



# SURGERY NEWS

Summer Edition - 2010

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## COSY DEVON SCHEME

CosyDevon is a Devon-wide insulation scheme working with all 10 local authorities, Devon County Council and the energy supplier E.ON. The scheme offers free or greatly reduced prices for loft and cavity wall insulation to all homeowners and private tenants across Devon. Home insulation is the best way to reduce the need for heating, therefore reducing your energy bill and your carbon dioxide emissions

Currently, householders and private tenants in Plymouth who fall into the following categories can have the insulation installed for free...

- Those over 60
- Those in receipt of income related benefits
- Those who have a household income of £18,000 or less

Those who do not fall into these categories can have it installed for either £99 per measure or £149 for both.

Having a warmer home is an excellent way to avoid cold related illness and trips and falls due to cold. You can also benefit from lower energy bills due to reduced need for heating.

You can apply for the insulation via three methods...

- Phone the Energy Saving Trust on 0800 512012
- Fill in an application form
- Apply online at [www.cosydevon.co.uk](http://www.cosydevon.co.uk)



## HALF MARATHON

Andrea Smyth is taking part in 2 half marathons within 2 weeks of each other, the 1st being 18th September 2010 in Dublin, the 2nd will be the Royal London Parks half marathon on 10th October 2010 for The Lymphoma Society. Andrea needs to raise £350 for the charity, any donations will be greatly received.

Good luck to Andrea.



## CARERS

Just a reminder to you carers that there are 'Carers Identification and Referral Form's' at Reception and there is also a number to ring

**PLYMOUTH CARERS SUPPORT SERVICE**  
on 01752 201766.

### Surgery Hours

Just a reminder that surgery hours are Monday to Friday, 9am to 6pm.

Any phone calls outside those hours will direct you to alternative services.

20 Adelaide Street  
Stonehouse  
Plymouth  
Phone: 01752 667623

## REQUESTING LETTERS FROM THE DOCTOR'S

Doctor's are not obliged to issue a letter for Bus Passes, help with housing, fit to fly or to exempt from an exam, just to mention a few. The Doctor's are governed by the Local Medical Committee (LMC) and the relevant authorities with regards to Doctor's letters. This meaning they are not allowed to send patient's to the Doctor asking for a letter.

Therefore please do not take offence or become frustrated id your request for a letter is declined. If the local authorities keep on insisting they require a letter please inform our Practice Manager who will contact the LMC and inform them.

WHAT LOVELY WEATHER WE  
ARE HAVING—REMEMBER  
SLIP, SLIP, SLOP!!!



## Children's Surgery

At 4pm daily, we run a children's surgery. This is for children who have developed an illness over the last 24 to 48 hours. Not for any longer term illnesses. Please make sure you at the surgery by 4pm.

