# 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

# 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?

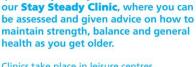
Steady on...
Stay SAFE











If you answered YES to ANY of these

questions you may benefit from a visit to

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



Bwrdd lechyd Prifys Caerdydd a'r Fro NHS Cardiff and Vale University Health B

#### 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

### **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 PFF? 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

23rd Oct CPET training

5th Nov CPET Training

25th & 26th Dec Christmas & Boxing day

1st Jan New Years day



# **Saturday Morning** Flu Clinics 8.30am-12.30pm on 21st Sept & 12th 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.







#### **Choose Pharmacy**

You can now get FREE CONFIDENTIAL NHS ADVICE AND FREE TREATMENT from your local <u>Community Pharmacist</u> 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 SYMPTIOMS 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.