

ATLANTIC MEDICAL GROUP



NHS Digital Weight Management Programme

The NHS Digital Weight Management Programme supports adults living with obesity who also have a diagnosis of diabetes, hypertension or both, to manage their weight and improve their health. It is a 12 week online behavioural and lifestyle programme that can access via a smartphone or computer with internet access.

[NHS England » The NHS Digital Weight Management Programme](#)

“I’m now making better food choices, without having to think and worry about it”

Lucy’s NHS Digital Weight Management Story

“I know how and when to control my eating habits, I’ve lost 3.7kg that’s over 8 pounds! Which has shrunk my waist by 1.5cm”



Scan to find out more about the NHS Digital Weight Management Programme.



YOU ARE AT GREATER RISK OF ULCERS AND OTHER FOOT PROBLEMS IF YOU HAVE DIABETES.

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

It is important that you attend your yearly check-ups and take time to **regularly** check your own feet. If you have concerns, contact your GP/surgery as soon as possible.

The Community Gateway

The community Gateway is a seven day point of access to a wide range of voluntary support. The Gateway will operate seven days a week. The Gateway has routes and connections to Virtual Wards, GPs, mental health support and safeguarding.

Call: 01872 266383 08:00am – 20:00



Walk Talk Kernow

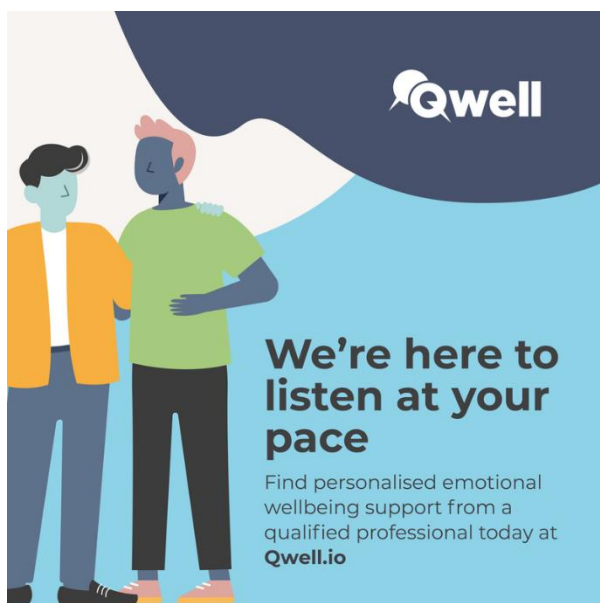
‘Walk Talk Kernow’ is a free adult bereavement support group run by Cornwall Hospice Care. Whilst walking in nature, each group provides a space for those who are bereaved and seeking social connections with others who are also experiencing grief.

For more information, visit their website or Facebook page.

<https://www.cornwallhospicecare.co.uk/our-community-services/>

www.facebook.com/WalkTalkKernow

Email: earlyhelpclub@cornwall.gov.uk



Kooth and Qwell

Mental health care when you need it, how you need it and for everyone. Mental Health is one of the largest challenges for Global Public Health. 1 in 4 adults experience mental health issues. Qwell is commissioned by NHS, Local Authorities and Charities Adults accessing Qwell can do so without the waiting lists. They can join online peer support communities, access self-help materials or engage in drop-in or booked one-to-one online chat sessions with our experienced counsellors. Qwell works in partnership with traditional community health providers and provides links and pathways to traditional and specialist face-to-face services.

Visit their website below:

[Home - Qwell](#) or visit our website and follow the link under General Information under Qwell

A reminder on your repeat prescriptions

Patients on long term medication can order repeat prescriptions in the following ways:

Online: You can register for GP Online Services and order via the link at the top of the page on our website under prescriptions. And you can also visit our website for details on how to register with Patient Access under 'Patient Access' at the bottom of our landing page.

In Person: Tick the items required on your computerised prescription counterfoil and place in the letterbox located in the surgery entrance hall or at the entrance of the surgery labelled 'prescription box'.

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

By post: send it to the Practice with a stamped addressed envelope if you want it posted back to you.

By email: By sending your request to atlantic.prescriptions@nhs.net

Please allow two full working days for all repeat prescriptions to be issued whether you are a dispensing or a non-dispensing patient. Then dispensing a prescription takes a further two working days. Please remember to take bank holidays into account.

GREEN IMPACT FOR HEALTH 2023




green impact

THIS IS TO CERTIFY THAT
Atlantic
ACHIEVED A GOLD STANDARD
IN 2023

Green Impact for Health 2023

As a Practice, Atlantic Medical Group have achieved a gold standard in Green Impact for Health in 2023. As a Practice we have been working incredibly hard to make more planet-friendly decisions within the Practice and making changes for the Practice and our patients.

 **STUDENTS ORGANISING FOR SUSTAINABILITY UNITED KINGDOM**

 **UNESCO Japan Prize on Education for Sustainable Development Laureate 2016**

