

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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“‘Research-focused’ Llan Healthcare takes on leading role in world-first antibiotic study.”

**Well Done to our Research Nurses
Michelle and Shirley.**

“This is a great example of how our GP practices in Wales are at the forefront of meaningful research,” said Angela Evans, primary care research manager at Health and Care Research Wales.

<https://www.healthandcareresearch.gov.wales/news/research-focused-gp-practice-takes-on-leading-role-in-world-first-antibiotic-study/>

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 George Brand, Gareth Powell and Sharon Lockwood as our new Partners at Llan Healthcare.

Congratulations and a Big Well done from **All the Team!!**

Also Congratulations to George Brand on getting Married!!

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, Ingrowing Toenail, Mouth Ulcers, Oral Thrush, Sore Throat, Threadworms, Verruca.

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.

Social Prescribing

WALKING FOOTBALL

Game for all ages but aimed at over 50s. No running and no contact, great for improving physical and mental wellbeing.

FOODBANK

Foodbank centres will provide you and your family with an emergency food parcel which will last 3 days. If you express an interest we can contact you with the most local venue to your address to collect vouchers.

Sun Safety Tips, UK and Aboard

- Spend time in the shade & stay Hydrated
- Make sure you never burn.
- Cover up with Clothing; Hats, Sunglasses.
- Use sunscreen.

Forthcoming Practice Closure

26th August – Summer Bank holiday