demand so anymore that can be returned would be greatly appreciated. Thank you.

Defibrillators on the Roseland

If you would like to help the RSPG in their ongoing fundraising to replace the expiring defibrillators across the Roseland, you can donate via the GoFundMe page:

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

or by BACs to the RSPG account:

Sort code: 20-87-94

Account number: 63179419

National updates:

Think Pharmacy First

Participating pharmacies (including St Mawes) can now offer treatment and some prescription medication for 7 common conditions, without you needing to see a GP.

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Shingles (aged 18 years and over)
- Sinusitis (aged 12 years and over)
- Sore throat (aged 5 years and over)
- Urinary tract infections or UTIs (women aged 16 to 64 years)

Measles cases are rising across England

2 doses of the MMR vaccine provide the best protection against measles, mumps and rubella. You can book an appointment and catch up on the MMR vaccine at any age.

NHS Prescription charges from May 2024

Charges for prescriptions and prescription prepayment certificates (PPCs) will increase by 2.59% (rounded to the nearest 5 pence) from 1 May 2024. Charges for wigs and fabric supports will increase by the same rate.

A prescription will cost £9.90 for each medicine or appliance dispensed, an increase of 25 pence. The 3-month PPC will cost £32.05 and the 12-month PPC will cost £114.50.

You can check what help you could get to help pay for NHS costs at <https://www.gov.uk/help-nhs-costs>



www.roselandsurgeries.co.uk



@TheRoselandSurgeries

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

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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

There have now been six Carers' Cafes and it has been fantastic to be able to offer conversation, support, information and of course refreshments to carers, support givers and those who are receiving care from across the Roseland.

The cafe is supported by Teresa Greenaway, a Dementia Advisor from the Alzheimer's Society. On 1st March, we welcomed Promas who provide courses, activities, social sessions, mentoring and guidance to unpaid carers in Cornwall. They will be running their course Caring for Carers on the Roseland in May. On 5th April the Outreach Support Officer from The Cove Macmillan joined us and we are now planning to organise a regular cancer support group. We will also be visited by Cornwall Hospice Care and the Sensory Trust over the next few months.

The next cafe is on Wednesday 1st May, 10am - 12pm, Gerrans Memorial Hall meeting room, Portscatho. From June onwards it will be back to the first Friday of every month. Everyone is welcome so please come and join us!

Would you like to volunteer for Cornwall Hospice Care?

Cornwall Hospice Care volunteers run Bereavement Help Points - a monthly drop-in for conversations, peer support, signposting and refreshments.

These currently run in St Austell and Redruth and they would like to be able to expand the provision. In order to provide a Bereavement Help Point on the Roseland, they need at least three local volunteers. Their volunteers undertake robust training and checks before facilitating a group.

If you are interested and would like more information, please get in touch with Sophie Maziere, the Social Prescribing Link Worker, at the surgery.

Greener Practice

The surgery has been able to apply for a small grant to improve the outside of the surgeries. You may have already spotted a new bench and a jasmine plant in Portscatho foyer. There will be benches and plant pots (made from ocean waste) at each of the surgeries, making a positive impact in a small way. The planting will create mini green spaces with visual and sensory benefits and the benches will be available to rest legs, have a chat and enjoy the plants. A big thank you to the Roseland Plant Centre for supplying and planting up our pots for us!

Tregony Repair Cafe

Does your clock no longer tick? Does your vacuum suck and not in a good way? We can try and repair it! Come to our warm, friendly repair café at Tregony Village Hall, 1-3pm on the fourth Saturday of the month, where you can have a free tea/coffee and a biscuit while one of our volunteer repairers gets to work.

We've repaired dozens of items already, from torn jeans to an ice-cream maker to Christmas lights. Donations are appreciated but optional. Nothing broken? Come along anyway and check us out! Find out more at <https://www.tregonyrepaircafe.org>

Volunteers needed for The Roseland Centre Community Garden

Calling all green thumbs and community champions! The Roseland Centre in St Just-in-Roseland is seeking your help to build and nurture our ongoing, wonderful, **Charity Community Garden!**

We need enthusiastic and willing volunteers to assist with building and maintaining raised beds, vegetable planters, sensory areas, wildlife havens and a flourishing herb section. This is your chance to contribute to an already great plan, share produce with the community and support our future food share program.

Whether you're a seasoned gardener or just enjoy getting your hands dirty, we welcome you! We offer a friendly atmosphere, lively conversation, and the satisfaction of contributing to a meaningful project. So, grab your gloves, a love for the outdoors, and join us for a cuppa and some great company! Contact Paul Lakeman, Centre Manager, for more information. Mon-Wed 8:30-16:30. Tel: 07940098860.

 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,
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