

# Llan Healthcare Newsletter

Autumn 2019

## Dear Reader...

We hope you will enjoy reading our latest newsletter, which will give you an insight into services available at both Llan Healthcare sites, including useful information on various health issues.

For more info please visit our Homepage and FB page at:

<https://www.llanhealthcare.co.uk> and  
<https://www.facebook.com/llanhealthcare>

Llan  
Healthcare  
services are  
provided from  
both sites;

Llanedeyrn Health Centre  
Maelfa  
  
Llanedeyrn  
Cardiff  
CF23 9PN  
  
02920 731 671

Llanrumney Medical Group  
  
Ball Road  
Llanrumney  
Cardiff  
CF3 5NP  
  
02920 792 661

## Doctors consulting:-

Dr George Brand  
Dr Emily Burgoyne  
Dr Anisha Champaneri  
Dr Amanda Faulkner  
Dr Calum Forrester-Paton  
Dr Kate Hale  
Dr Matthew Jones  
Dr Helen Kemp  
Dr Lucy Lazarus  
Dr Samantha Lonsdale  
Dr Roger Morris  
Dr Gareth Powell  
Dr John Shewring  
Dr Sue Williams  
Dr Bethan Williams  
Dr John Watkins  
Dr Matthew Sloanes  
Dr Bethan Cox

## Aged 65 years or over?

Would you like a **Fitness MOT** to check your strength and balance?

Do you **struggle to get up** from a chair or ever **feel unsteady** on your feet?

Have you **had a fall** in the last year or do you **worry about falling**?

If you answered **YES** to **ANY** of these questions you may benefit from a visit to our **Stay Steady Clinic**, where you can be assessed and given advice on how to maintain strength, balance and general health as you get older.

Clinics take place in leisure centres and community hubs across Cardiff.

For more information or to book a slot contact:  
**02920 234 234**  
[contactILS@cardiff.gov.uk](mailto:contactILS@cardiff.gov.uk)

Steady on...  
Stay **SAFE**



## CAN YOU HELP US WITH OUR RESEARCH?

**DO YOU SUFFER FROM COMMON URINARY SYMPTOMS?**

**DO YOU NEED TO PEE FREQUENTLY OR URGENTLY?**

**DOES IT TAKE YOU A LONG TIME TO PEE?**

**DO YOU SUFFER FROM WEAK FLOW?**

If so, Contact our Research Assistant Michelle on:  
**02920 731 671** for more information.

**Free Pneumonia Vaccine for all over 65 Years.**

**Shingles Vaccine available to everyone aged 70 – 79.**

**Book at reception.**

## Forthcoming Practice Closure's

**23<sup>rd</sup> Oct CPET training**

**5<sup>th</sup> Nov CPET Training**

**25<sup>th</sup> & 26<sup>th</sup> Dec Christmas & Boxing day**

**1<sup>st</sup> Jan New Years day**

## Saturday Morning Flu Clinics

**8.30am-12.30pm on**  
**21<sup>st</sup> Sept & 12<sup>th</sup> Oct**

These dates will be for over 18 and under 65 only as we wait for children's intra-nasals to arrive.

Childrens Flu Clinics will be mid-October, patients can phone mid-October for further info/dates.

### We proudly support our Veterans!

Have you or a family member ever served in the UK armed forces?  
If so let us know at **RECEPTION** so we can update your Records.

For more information, please visit:  
[improvement.nhs.uk/resources/veteran-aware-hospitals](http://improvement.nhs.uk/resources/veteran-aware-hospitals)



### Choose Pharmacy

You can now get FREE CONFIDENTIAL NHS ADVICE AND FREE TREATMENT from your **local Community Pharmacist** No appointment is needed. Just ask for a "Common Ailments Consultation"

For one of the following;

Acne, Back Pain, Cold Sores, Conjunctivitis, Dermatitis, Diarrhoea, Eye Infections, Hayfever, Indigestion, Intertrigo/Ringworm, Nappy Rash, Scabies, Teething, Vaginal Thrush, Athlete's Foot, Chicken Pox, Colic, Constipation, Dry Skin, Dry Eyes, Haemorrhoids, Head Lice, In-growing Toenail, Mouth Ulcers, Oral Thrush, Sore Throat, Threadworms, Verruca.

STAFF WILL ASK YOU BRIEF SYMPTOMS TO SIGNPOST YOU TO THE CORRECT PROFESSIONAL.

## My Health Online

What is it? An online service allowing you To:

- Book and cancel your GP appointments
- Order your repeat prescription requests
- Notify us of any change of address

If you are interested in registering for this service please speak to a member of staff in practice.

## THINK PHYSIO

### For Primary Care.

Are you in pain, or feeling unwell? We have a **New Service**, where you can see a Physiotherapist, instead of the GP for this type of problem...

Contact Reception or call for an Appointment.