

# ATLANTIC MEDICAL GROUP



Welcome to our Newsletter, here you will find the Practice's latest news and information to help keep our patients updated on any changes within the Practice.

## **COVID - 19 Vaccination Update**

Please continue to book your 1st, 2nd and booster vaccination through the online booking system on the NHS website. Please do not phone to book. These are booked through the national booking system on the NHS Website. We are running regular clinics at St Clare Medical Centre.

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

## **Covid Vaccination Status**

Proof of your vaccination status is available via the NHS app which is downloadable via your App Store. Alternatively please contact the NHS helpline on 119 and to request for a confirmation letter to be sent via post.

Please do not contact NHS England for at least 7 days after you've completed your course of vaccines, the letter may also take an additional 5 days to reach you.

## **Long Covid HOPE Programme**

The HOPE programme for long covid aims to reduce the negative impact of covid-19 by empowering people across the South West to self manage their health and well-being. This project will deliver 50 free online courses to support 3000 people. Aimed in particular at those living with long covid. Anyone from across the South West is able to book on. This is a programme delivered online where you can choose what works best for you. The HOPE programme allows you to meet other people in the same situation, feel less tired, less stressed and more in control.

The programme is delivered on an online platform that is available 24/7 on any device. Sessions are released weekly where you can learn at a time that suits you and an option to remain anonymous.

## **We also sadly need to say goodbye to some of our team**

Tracie Brettell - **Advanced Nurse Practitioner**  
Aixa Cooper - **Practice Nurse**

## **We are pleased to welcome the newest members of our team**

Samantha McAvoy - **Receptionist**  
Demelza Neal - **Receptionist**

## YOUR SURGERY NEEDS YOU!



## PPG - Patient Participation Group

The aims of the participation group is to offer opinions in a constructive manner and to put ideas on behalf of other patients and to improve the provision of health care. To improve communication between the surgery, patients and the wider community about matters concerning the surgery and health in general. To provide assistance in development of new services. And to encourage a spirit of self help and support amongst patients to improve their health and social care.

Be the voice of your community. We need patients of all ages to join our group. For more information please contact Emma Martin.

email - [atlantic.prescriptions@nhs.net](mailto:atlantic.prescriptions@nhs.net)

## St Clare Climate Resilience - Green Initiatives

As we face the ongoing challenge of global warming. St Clare Medical Centre in Penzance is now to be one "Green representative" one staff member from each of the three GP practices residing at St Clare where their role is to "champion" the green agenda. This involves looking into water, prescribing, travel and exercise, zero carbon, food and drink, energy saving, waste and recycling, social prescribing and more.

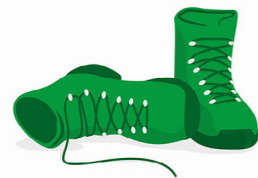
**Georgie Prescott**

**Iona O'Connell**

**Tamsin Bell**

As a practice at Atlantic Medical Group we ensure that we are recycling all plastic bottles with a recycling bin in our upstairs office as well as a second recycling bin in our staff room. We are recycling all cardboard that we use and collecting all batteries as well as recycling all PPE that is used including having a bin for face masks that can be recycled. We are also recycling plastic used in our clinics for example our Practice Nurse Tegen James has started recycling plastic when used in her clinics by creating a box for each plastic and cardboard so then it can be easily recycled and as a practice we will be encouraging this more and more and starting to make sustainable changes.

## Every step makes a difference



On 3rd September a member of our reception team Gail Barnes will be hiking 26.2 miles along with five friends raising money for Macmillan Cancer Support. Macmillan has supported members of the team directly as much as people they know, love and care about.

As a Practice we wish Gail and her team the best of luck and we are very proud of her.

To donate please scan the QR code or go to <https://www.justgiving.com/fundraising/itsjamfirst>

**MACMILLAN  
CANCER SUPPORT**



## Introducing New Roles in the Practice

A Welcome from your new Paramedics

Some of you may have heard that the Practice has recently taken on two paramedics and you may be curious of our role.

Firstly I would like to introduce myself, I'm Mark and previously to joining the surgery I worked for the Ambulance Service for over 20 years, starting at Redruth, then spending time at various grades at Truro and St Austell, before finishing at Redruth. For many years I was an Advanced Technician, I undertook Paramedic training and qualified in 2018. I have done a shift at every station in Cornwall, and also worked a lot remotely on the Isles of Scilly, as well as working at events such as the Olympics and big sporting events. I also spent time working with the Covid vaccine roll out, at mass vaccination sites and pop up clinics around the county, I joined the Practice in March this year, after deciding that spending most of my working day being spent queueing at Royal Cornwall Hospital wasn't the best use of my time or experience. Out of work, I'm married with two cats, and a keen archer, scouter, and computer gamer, as well as enjoying travel and photography.

Jordan started his ambulance career in London studying at Greenwich University and working at the Ambulance service there for 3 years in a variety of stations and placements, before moving back to Cornwall, where he worked for 4 years as a Paramedic, as well as working on ambulances he also spent time supporting the services vaccination schemes. He also joined the Practice in March this year. Outside of work Jordan is a keen family man, and loves to spend time in the ocean, he is also a retained firefighter.

