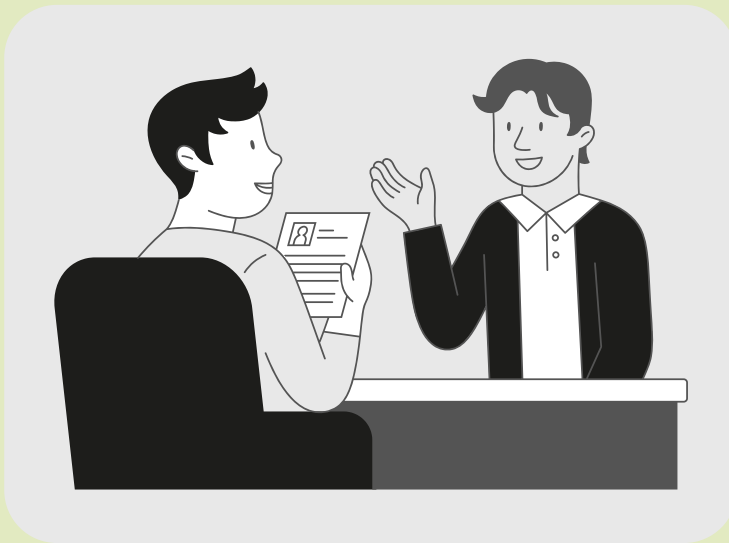


FALMOUTH HEALTH CENTRE PRACTICE VOL. 05.



JUNE ANNOUNCEMENTS

We would like to welcome our new apprentice Maya who is completing her business administration apprenticeship. Cerys is our new patient care co-ordinator, you will find her working mostly at the front desk while she completes her training. Both of our new team members are excellent additions to the office and we're sure you will agree!

Our advanced nurse practitioner Sarah no longer works at the practice every week and will instead have pre-bookable family planning and gynaecology clinics for consultations and procedures.

JUNE ISSUE 05

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NATIONAL PATIENT PARTICIPATION WEEK

03-09 JUNE 2024

“Patients and carers are the smoke alarms for the frontline of the NHS. They are often first to spot poor care and also have great ideas about how to make care better. They need to be involved in decisions not just about their care, but in designing better care for others. Patient Participation Groups are a crucial way of harnessing the voice of the patient in primary care, and have much to contribute in driving up quality”

If any patients are interested in attending the next Integrated Care Forum please email the PCN Care Coordinator - poppy.ingall2@nhs.net

[READ MORE](#)

JUNE 10 – JUNE 16

♂ MEN'S HEALTH WEEK

The theme "*Sharing our Stories*" urges men to share their experiences, inspired by King Charles who, earlier this year, shared that he had a problem with an enlarged prostate. On the day after his announcement, there were 11 times more visits to the relevant National Health Service website page compared with data from the previous day. Prostate Cancer UK saw an almost doubling in the number of users of its online risk checker. This goes to show the difference that honest sharing can make.

You may also be surprised to find out that:

only 36% of patients using NHS first line talking therapies are men.

11% of men feel that they have no friends.

8.7% of men are dependent on alcohol meaning that men are nearly three times more likely than women to become alcohol dependent.

If you are aged between 40-74 you may be entitled to an NHS health check which is essentially an 'MOT' for your body. One of our healthcare assistants will take a BP reading, blood samples and measure your BMI. A week later a nurse will call you to discuss your risk of heart disease, diabetes, kidney disease and stroke.



Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK's 5.7 million carers. A survey by Carers UK found that for 82% of carers, the impact of caring on their physical and mental health would be a challenge over the coming year, and for nearly 60%, being valued as a carer would improve their well-being.

GENERAL PRACTICE IS COLLAPSING

Visit www.carersuk.org for more info.

We value our patients. We know that most patients value us too, especially when they need us regularly. You know we can deal with most of your health problems, keep you out of hospital, and have your best interests at heart. The problem is with the mismanagement of the NHS. Did you know that your practice receives just £107.57 per year for each patient, whatever their health needs. That's less than the cost of an annual TV licence. GPs want the same things that you do. We believe nobody should struggle to see their family doctor.

Did you know?



If general practice received a fairer share of NHS funding we could:

- Train and hire more GPs.
- Deliver the services you require.
- Make it easier to get the appointments you need.



This is why you struggle to see your GP

General Practice is being broken. We know you deserve better than this. GPs Are On Your Side.