



December Newsletter...

We hope you will enjoy reading our latest newsletter, which will give you an insight into services available at both Llan Healthcare sites, including useful information on various health issues.

For more info please visit our Homepage and FB page at:

<https://www.llanhealthcare.co.uk> and
<https://www.facebook.com/llanhealthcare>

Wellbeing @ Maelfa

Roundwood
 Llanedeyrn
 CF239PF
 02920731671

Llanrumney medical centre

Ball road
 Llanrumney
 CF35NP
 02920792661

Doctors Consulting:

Dr Amanda Faulkner
 Dr Bart Veneman
 Dr Ben Mcilwham
 Dr Chloe Cripps
 Dr Emily Burgoyne
 Dr Gareth Powell
 Dr George Brand
 Dr Heledd Griffiths
 Dr Helen Kemp
 Dr John Shewring
 Dr Lucy Lazarus
 Dr Rhiannon Brown
 Dr Samra Shah

Do you give permission?

As a practise we understand that you may not be able to call us yourself to arrange appointments or speak about your medical notes, you may get someone else to call on your behalf, we ask our patience to please let us know if you give permission for a family member or friend to speak with us regarding your medical records/needs. We will need written permission from yourself stating the persons name and who they are to you so that we can add this to your records. Unfortunately, as a practice we are unable to speak with anyone regarding your appointments/medication/ results without your consent due to data protection. Help us help you.

Your Mental Health Matters!!

Do you or anyone that you know struggle with their mental health? You are not alone. There are places you are able to contact for help.

Your GP can refer you to Mind, a mental health charity in Wales that aims to improve the lives of people with mental health problems.

Here are some other numbers you can contact if you seek help.

Free Helpline Numbers

CALL
 0800 132787
 or text HELP to 81066

DAN 24/7
 0808 808 2234
 or text DAN to 81066

The Silver Line
 helpline for older people
 0800 4 70 80 90

shout
85258
 text SHOUT to 85258

GamCare
 Gambling Support Starts Here
 0808 8020 133

NHS 111 Wales
PRESS 2
 call 111 and press 2

Live Fear Free Helpline
0808 80 10 800
 call • text • live chat • email

SAMARITANS
 116 123

mind in the Vale of Glamorgan



WHEN WE OPEN OVER THE CHRISTMAS HOLIDAY....

23RD DEC- 8am-6pm

24TH DEC- 8am-6pm

25TH DEC- Closed

26TH DEC- Closed

27TH DEC- 8am-6pm



28th Dec- Closed

29th Dec- Closed

30th Dec- 8am-6pm

31st Dec- 8am-6pm

1st Jan- Closed

Please note the dates the surgery will be closed; we ask patients to please order their repeat prescriptions a week before to make sure you have your medication over the Christmas period. Our prescription line is open from 9.30am-11.30am, or use our script drop in box at the surgery.



Flu Season

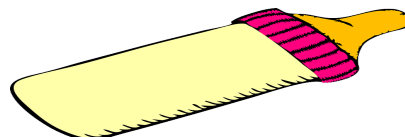
We still have Flu vaccination appointments available, if you would like your flu vaccination and are eligible,



We are excited to welcome back this month, Dr Chloe Cripps, formally known as Dr Chloe Bullock.



Huge congratulations to Dr Samra Shah, who became a new parent last month.



All of us here at Llanhealth care would like to wish our patients a



Merry Christmas and a Happy Healthy New Years

