

Plas Menai Health Centre

Newsletter

November 2023

Contents

Immunisations/Jabs:

Covid
Flu
Shingles

Staff update:

Dr Ann

Common Ailments Scheme

Patient Feedback

Falls prevention help

If you are interested in being part of our Patient Engagement Group, please contact us on: 01248 680021

We are open:

Monday - Friday
8am - 6.30pm

Out of hours:

Call 111 or
1112 for help with your
mental health

If you would like to advertise your local support group in this newsletter, please contact: lisagoodier@outlook.com

Welcome to our first newsletter - we hope you find it helpful.

We aim to produce a newsletter every three months, following the Patient Engagement Group which takes place at Plas Menai Surgery. We will put the newsletter on-line (our website and Facebook page) and also have printed copies which will be distributed in shops and libraries across Capeuluo, Dwygyfylchi, Penmaenmawr and Penmanan.

Immunisations (or jabs)

Covid booster: If you are eligible, you will be contacted via letter, automatically.

Influenza (Flu): To-date, we have vaccinated 820 over 65 year olds and 181 'at risk' under 65 year olds. To book your immunisation/jab, **please ring us to book your space.**

Shingles: From 1st September 2023, you're eligible for the Shingles vaccine when you turn 65. You'll be offered two doses of the vaccine; these are given between 6 and 12 months apart. You'll remain eligible until your 80th birthday.

If you turned 65 before 1st September 2023, you'll be eligible for the vaccine when you turn 70. Everyone aged 70-79 is eligible for the vaccine.

You're eligible for the Shingles vaccine if you're aged +50 and you're at a higher risk from Shingles because you have a severely-weakened immune system. This includes some people with the following: Blood cancer (eg Leukaemia or Lymphoma), HIV or AIDS, or some people who've recently had stem cell transplant, radiotherapy, chemotherapy or an organ transplant.

For those of you with access to the internet, we are using the **AccuRX booking system** to invite people for their Flu, Shingles and Pneumonia vaccinations. **Continued on page 2...**

Plas Menai
Health Centre

Part of Llanfairfechan Group Practices

This has proved very successful - the self-booking link reduces telephone calls and enables you to pick the time you want to attend. **The link for AccuRX can be found on our website www.plasmenaihealthcentre.co.uk.**

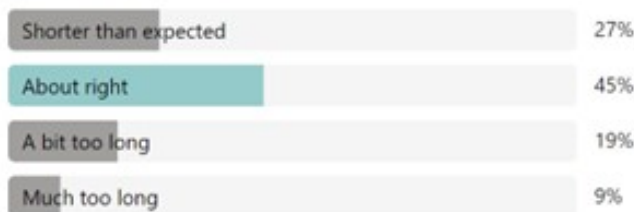
Did you know ...?

The Common Ailments Service (CAS) is a scheme offered by local pharmacies that should be considered as an **alternative to a GP referral**. It provides patients with **free NHS advice and treatment** for a range of minor illnesses, including: *Acne, allergic rhinitis, athlete's foot, chickenpox (in children under 14 years of age), cold sores, colic (infantile), conjunctivitis, constipation, diarrhoea, dry skin including dermatitis and atopic eczema, dry eye disease, dyspepsia, haemorrhoids, head lice, ingrowing toenail, lower back pain, mouth ulcers, nappy rash, oral thrush, ringworm, tinea cruris and intertrigo, scabies, sore throat, teething, threadworms, vulvovaginal thrush, warts and verrucae.*

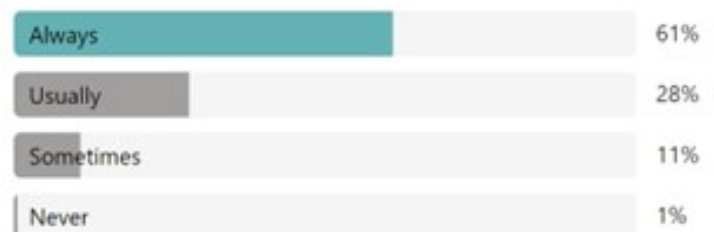
Team Update: Sadly, Dr Ann has left us and this means we have a vacancy for a GP. We therefore have the following GP's currently: Dr Louise Lomax, Dr Nefyn Williams, Dr Jens Foell and Dr Amit Singh/Dr Katie Wolf. In addition, we have the following Registrars: Dr Bethan, Dr Andrew and Dr Henrick.

