

Llan Healthcare Newsletter *Spring 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	Llanrumney Medical Group Ball Road Llanrumney Cardiff CF3 5NP
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Teen Talk appointments for all our teenagers. Look out for your invite in the month of your **14th, 15th & 16th Birthday's** this is time set aside for you to sit and talk to our practise nurses on all health care related matters. And catch up on your immunisation schedule.

Doctors consulting at the practice are:-

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 Catrin Roberts
Dr John Shewring
Dr Sue Williams
Dr Bethan Williams
Dr Tim Moore

We are pleased to announce that Dr George Brand has become a GP partner at Llan Healthcare and we also look forward to welcoming Dr Gareth Powell as our Newest GP partner as of the 1st May. Also a warm welcome back to Dr Anisha Champaneri following her maternity leave.

ARE YOU STILL WAITING TO HEAR ABOUT A REFERRAL??

You can phone the Cardiff & Vale Appointments Booking Centre on **029 20 748181** but remember... Waiting lists are months long, not weeks, so please be patient. (For example you may wait up to 26 weeks to be seen in Gynaecology and 30 weeks to be seen in Orthopaedics) - If you change your address REMEMBER to notify them so they know where to send your appointment.

Please do not phone the GP practice for waiting list or appointment queries as we do not have access to this information.

Liaise with your GP before removing yourself from a waiting list that they have felt necessary to refer to.

*Remember to cancel or rearrange an existing appointment – **DON'T WASTE IT!** This can then be offered to somebody else and help reduce NHS waiting times, which we all benefit from.



SPRING CLEAN YOUR MEDICINE CUPBOARD

A cupboard cluttered with medication is dangerous and can lead to:

- Using out of date medication
- Taking another person's prescription
- Accidental overdose
- Taking the wrong medicine

BE SAFE, ASK FOR A MEDICINE DISPOSAL BAG AT YOUR LOCAL PHARMACY AND RETURN OUT OF DATE AND UNWANTED MEDICINES TO YOUR LOCAL PHARMACY



Forthcoming Practice Closure Dates

- 19th April – Good Friday
- 22nd April - Easter Monday
- 6th May - Spring Bank holiday

One off Shingles Vaccination to all those aged 70-80 years.

Book an appointment or for more details ask at reception for our Screening and Immunisation Patient Bulletin.

APRIL IS BOWEL SCREENING AWARENESS MONTH

Have you attended your appropriate screening? Ask for our Screening and Immunisation Patent Bulletin.

	GP Level Uptake Data	Cluster Level Data	Health Board Data	National Uptake
Breast Screening Uptake	64%	66.3%	69.9%	72.8%
Cervical Screening Coverage	75.7%	75.7%	74.9%	76.1%
Bowel Screening Uptake	45.2%	49.1%	54.6%	55.7%
AAA Screening Uptake	69.2%	77.3%	76.1%	79.2%

Are you a carer aged 18 or over helping to look after somebody with an illness or disability?

If so, and would like advice on where to go for help, whether it be financial or independent living, please ring to discuss with our Carers Champion; Diane Evans at Llanrumney or Michelle Morgan at Llanedeyrn.

We are participating in RESEARCH!

Both sites are involved in some exciting research projects aimed to improve patient care. Please rest assured you will always receive our best treatment and advice.

In addition, if you meet the study criteria, you may also be able to opt in to studies for new drug treatments. The choice is always YOURS!

If you receive a letter inviting you to take part in clinical research, **PLEASE** consider it as you will be helping to improve patient care for the future.