

# Llanedeyrn & Llanrumney Newsletter

Llan Healthcare (Autumn 2017)

## Dear Reader...

We hope you will enjoy reading our latest newsletter, which will give you an insight into services available at Llanedeyrn Health Centre and Llanrumney Medical Group which will be known as **Llan Healthcare** from 01 October 2017, including useful information on various health issues.

For more info please visit our websites or FB pages at:

website: [www.llanedeyrnhealthcentre.co.uk](http://www.llanedeyrnhealthcentre.co.uk) or [www.facebook.com/llanedeyrnhealthcentre](http://www.facebook.com/llanedeyrnhealthcentre)  
[www.llanrumneymedicalgroup.co.uk](http://www.llanrumneymedicalgroup.co.uk) or [www.facebook.com/llanrumneymedicalgroup](http://www.facebook.com/llanrumneymedicalgroup)

## Are you a carer aged 18 or over helping to look after somebody with an illness or disability?

If so, and would like advice on where to go for help, whether it be financial or independent living, please book a 10 minute appointment with the Carers Champions at your Practice

## My Health Online – What is it?

An online service allowing you to:-

- Book and cancel your GP appointments
- Order your repeat prescription requests
- Notify us of any change of address

If you are interested in registering for this service please speak to a member of staff in practice.

## We are now participating in RESEARCH!

Both practices will be involved in some exciting research projects aimed to improve patient care. Please rest assured you will always receive our best treatment and advice.

In addition, if you meet the study criteria, you may also be able to opt in to studies for new drug treatments. The choice is always YOURS!

If you receive a letter inviting you to take part in clinical research **PLEASE** consider it as you will be helping to improve patient care for the future.

## Minor illness appointments with the Practice Nurse

For patients requesting same-day appointments many nurses are appropriately qualified to deal with minor illnesses such as:

- Conjunctivitis
- Contraception
- Diarrhoea & vomiting
- Earache
- Rashes
- Sore throats
- Asthma & Diabetes
- Back pain
- Colds, coughs and flu
- Chest infections, water infections, etc

The nurses are **able** to provide a prescription.

## Practice Closure Dates

- Afternoon of Tues 10<sup>th</sup> Oct
- Afternoon of Tues 14<sup>th</sup> Nov
- Christmas Bank Holidays  
All day Mon 25<sup>th</sup>, Tues 26<sup>th</sup> Dec  
All day Mon 1<sup>st</sup> Jan

## Substance Misuse

In partnership with the Community Addictions Unit, the practice can offer a treatment programme for patients with substance misuse problems. Please make an appointment with your GP to discuss.

## Are you having a LARC? Long Acting Reversible Contraception

These services are available at your Practice, which include coils, implants and injections. Make an appointment with the Nurse to discuss further

## YOU CAN SELF REFER!

**STOP SMOKING  
WALES DIM  
SMYGU CYMRU**

FREEPHONE / RHADFFON

0800 085 2219



## We are a Training Practice!

We provide placements for newly qualified doctors, medical students, nurses and those interested in medical careers.

(Students may be present during consultations, but this will not affect your care and you can opt out)

# Llanedeyrn & Llanrumney Newsletter

We wish to inform you that Llanrumney Medical Group and Llanedeyrn Health Centre will be merging from **1<sup>st</sup> October** to form **Llan Healthcare**.

Doctors consulting at the practices will be:-

Dr Roger Morris  
Dr Amanda Faulkner  
Dr John Shewring  
Dr Sian Davies  
Dr Jamie Jones  
Dr Anisha Champaneri  
Dr Helen Kemp  
Dr Rhys Davies  
Dr Miranda Thomas  
Dr Elizabeth O'Duffy  
Dr Emily Burgoyne

Services will continue to be provided from both sites;

Llanedeyrn Health Centre Maelfa Llanedeyrn Cardiff CF23 9PN	Llanrumney Medical Group Ball Road Llanrumney Cardiff CF3 5NP
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Dr Mark Thomas will be retiring from General Practice.  
We wish him a long and healthy retirement.

This is a positive decision taken in the interest of securing long term primary care services for the patients registered with both practices. The merger brings together two well established GP practices and provides an opportunity to develop services across both sites. Both the Local Medical Committee (LMC) and Community Health Council (CHC) are supportive of the decision and acknowledge the opportunity to ensure service continuity at both sites. This is particularly important at a time when many GP practices are struggling to recruit and retain GPs.

Patients should be reassured that this merger will not lead to a reduction of services at either practice site. Instead you should expect to receive additional services and a continued high standard of care from Llan Healthcare. The information overleaf provides further details about some of the new services that will be available.

For more information about the merger, please refer to our Frequently Asked Questions document, which is available within Practice or via our websites and Facebook pages at:

[www.llanedeyrnhealthcentre.co.uk](http://www.llanedeyrnhealthcentre.co.uk)

[www.llanrumneymedicalgroup.co.uk](http://www.llanrumneymedicalgroup.co.uk)

or Visit our Facebook Pages at:

[www.facebook.com/llanedeyrnhealthcentre](https://www.facebook.com/llanedeyrnhealthcentre)

[www.facebook.com/llanrumneymedicalgroup](https://www.facebook.com/llanrumneymedicalgroup)

We will keep these pages updated with further developments/information.

If you have any additional questions or comments about these changes please access and complete our short survey at <https://www.surveymonkey.co.uk/r/WC57V9W> or within practice.

We will also be hosting a patient engagement event to discuss these changes on Thursday 28<sup>th</sup> September from 1pm-3pm at the Llanrumney Community Hub, Countisbury Avenue.

Alternatively, we can be contacted via telephone, as follows;

Llanedeyrn Health Centre – 029 20731671      Llanrumney Medical Centre – 029 20792661  
Primary Care Team at Cardiff & Vale University Health Board - 029 21834514