
Spring Newsletter

for the patients of The Roseland Surgeries

Forthcoming Bank Holidays:

Good Friday 2nd April – Surgery CLOSED
Easter Monday 5th April – Surgery CLOSED
Tuesday 6th April – open as usual 08.30 am

May Day – Mon 3rd May – Surgery CLOSED
Spring Bank holiday – Mon 31st May – Surgery CLOSED

Pharmacy opening hours over Easter:

There are several pharmacies open on the Bank Holidays over the Easter Break, should you need one urgently.

Asda St Austell – open Good Friday 9 to 6 pm
Easter Saturday – 7 am to 10 pm
and Easter Monday: 9 am to 6 pm

Boots, Fore Street, St Austell –
open on Good Friday 10 am to 4 pm
Easter Saturday - 8.45 am to 5.30 pm
and Easter Monday – 10 am to 4 pm

Tesco, Garras Wharf, Truro -
Good Friday between 8 am to 8 pm
Easter Saturday - 8 am to 6 pm
and Easter Monday 9 am to 6 pm.

Boots, Pydar Street, Truro –
Good Friday 8.30 to 5 .30 pm
Easter Saturday – 8.30 am to 5.30 pm
EASTER SUNDAY – 9 am to 11 am
and Easter Monday – 10 am to 4 pm

Day Lewis Pharmacy, Victoria Place, St Austell –
Easter Saturday – 8.30 am to 1 pm
EASTER SUNDAY – 3 pm to 5 pm

St Mawes Pharmacy is NOT open over the Easter weekend (including Saturday 3rd April)

URGENT DENTAL CARE – is available over the Easter weekend by calling NHS 111 and arrangements will be made for you to be seen at either Truro Health Park or Bodmin if clinically necessary.

Prescription Charges



Every April, the cost of prescriptions rises and this year is no exception. With effect from 1st April 2021, the cost per item will be **£9.35**

Patients who have to pay for their medication may find it works out cheaper to buy a pre-payment certificate : A certificate for 3 months will cost £30.25 and a certificate for 12 months will cost £108.10.

You can apply for a prepayment certificate by calling **0300 330 1341** or click on the link here:

[Buy an NHS Prescription Prepayment Certificate \(nhsbsa.nhs.uk\)](https://nhs.uk/conditions/nhs-prescription-prepayment-certificate)

COVID Vaccinations and 2nd doses:-

At the time of writing, we have immunised over 2000 patients with their first dose of the covid-19 vaccine. 98% of our over 80's have been vaccinated and 97% of our over 70's have also been given their first dose.

It will be time to organise appointments for the second dose and clinics will be taking place 15th to 18th April for those patients who attended Clays Practice in Roche. Please do hang on for a call from the surgery team!

Light at the end of the tunnel.....

Is there light at the end of this covid19 tunnel?... Well, yes we think there is. We've got a few more weeks of 'lockdown' and we're being gradually eased back into some semblance of normality by the Government over the next 3 months or so.

In the meantime, it is still vitally important that you socially distance wherever possible; wear your face covering in shops/petrol stations, the surgeries/hospitals etc. Don't forget that hand washing is hugely important – regularly for 20 seconds. But we can't be complacent – we know that Cornwall will be a very attractive place when we're open for business – so that will mean more people out and about.

Please be careful – and remember: HANDS – FACE - SPACE.

Please be kind, be tolerant, be safe.

'Hatches and Despatches'.....

Nurse retirements:

After 24 years working for the practice, Sue Found has finally hung up her nursing uniform to enjoy retirement.

Lesley, our Healthcare Assistant, whom many of you will know from seeing her over at Tregony Surgery, has also retired.

We hope you will join us in wishing them both a very relaxing and enjoyable retirement. Both are keen gardeners and very much looking forward to better weather!

New GP Registrar:

We welcome to the practice for her Registrar year, Dr Mariam Adegoke. Mariam has been a doctor for 7 years and in that time worked in London, Italy and Australia. She worked in Emergency Medicine before switching to specialise in General Practice. Her interests within medicine are womens health and dermatology and interests outside of medicine are fitness, travel, photography and food.

COVID-19 and your Mental Health:-

Some people have found 'lockdown' incredibly difficult to deal with and with the bad weather and dark mornings of Winter, this has taken its toll. Already isolated, being unable to go anywhere at all has given rise to an increase in mental health issues.

We know that resources are not exactly overflowing in Cornwall, but if you need help, there are services out there – they're just being offered in a slightly different way.

Cornwall Council has a lot of information on its website that you may find useful and can be accessed here:

<https://www.cornwall.gov.uk/search/?query=coronavirus+and+wellbeing&freetext=coronavirus+and+wellbeing>

The following organisations also offer help:-

Pegasus Corona Voice Project - free and open to all:

<http://pegasusmenswellbeing.co.uk/projects/corona-voice-project/> (open to everyone, not just men!)

Counsellors Together CIC in St Austell are offering telephone counselling at £15 per session

<https://www.counsellorstogether.co.uk/>

If you are suffering domestic abuse, Waves Counselling can offer advice and guidance:-

<https://www.wavescounsellingproject.com/>

You do not necessarily need a referral from your GP to access these services. Please do not suffer in silence; help is out there.

Primary Care Network Activity:

You may be aware that Roseland Surgeries is part of a Primary Care Network along with three other surgeries – Brannel Surgery, Clays and Probus. Our work with the covid vaccination programme is determined as part of our engagement with that network.

We also have allied health professionals attached to the network, as a shared resource for each practice. We have two pharmacists, Carla Pacy and Joanne Williams – Joanne is based with us at Portscatho and Carla works alongside the three other surgeries. You may get a phone call from Jo or Carla for a medication review, or a chat about a change of medication (for example, if you've just come out of hospital and your medication has been changed or amended slightly. If you have any non-urgent medication queries that an in-house pharmacist can help with, we are able to ask Jo to give you a call. Just ask at reception.

We have a Social Prescribing Link Worker – Hilary Box. Some patients may know Hilary from her time as our Community Co-ordinator. GPs can refer to Hilary directly.

We also have a Mental Health Worker – Josie Dawes. Josie works one day a week at each practice and receives referrals from the GP. If you are referred to Josie, she will call you on the telephone in the first instance and then, if she needs to see you face-to-face, she will organise an appropriate appointment at our Tregony branch site.

*Nicola Davies
Practice Manager*

Dr. Will Hynds MA MB BChir MRCGP DRCOG DCH
Dr. Terese Tubman BMed MRCGP DipFFP
Dr Jonathan Jacoby MB BCh BSc (Hons) MRCGP
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