Patient Feedback Questionnaire: We are pleased to say that our quarterly feedback from patients is moving in the right direction!

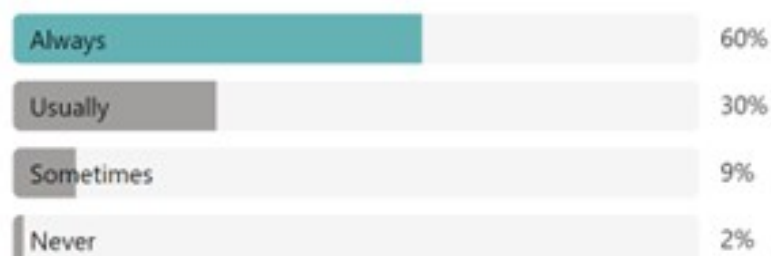
4. From the time you realised you needed to use this service, was the time you waited:



5. Did you feel well cared for?



7. Did you feel you understood what was happening in your care?



Finally, the local **Falls Prevention Service** works with residents to help reduce the risk of falling, deliver falls prevention exercises and provide care and support after a fall. You can contact them by ringing 0300 456 1111 or email: BCU.Falls.ReferralsConwy@wales.nhs.uk.

Cylchlythyr Canolfan Iechyd Plas Menai

Tachwedd 2023

Cynnwys

Imiwneiddiadau/Jabiau:

Covid
Ffliw

EryrDiweddariad staff:

Dr Ann
Cynllun Anhwylderau
Cyffredin

Adborth Cleifion

Cymorth atal cwmpiaadau

Os oes gennych
ddiddordeb mewn bod yn
rhan o'n Grŵp Ymgysylltu
â Chleifion, cysylltwch â
ni ar: 01248 680021

Rydym yn agored:

Llun - Gwener
8am - 6.30pm

Tu allan i oriau:

Ffoniwch 111 neu 1112 am
help gyda'ch iechyd
meddwl

Croeso i'n cylchlythyr cyntaf - gobeithio y bydd o gymorth i chi. Ein nod yw cynhyrchu cylchlythyr bob tri mis, yn dilyn y Grŵp Ymgysylltu â Chleifion a gynhelir ym Meddygfa Plas Menai. Byddwn yn rhoi'r cylchlythyr ar-lein (ein gwefan a'n tudalen Facebook) a hefyd yn cael copïau printiedig a fydd yn cael eu dosbarthu mewn siopau a llyfrgelloedd ar draws Capeuluo, Dwygyfylchi, Penmaenmawr a Phenmanan.

Imiwneiddiadau (neu jabiau)

Atgyfnerthu Covid: Os ydych yn gymwys, byddwn yn cysylltu â chi trwy lythyr, yn awtomatig.

Ffliw: Hyd yma, rydym wedi brechu 820 o bobl dros 65 oed a 181 'mewn perygl' o dan 65 oed. I archebu eich brechiad/pigiad, ffoniwch ni i gadw lle.

Eryr: O 1 Medi 2023, rydych yn gymwys i gael y brechlyn eryr pan fyddwch yn troi'n 65. Byddwch yn cael cynnig dau ddos o'r brechlyn; rhoddir y rhain rhwng 6 a 12 mis ar wahân. Byddwch yn parhau i fod yn gymwys tan eich pen-blwydd yn 80 oed.

Os oeddech yn 65 oed cyn 1 Medi 2023, byddwch yn gymwys i gael y brechlyn pan fyddwch yn troi'n 70 oed. Mae pawb rhwng 70 a 79 oed yn gymwys i gael y brechlyn.

Rydych chi'n gymwys i gael y brechlyn eryr os ydych chi'n +50 oed ac rydych chi'n wynebu risg uwch o'r Eryr oherwydd bod gennych chi system imiwnedd sydd wedi'i gwanhau'n ddifrifol. Mae hyn yn cynnwys rhai pobl sydd â'r canlynol: Canser y gwaed (e.e. Lewcemia Lymffoma), HIV neu AIDS, neu rai pobl sydd wedi cael trawsblaniad bôn-gelloedd yn ddiweddar, radiotherapi, cemotherapi neu drawsblaniad organ.