Our job within the surgery is primarily to undertake most of the home visits, and working closely with the Duty Doctor or Nurse, we will assess patients in their home, undertake observations and do tests if needed such as blood tests and ECG's. We will report to the Doctor or Nurse our findings and a treatment plan will be put in place, medications arranged and follow ups arranged, if necessary, as well as referring patients to other services. We also when able help the on call Duty Doctor with some telephone triage, and you may find us calling you and then liaising with a Doctor if anything else is required, or we may decide to visit, or ask you to come to the surgery to carry out assessments in the Surgery. We may also help with any walk-in patients that may require assistance, depending on where we are,

Our role is very much an exciting new initiative from Atlantic Medical Group, and such is fluid in it's brief description, and as time goes on and with more experience and training we will hopefully be undertaking more things in the Surgery to help the team as much as possible, both Jordan and I are both keen to do as much as we can and learn as much as we can to help the team, and patients as much as possible. We are both very much enjoying our new role.

Some patients may feel alarmed to hear a paramedic is visiting and think that they may mean they are going to hospital this isn't always the case, as we try to treat people appropriately in their own homes. As much as we are keen to do as much as we can there are things we don't do, to name a few we don't prescribe medications, although this may change in time, we also don't do dressings changes and there are some tests and procedures we aren't trained in.

In just over three months in we both feel we are really settling into our new role, and are both really enjoying the new challenge. And we would both like to pass our thanks firstly to all the staff who have been so welcoming and accommodating, and to all the patients we have visited for being so receptive and welcoming to our new role, and we look forward to meeting many more of you over the coming months.

Mark Skeplorn  
Primary Care Paramedic

## Introducing New roles in the Practice

### Amy Tildesley - First Contact Physiotherapist

I have now been working at the Practice as a First Contact Physiotherapist (FCP) for the last 12 months. As a First Contact Physiotherapist I am a qualified autonomous clinical practitioner who can assess, diagnose, treat and manage musculoskeletal (MSK) problems and undifferentiated conditions without a medical referral.

I am able to access directly by self-referral or by staff in the Practice who can direct patients to me to establish a rapid and accurate diagnosis and management plan. This plan could include referral onto the Physiotherapy team based at West Cornwall or St Michael's Hospital for a course of Physiotherapy or onwards to secondary care services such as Orthopaedics where appropriate. I am also able to request X-Rays or other forms of imaging when indicated.

I currently work at St Clare Medical Centre on a Monday and Wednesday and at Cape Cornwall Surgery on a Thursday. Subject to change. Problems I can see include all soft tissue injuries, sprains, strains or sports injuries, arthritis - any joint, possible problems with muscles, ligaments, tendons or bone e.g tennis elbow, carpal tunnel syndrome, ankle sprains, spinal pain including lower back, mid back pain and neck pain, spinal-related pain in arms or legs, including nerve symptoms, e.g pins and needles or numbness and post orthopaedic surgery.

Conditions and patients I currently cannot see are acutely unwell, children under 16, medical management of rheumatoid conditions, woman's health, antenatal and postnatal problems, housebound patients, medication review for non-MSK conditions, neurological and respiratory conditions, headaches and acute mental health crisis.

If you are unsure please speak to a member of the admin team.

Amy Tildesley

## Prescriptions

Repeat Prescriptions

**Online** - You can register for GP online services and order your repeat prescriptions through patient access. Please visit our website and find out how to register under patient access or prescriptions for a guide on how to register.

**In person** - Please tick the items required on your computerised prescription and place in the letter box located at the Practice entrance in the prescription box.

**By post** - You can send this to the Practice with a stamped envelope if you want it posted back to you.

**By phone** - We have a 24 hour prescription order line. Please ring 01736 786925 and leave a message with your name and date of birth with what prescription you would like to order.

**By email** - By sending your request with your name and date of birth and what you would like to order to [atlantic.prescriptions@nhs.net](mailto:atlantic.prescriptions@nhs.net)

## Covid Clinics - July 2022

Tuesday 19th July 09:00 - 10:20

11:00 - 12:45

14:00 - 16:45

Thursday 21st July 09:00 - 10:20

11:00 - 12:45

14:00 - 19:25

Tuesday 26th July 09:00 - 10:20

11:00 - 12:45

14:00 - 16:45

Thursday 28th July 09:00 - 10:20

11:00 - 12:45

14:00 - 19:25

### 12 - 15 Years

Thursday 21st July 15:00 - 19:30

Thursday 28th July 15:00 - 19:30

### 5 - 11 Years

Thursday 21st July 15:00 - 19:30

Thursday 28th July 15:00 - 19:30



## **Covid Clincs August 2022**

Thursday 4th August      09:00 - 10:30  
   11:00 - 12:45  
   14:00 - 19:25

Thursday 11th August      09:00 - 10:30  
   11:00 - 12:45  
   14:00 - 19:25

Thursday 18th August      09:00 - 10:30  
   11:00 - 12:45  
   14:00 - 19:25

Thursday 25th August      09:00 - 10:30  
   11:00 - 12:45  
   14:00 - 19:25

## **12 - 15 Years**

Thursday 4th August      15:00 - 19:25

Thursday 11th August      15:00 - 19:25

Thursday 18th August      15:00 - 19:25

Thursday 25th August      15:00 - 19:25

