

Vol .8

Falmouth Health Centre Practice Newsletter

What's Inside:

Number of
DNA'S



World First Aid
Day



Organ Donation
Week



Contraception
Week



Sexual Health
Week



BP readings.



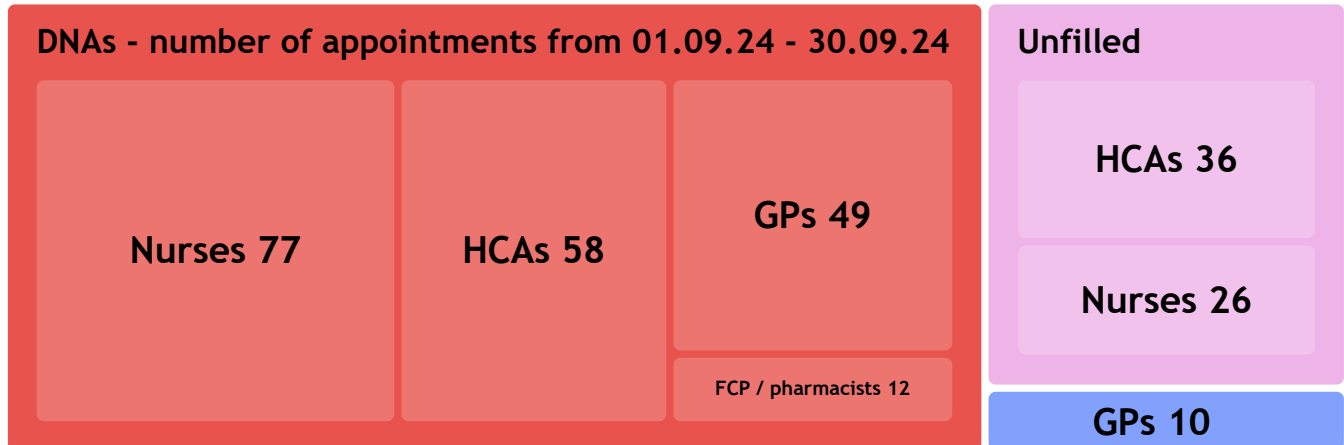
‘Know Your Numbers!’ Week

This year’s campaign is running from **2nd - 8th September**, with the theme ‘*You Have The Power*’. Knowing your numbers means you can start making healthy lifestyle changes or start taking medication. High blood pressure can lead to heart attacks and strokes, so check your BP today, with a home monitor, at the pharmacy or by using our machine in the practice waiting room.

Treatment room clinics.

We wanted to remind our patients that scheduled appointments with nurses and healthcare assistants are very important. We are often asked to ‘squeeze’ appointments in or cancel appointments at the last minute, however, this is detrimental to the running of the clinics as the nurses and HCA’s time is very valuable. We kindly ask that cervical screening appointments are only rescheduled if you are menstruating and the sample cannot be taken. The same applies for immunisations, which are also booked in advance as a double appointment, we request that these appointments are kept unless the baby / child is too unwell to receive the vaccines.

Did Not Attend and unfilled cancellations.



The Brook Cornwall website offers a self service to free STI home test kits for those aged 16+. They also provide a service for online diagnosis and treatment of genital warts & genital herpes, without you needing to visit a clinic.

National Contraception Day Thursday 26th September



Currently, 7728 people are waiting for a transplant in the UK. If you would like to donate some or all of your organs and tissue after you die, you can register a decision to donate online. An organ donor card will be sent to you. Remember, you can change your mind at any time.

World First Aid Day Saturday 14th September

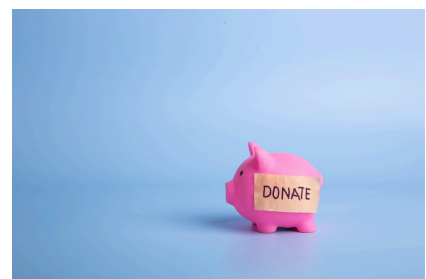


You can access free condoms (ages 25 and under) and emergency contraception (any age) through Brook Cornwall. They also have resources for any advice you may need before, during, or after commencing a new contraception method.

Sexual Health Week 9th - 15th September



Organ Donation Week 23rd - 29th September



This awareness day highlights the crucial role of First Aid in saving lives. This can include essential skills like CPR, wound care and the Heimlich maneuver. You can explore online resources and practical workshops, many offering free materials to enhance your skills. **Stay alert, trust your instincts, and be ready to act.**