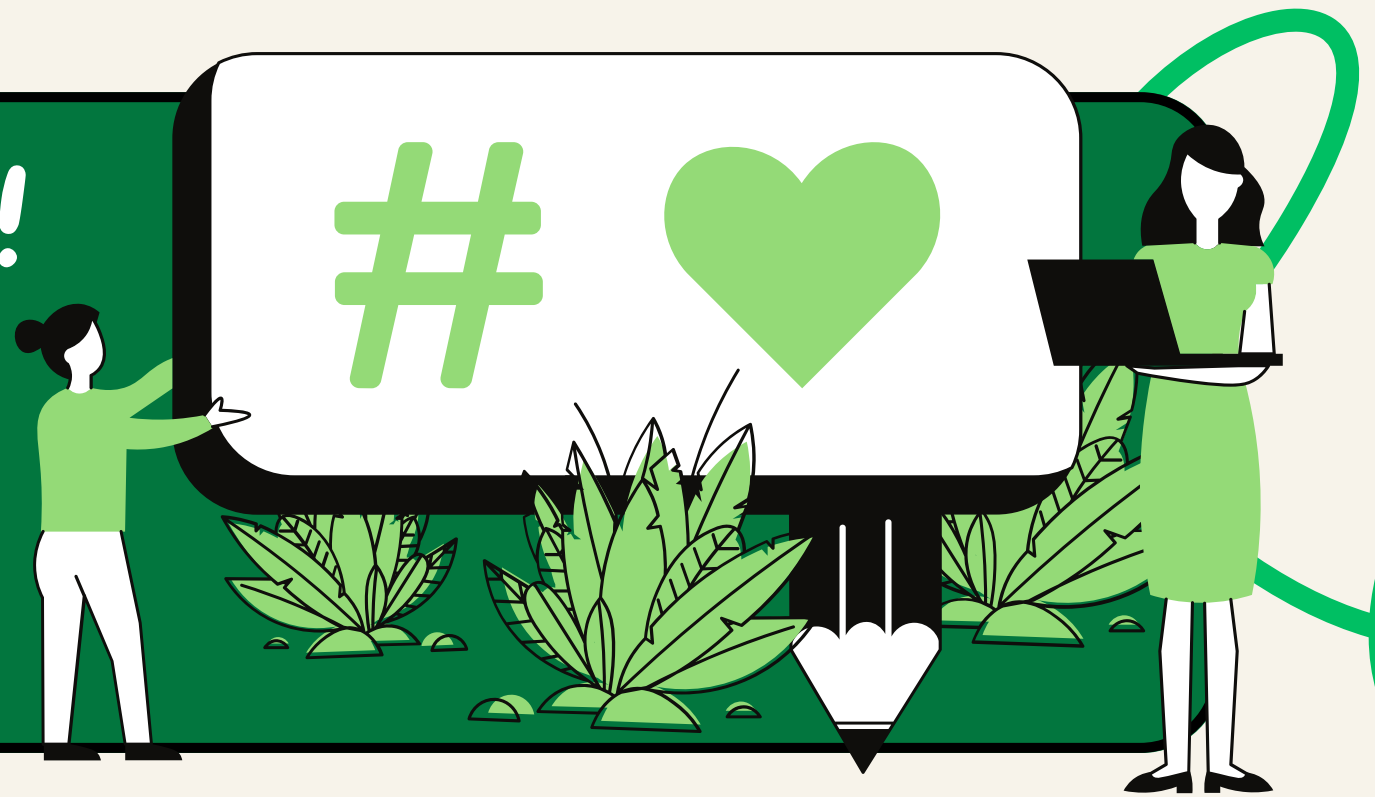


Falmouth Healthcentre Practice Newsletter

March Issue no. 14.

Find us on Facebook!

We will be CLOSED on Wednesday 7th May for the afternoon from **13.30pm**. This is to hold a whole practice team meeting. Your calls will be redirected to 111 for this period.



Neurodiversity celebration week. 17th-23rd

Around 15-20% of all the people living in the world are thought to be neurodivergent.

For an assessment, you can look into 'Right to Choose' providers who are commissioned by the *NHS*. This service is still free, but the waiting times are much shorter.



Bowel cancer Screening Kits

Bowel cancer is the UK's **fourth** most common cancer but if diagnosed at the earliest stages, bowel cancer is treatable and curable.

The screening kit will now be automatically posted to everyone over 50. Screening can detect early signs of bowel cancer, even before symptoms appear.

National No Smoking Day 12th March

Did you know that we can send out scheduled texts to help you achieve your stop smoking goals?

Not using it? Lose it.

Did you know that you can return your unused meds to your local pharmacy?

Cornwall Carers Service

www.cornwallcarers.org.uk

Cornwall Carers Service offers a wide variety of support to all unpaid and informal carers in Cornwall. On their website, you can access courses & activities as well as information on free social gatherings. You can also self refer to their services via a form on the website. There is a dedicated team available to answer Carers' calls and queries, text-to-chat options, support to access a Carers Emergency Card, Carers Passport, Carers Register and Carers Newsletter.

To speak direct to the Adviceline team call: 01736 756655.



Statistics

Over the period of March our duty doctors have dealt with:

710 patients

This figure does not include any pre-booked or same day appointments. Out of all of these ...

230

... had to be seen face to face at the practice.



Compliments

'The nurse that took my blood was friendly, kind and made me feel at ease.'

'The care that my elderly parents received from everyone at Falmouth Health Centre was outstanding.'

'Great experience at this doctors. Was able to book non-urgent appointment for a couple of weeks' time for my son.'

'Falmouth Health Centre has always been patient focused. I appreciate this.'

DVT Awareness Month.

A DVT (deep vein thrombosis) is more likely to happen if you:

- are over 60
- are overweight
- smoke
- have had DVT before
- take the contraceptive pill or HRT
- have cancer or heart failure
- have varicose veins

Endometriosis Awareness Month.

A GP will ask about your symptoms and may ask to do:

- a physical examination (including an internal vaginal exam) – to check your tummy (abdomen) and your pelvic area
- blood tests

Give your GP as much information about your symptoms as you can.