

We are Menheniot

What do you need? How can you help?

MENHENIOT PARISH COUNCIL

October 2020

Prescriptions & Medicine	
<p>Please do not visit the surgery to see a doctor without making an appointment first. When you do visit, you will need to wear a face covering. A face covering could be a mask, scarf or anything that can cover the nose and mouth. Surgeries are unable to process repeat prescriptions on the telephone.</p>	
Winter Flu Vaccinations	Rosedean Surgery 01579-343133
<p>Rosedean Surgery We are holding our Community 'flu clinic in Menheniot Village Hall on Thursday, October 22nd and Thursday, 5th November. All eligible patients aged 65 + will receive an appointment letter for one of these clinics.</p> <p>All eligible at risk patients aged under 65 are asked to book their appointment online via Patient Access or ring the Practice to book an appointment after 11.00 am.</p> <p>We would strongly encourage you to attend the assigned appointment slot to ensure you receive your vaccination in a timely manner.</p>	<p>Urgent appointments – please continue to ring at 8am for a consultation on the same day</p> <p>If a face to face appointment is not required, clinicians can consult patients remotely using a system called Accurx which enables clinician and patient to have a video consultation using their mobile phone. Visit the website for more information. If you have a new medical condition, call the surgery for a telephone consultation.</p> <p>Patients can still order their repeat medications by posting their medication repeat slip through our front door or by ordering online. The surgery will arrange delivery to your home.</p> <p>www.rosedeansurgery.co.uk</p>
<p>If you are not registered with Rosedean You can have the NHS flu vaccine at:</p> <ul style="list-style-type: none">• your GP surgery• a pharmacy offering the service• your midwifery service if you're pregnant <p>If you have your flu vaccine at a pharmacy, you do not have to tell the GP. The pharmacist should tell them.</p>	
Oaktree Surgery 01579-324252	Quay Lane Surgery 01503 230088
<p>Appointments and medication requests can be dealt with over the telephone, online, or by posting your repeat slip into the collection box at the front of the building at Oak Tree or through the letterbox at Pensilva.</p> <p>You can register and order your repeat medication through the practice website.</p> <p>Please contact our Dispensary Team to discuss whether you are eligible for our increased delivery service. Patient Newsletter on our website or Facebook page for lots more up to date information.</p> <p>www.theoaktreesurgery.co.uk</p>	<p>We are unable to provide surgical masks for patients to wear into the building.</p> <p>You can still speak with a doctor on the telephone.</p> <p>If you need a repeat prescription you can email or post your request through the letterbox of our front entrance.</p> <p>The surgery has now set up a Home Delivery Prescription Service for our high risk, vulnerable dispensing patients. The service is aimed at patients who are 'shielding' or are highly vulnerable and have no-one else who can collect their medicines on their behalf (e.g. family member/carer or</p>

	friend). Patients should contact the surgery reception team if they wish to sign up to the service. www.quaylanesurgery.co.uk
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In an emergency, call 999 or NHS 111 for advice

Food

Menheniot Spar | 01579-342266 | sparmenheniot@icloud.com

The Spar shop in Menheniot is open every day, with restrictions on how many people can enter. Please telephone before 1pm for same day delivery Monday, Wednesday and Friday.

Kevin James 01579-340386 Milk and groceries. Deliver.	Villis Dairy 01579-326009 Milk. Deliver.
JJ Moss 01579 349093 m 07882618488 Milk. Deliver	Paul Bray 01752-851224 Butcher Can deliver or collect.
Philip Warren 01579-343253 Butcher Can deliver meat and cheese.	Keval Growers 01503-250343 Organic fruit & veg deliveries
Beddoe's 01579-348680 Greengrocers. Fruit and vegetables. Can deliver or collect.	Liskeard Pet Shop 01579-347144 Pet supplies. Can deliver.

Liskeard & Looe Foodbank | 07512-011452
Feeding local people in crisis. Referral required from frontline agencies. Rural delivery service available.

www.liskeardlooe.foodbank.org.uk

Advice & Support

Here are some ideas to help you deal with self-isolation and help keep you mentally well:

Eat healthily and avoid constant snacking on sugary and salty snacks.
Exercise regularly and if possible get outside for some fresh air.
Establish and keep to a routine to help get things done.
Stay connected. Regular social contact will be good for you but will also benefit whoever you are talking to as well.
Limit news intake. A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed.

St Lalluwys at Menheniot 01579 532186 07899 363458 Rev Becca Bell Sat-Thu	Methodist Church at Menheniot 07454-758644 Rev Chloe Jones
St Martin's Church 01579-347411 10.00-12.30 Mon-Fri	Liskeard Methodist 07500-493939 10.00-16.00 Mon-Fri
Our Lady of St Neot 01579-344906 09.00-19.00	Liskeard Salvation Army 07731-885525 11.00-16.00 Mon-Fri
Light & Life Methodist 07712-882741 Sat 10.00-12.00 Sun 15.00-17.00	Greenbank Community 01579-347794 10.00-15.00 Mon-Fri
Grace Community 01579-342437 office@gracecc.org.uk	Volunteer Cornwall 01872-266988 If you need the services of a volunteer.
Samaritans 116-123 day or night Phone based counselling and support	Mind 0300-123 3393 Information and advice for people with mental health problems
Childline 0800-1111 Help and advice for children and young people up to 19 years old	The Women's Centre Cornwall 01208-77099 Phone support for women in Cornwall in abusive situations

Stay connected | menheniotparishcouncil.org.uk

Our main contacts are | 01579-342437 | clerk@menheniotparishcouncil.co.uk.
Bookmark our website and follow us on Facebook, Twitter and NextDoor.
You can speak direct to your local councillor here:

Jerry Tucker	07896-996482
Eve Easterbrook	07789-354471
Sean Smith	07912-465100
Tony Ball	07565-503348