

WINTER VIRUS VACCINATION CLINICS NOW BOOKING

NHS
NOW
BOOKABLE



COVID/FLU VACCINES 2024

To get the maximum protection against the winter viruses please remember we start our flu and winter vaccination clinics from Oct 5th.

The NHS is encouraging all those over 65 yrs of age and those at risk to have their vaccination from October onwards. Bookings will open from early September and we have already ordered your vaccine - so speak with the team and get yourself booked into our clinics here at surgery.

We will be sending out invites and reminders on your scripts as soon as we have the delivery dates confirmed. We look forward to seeing you all then.

CLINIC DATES: Sat 5th, 12th 19th Oct

STAFF TRAINING DISPENSARY/SURGERY CLOSED

The nature of working within a GP Practice means that our team members both clinical and administrative, work to tight time slots, the majority of which is spent with patients. Whilst this is a key element of our work, it means that there is no time for whole team staff training or hold vital meetings to support learning. To support us in being able to have time for these aspects of our work we have achieved approval from the Integrated Care Board that we will operate an emergency only service for patients on a designated Wednesday afternoon on selective months from 1.30pm until 6.30pm to allow these meetings to take place.

Please note the dispensary and surgery will be closed except for access to emergency care via an initial telephone assessment service.

We will publish our dates on our website and in the foyer so that all patients are aware of our opening times. We appreciate your support with these closures for vital training and to help us improve procedures and processes within our teams.

NEXT DATES: SEPT 25th OCT 23rd NOV 27th



DO YOU COLLECT MEDICATION FOR FRIENDS AND FAMILY?

Please ensure you are aware of what medications the patient is expecting and check the items carefully before leaving the practice.

LONG QUEUES AT THE WINDOW

Always allow the 3 full working days before you collect your medicines. Did you know we are open from 8.30am and throughout the day, we do not close for lunch. So if possible please avoid 4.00pm - 6.00pm when there maybe fewer staff on duty, particularly leading up to a weekend. The earlier part of the day is often quieter. Help us to help you.



HAVE YOU CHECKED WHAT'S IN YOUR BAG?

PLEASE TAKE A MOMENT TO CHECK WHAT MEDICATION YOU HAVE COLLECTED.

HAVE YOU GOT EVERYTHING YOU ARE EXPECTING?

IF YOU DON'T NEED IT - DON'T ORDER IT.

CHECKING NOW WILL SAVE YOU TIME AND A RETURN JOURNEY.

PLUS UNUSED/RETURNED PRESCRIPTION MEDICINES COST THE NHS £300 MILLION EVERY YEAR.

(Data Feb 2022)

RSV (Respiratory syncytial virus) RSV VACCINES 2024 - NOW BOOKABLE

RSV is a common respiratory virus that generally causes mild illness with cold-like symptoms.

Most cases recover after 2 to 3 weeks of illness, but RSV can cause severe illness leading to complications and hospitalisation in some people, including newborns, infants and older adults.

The RSV vaccine is currently recommended for everyone turning 75 years old on or after the 1 August 2024, up to and including 31 July 2025.

For the first year of the programme, the vaccine will also be offered to those who are already aged 75 to 79 years on 1 August 2024.

This means individuals will be offered the vaccine if their date of birth is between 2 August 1944 and 31 July 1950 inclusive.

CLINIC DATES: Friday afternoons in Sept and then we restart again in November
See our website for more details



IN MEMORY OF DR PHILIP STEVENS

This weekend a camellia was planted at the surgery by one of our nurses and her kind husband who is a professional gardener. The family of Dr Stevens suggested a camellia was a fitting choice so Mike and Caroline chose the beautiful plant and kept it safe and healthy until such time they could come and plant it.

Please see the beautiful piece his family have written for us displayed in the foyer or below. He will be fondly remembered by his patients and all the staff here at the surgery.



In memory of Dr Philip Stevens



Dr Stevens was born in Reading in 1933. A childhood accident on a bike with his sister probably gave him the idea of becoming a doctor when the hospital wrongly treated his fractured arm. He completed his National Service working as an orderly in the operating theatres at Queen Mary Hospital in Sidcup. He applied to Liverpool University to study medicine, qualifying as a doctor in 1961. He met his future wife Ann at Liverpool that year, she was also a medical student. They married in 1963 and in 1964 after house jobs in hospitals at Liverpool, he spotted an advert from Dr Franklin Coombes for a temporary traineeship as a GP to join him at the Riverside Surgery in Perranarworthal. After visiting the practice and receiving a whistle-stop tour with Dr Coombes from Feock to Baldhu, he accepted the post and relocated in the winter that year with Ann and his infant son in a little 2-seater sports car he had built from a kit. Dr Stevens was familiar with the area through family holidays but hadn't intended to become a GP or move to a small rural practice. They rented a cottage in Ponsanooth. The post was for one-year only and when it finished, he took up a temporary job in Redruth Hospital. His second son was born here in December 1965. In 1966, Dr Coombes decided he needed a partner rather than practise alone and approached Dr Stevens to ask if he wanted to join the practice on a permanent basis. He jumped at the chance and they worked together at Perranarworthal until Dr Coombes retired in 1974. Dr Stevens and his young family had moved to Carnon Downs in late 1966 and that was his home until he died on 16th March this year. He loved the life of GP in those days but it was very different with no mobile phones to ease communication or find patients' houses. Dr Coombes used to draw him detailed maps of how to find places when on house-visits! He loved the life of a GP. It brought him into contact with so many different and interesting people and he enjoyed listening to them, getting to know them and caring for them. He worked in general practice for the rest of his working life, taking over the practice when Dr Coombes retired and moved the surgery from Riverside, Perranarworthal to a new purpose-built surgery at Bissoe Road, Carnon Downs with his new partner Dr Wilf Jackson in the mid 1970s. Dr Maling and Dr ffrench-Constant joined as new young GPs when Dr Jackson retired in 1988. Dr Stevens himself retired from General Practice in 1994. Dr Stevens had many interests outside his work as a GP. He and Ann were very active and enjoyed frequent walking holidays around the UK and Europe in his retirement. Even into his late 80s he would walk 3-4 miles regularly. He was an accomplished pianist and organist and a regular visitor classical music events around the county. His passion however was the garden at 'Sunset'. He and Ann created the garden from a field in the 1970s and his particular love was the propagation and planting of Camellias, particularly rare ones. The garden contains many varieties of this beautiful shrub which flowers at all times of the year. His favourites were white flowering plants and it is one of these that is to be planted in his memory at the surgery in Carnon Downs.

CONTACT NUMBERS - Tele: 01872 863221

Open 8.30am - 6.15 pm - Mon to Fri

www.carnondownssurgery.co.uk