

ATLANTIC MEDICAL GROUP



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.

Measels Response (14th July 2023)

Measels cases on the rise in England and across Europe. Make sure you and your family are protected against becoming seriously unwell with measles by checking you are up to date with the MMR vaccine.

Across England, on average one in ten children are not up to date with their MMR vaccinations, with some areas of the country as low as two in five, putting thousands of children at risk of catching measles and the disease spreading in unvaccinated communities.

Just two doses of the MMR vaccine gives you and your family lifelong protection against catching measles. The first vaccine is given at 1 year and the second at age 3 years and 4 months old. If you've missed any doses, it's not too late to catch up. Contact your GP practice today to book an appointment.

If you are unsure if you or your child is up to date, check your child's red book or GP records and make an appointment to catch up any missed doses. For more information on the NHS vaccination schedule please visit [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Cornwall Emotional Support Service

The Cornwall Emotional Support Service is here to support the thousands of stroke survivors in Cornwall who are struggling with depression, low mood and the overall impact stroke has on their mental health and wellbeing.

How does it work?

One of their friendly qualified, counsellors will get in touch with you and talk through the challenges you're facing and identify what support you may need to help rebuild your life after a stroke. They will work with you to help you come to terms with what's happened and offer support to loved ones and carers.

What they offer:

An assessment of your emotional needs

- Six-to-ten, one-to-one counselling sessions.
- Someone to talk to who understands.
- The opportunity to meet other stroke survivors and share experiences.
- Support to help you find ways to manage the emotional impact of a stroke.
- Information about stroke and local organisations that can help.

Contact for more information

Phone: 01872 301689

Email: cornwallemotionalsupport@stroke.org.uk

Visit: stroke.org.uk/cornwall-emotional-support



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

Kooth

1 in 5 children and young people suffer from mental health illness in any given year. At Kooth they believe every young person has the right to access high quality mental health care. Kooth.com is commissioned both in the UK and the US. In the UK the NHS, Local Authorities, charities and businesses have access to anonymous and personalised mental health support for Children and Young People. With over 1.3m logins per year Kooth provide end to end support whatever the need.

Kooth is an anonymous website which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support kooth.com is an online application removing the need for apple/android accounts, data requirements and the stigma of mental health apps on your devices.

Visit: [Kooth for Children & Young People - Kooth plc](#)

Qwell

On Qwell you can speak to an experienced professional about anything that is troubling you, while staying totally anonymous. There are no fees, no long waiting lists, and no judgement. Talking to a professional can help you feel less alone with whatever you're going through, and offer support as you work through any difficult thoughts or feelings. Since Qwell is anonymous, you can speak freely here without worrying about being judged or identified. You don't need to be referred to Qwell or sit in a long waiting list. All you need to do is log into Qwell on your phone, laptop or tablet. Find the support you need, where and when you need it.

Visit: [Whatever's on your mind, we're here to listen - Qwell](#)