I'r rhai ohonoch sydd â mynediad i'r rhyngryd, rydym yn defnyddio system archebu AccuRX i wahodd pobl am eu brechiadau Ffliw, yr Eryr a Niwmonia. **Parhad ar dudalen 2...**

Os hoffech hysbysebu eich
grŵp cymorth lleol yn y
cylchlythyr hwn, cysylltwch
â: lisagoodier@outlook.com

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Mae hyn wedi bod yn llwyddiannus iawn - mae'r cyswllt hunan-archebu yn lleihau galwadau ffôn ac yn eich galluogi i ddewis yr amser yr hoffech chi fynychu. **Mae'r ddolen ar gyfer AccuRX i'w gweld ar ein gwefan www.plasmenaihealthcentre.co.uk.**

Oeddet ti'n gwybod ...?

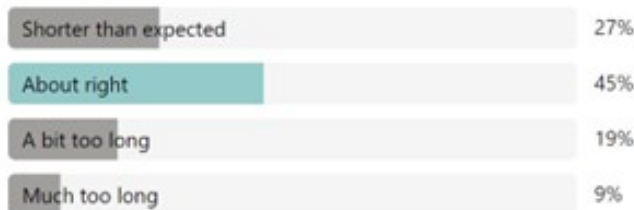
Mae'r Gwasanaeth Anhwyllderau Cyffredin yn gynllun a gynigir gan fferyllfeydd lleol y **dylied ei ystyried yn lle atgyfeiriad gan Feddyg Teulu**. Mae'n rhoi **cyngor a thriniaeth GIG am ddim** i gleifion ar gyfer amrywiaeth o fân afiechydon, gan gynnwys: Acne, rhinitis alergaidd, traed yr athletwr, brech yr ieir (mewn plant o dan 14 oed), doluriau annwyd, colig (babanod), llid yr amrant, rhwymedd, dolur rhydd, croen sych gan gynnwys dermatitis ac ecsema atopig, clefyd llygaid sych, dyspepsia, clwy'r marchogion, llau pen, ewinedd traed sy'n tyfu, poen yng ngwaelod y cefn, wlserau yn y geg, brech cewyn, llyngyr y glust, tinea cruris ac intertrigo, clefyd crafu, dolur gwddf, torri dannedd, llyngyr edau, y fronfraith fwlfaagaid, dafadennau a ferwcau.

Diweddariad Tîm:

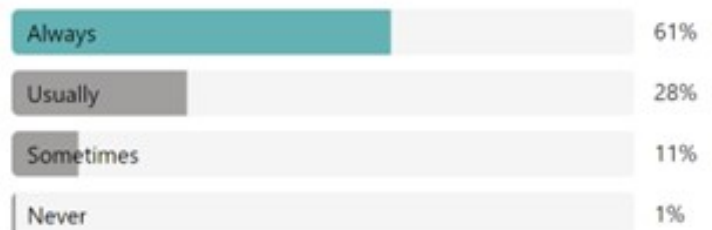
Yn anffodus, mae Dr Ann wedi ein gadael ac mae hyn yn golygu bod gennym swydd wag ar gyfer Meddyg Teulu. Felly mae gennym y meddygon teulu canlynol ar hyn o bryd: Dr Louise Lomax, Dr Nefyn Williams, Dr Jens Foell a Dr Amit Singh/Dr Katie Wolf. Yn ogystal, mae gennym y Cofrestryddion a ganlyn: Dr Bethan, Dr Andrew a Dr Henrick.

Holiadur Adborth Cleifion: Rydym yn falch o ddweud bod ein hadborth chwarterol gan gleifion yn symud i'r cyfeiriad cywir!

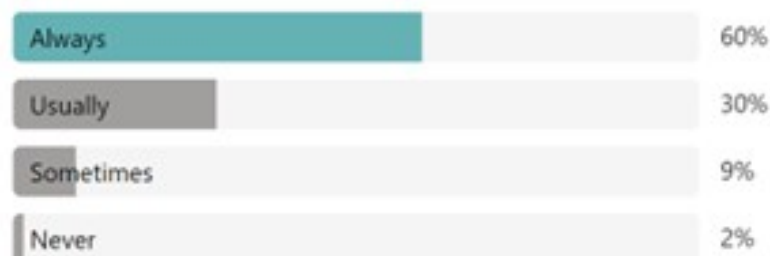
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Yn olaf, mae'r **Gwasanaeth Atal Cwypniadau lleol** yn gweithio gyda phreswylwyr i helpu i leihau'r risg o gwmpo, cynnal ymarferion atal codymau a darparu gofal a chymorth ar ôl cwmpo. Gallwch gysylltu â nhw drwy ffonio 0300 456 1111 neu e-bostio: BCU.Falls.ReferralsConwy@wales.nhs.uk.