




Website: [www.portisaacpractice.co.uk](http://www.portisaacpractice.co.uk)

 : Port Isaac Surgery

## Dispensary update:

We are pleased to inform you that our dispensary team are up to date, therefore you do not need to order within 10 working days. We ask that you now order your medication 4 working days in advance.

We now send text messages when your prescription is ready for collection. If you are not signed up to receiving texts from us, please give us consent to do so by phoning us on: **01208880222**.

Please be aware we are unable to take prescription requests over the telephone. To order medication, please do so through:

- Our website: [www.portisaacpractice.co.uk](http://www.portisaacpractice.co.uk)
- Emailing: [prescription.portisaac@nhs.net](mailto:prescription.portisaac@nhs.net) - please note emailed prescription requests are actioned during our opening hours.
- NHS App
- KLINIK

## What's new at Port Isaac Practice?

### NEW WEBSITE →

The new website design reflects that of the official NHS website. The design is aimed to be more patient friendly and easier to navigate.

Port Isaac Practice website will go live on **Wednesday 8th May 2024**.

The site will be down from **9am—10:30am** on this date. If you need assistance please call reception on: 01208880222

**PLEASE NOTE:** There may be delays on the telephone during this time due to increased calls.

## Wellbeing of Women

**WE HAVE SIGNED!**

We pledge to support our employees going through menopause in the workplace

Supported by 

#MenopauseWorkplacePledge

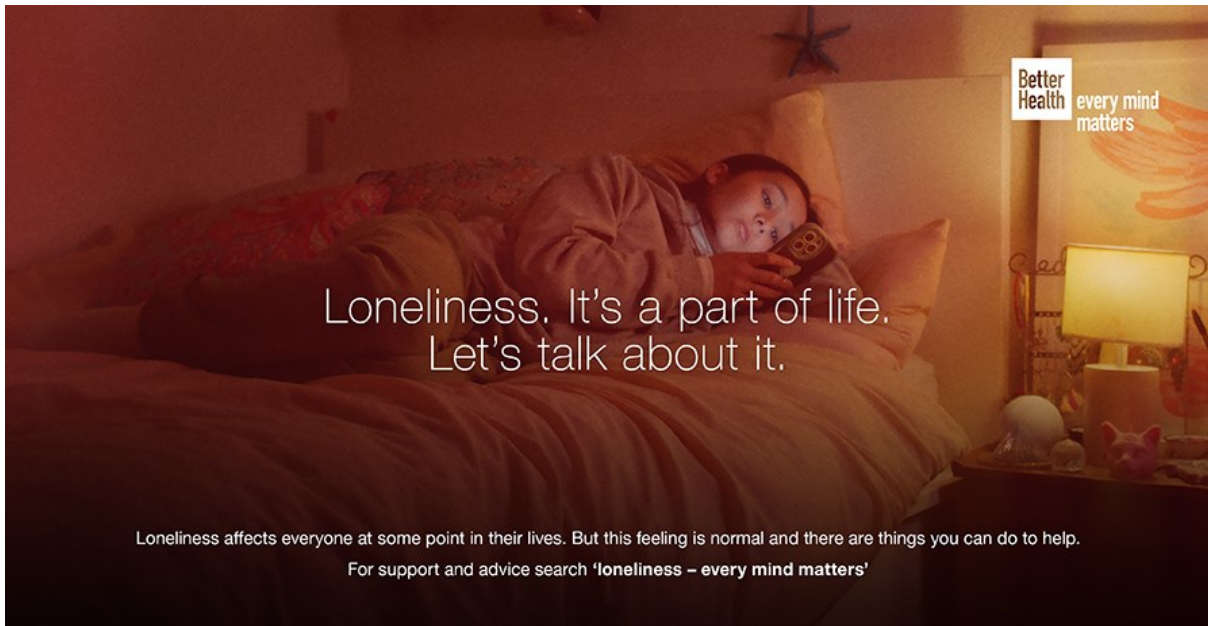
**MENOPAUSE**  
WORKPLACE PLEDGE  
WELLBEING OF WOMEN  
HELLO!

The graphic features a teal background with white text. On the right, there is a circular logo with a dark blue border. Inside the circle, the words 'MENOPAUSE' and 'WORKPLACE PLEDGE' are written in a semi-circle at the top. Below this, 'WELLBEING OF WOMEN' and 'HELLO!' are written in a smaller font. At the bottom of the circle, there are three stylized silhouettes of women's heads in shades of purple, teal, and dark blue.

We are committed to supporting our staff at every stage of their career. That's why we have signed up to the Menopause Workplace Pledge.

Find out more about this campaign by the charity [Wellbeing of Women](http://www.wellbeingofwomen.org.uk/campa.../menopausepledge) and how to get involved: <https://www.wellbeingofwomen.org.uk/campa.../menopausepledge>

## Loneliness. It's a part of life. Let's talk about it



- **Feeling lonely is completely normal.** Many of us can feel lonely while checking our social media, on our own or with others. It is nothing to be embarrassed or ashamed of.
- Sometimes admitting we feel lonely can be hard but it's important to remember that **many others experience similar feelings of loneliness too, and that this feeling can pass.**
- If you are feeling lonely, or know someone else who is, there are plenty of simple, **affordable actions you can take**, such as:
  - going for a walk with someone;
  - inviting someone out for a coffee and a chat;
  - finding out about affordable events nearby;
  - going along to a gym class or playing in a sports team;
  - joining a society or local community group to meet like-minded people; and
  - reaching out to those around you so you can both feel the benefits of in-person social connection.
- **Find more support and advice on the Better Health - Every Mind Matters Loneliness web page** to help yourself or others who might be feeling lonely, or **search 'Loneliness Every Mind Matters'** for more support and advice.

Follow us on Facebook for regular updates and information on support groups: **Port Isaac Surgery**

