



PORT ISAAC POST



CHRISTMAS CLOSURE

The surgery will be closed on:

Tuesday 25th December 2018

Wednesday 26 December 2018

Tuesday 1st January 2019

If you require **URGENT** medical advice
please dial

111

If you have a medical **EMERGENCY**

please dial

999

LAST ORDERS FOR REPEAT MEDICATION

Please check that you have enough of your repeat medicines to last over the Christmas and New Year period.

If you are going to run out during this time please order what you need by Friday 14th December. This allows plenty of time to issue your prescriptions or medication before Christmas week.

Please only order in advance if your supply will run out before the New Year.



CONGRATULATIONS TO MICHELLE

Congratulations to our Health Care Assistant Michelle who was recently awarded apprentice of the year at the Cornwall Apprenticeship awards. The presentation was in Truro in October, Michelle's award was presented to her by Neil and Holly from Pirate FM



TEXT MESSAGES - WE NEED YOUR CONSENT !

Currently we offer you the ability to receive text message reminders for your booked appointments. We can now send other health information out by SMS such as letting you know that your results are back, or that we need to get in touch with you. We might also occasionally send information about special clinics we are running that you might be interested in.



The SMS service should not be solely relied upon, as the responsibility of attending and cancelling appointments still rests with you, but we hope this will make things easier.

Messages are generated by an NHS secure service; however they are transmitted over a public network to a personal phone. The practice will never transmit any information that would enable an individual patient to be identified, or specifically which tests they have had.

Please ask at reception for a consent form—thankyou.

Concern Wadebridge

Formerly Wadebridge Concern for the Aged, is a small local independent charity supporting local people who are over 50.



They provide a Community Hub where people can enjoy various activities or just have a cup of tea or coffee and meet friends old and new.

You can find a link to their website on our website or at :

<http://www.concernwadebridge.org.uk>

SELF CARE

Self care is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated with a well stocked medicine cabinet and plenty of rest.

Follow the link below :

<https://www.kernowccg.nhs.uk/get-info/>

CHECK OUT OUR



PORT ISAAC PRACTICE WEBSITE

Our website has been designed to make it easy for you to gain instant access to the information you need. As well as specific practice details such as opening hours and how to register, you will also find a wealth of useful pages covering a wide range of health issues along with links to other relevant medical organisations. You can also subscribe to receive this newsletter automatically by

registering online www.portisaacpractice.co.uk

