



Ruby Country Medical Group

HOLSWORTHY & STRATTON
HATHERLEIGH & SHEBBEAR

June Stratton

NEWSLETTER 6 2019

Your Doctors

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OPENING TIMES

8:00 to 6pm

Monday to Friday.

Extended Hours for Cornwall Patients

From 1st July 2019 we will be offering extended hours appointments for our Cornwall patients at Holsworthy Medical Centre on alternate Saturday mornings from 9:00am - 11:30am.

These appointments will be a mixture of face-to-face and telephone appointments and will be pre-bookable to see doctors, practice nurses and healthcare assistants.



Primary Care Network

Following the new GP contract, agreed for the next 5 years, all GP surgeries have to be in a Primary Care Network of around 30-50,000 patients. Ruby Country Medical Group are in talks with 3 other surgeries to form a network. The surgeries will be working together and also with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas in primary care networks.

Emergency team

After running our emergency team clinic for quite a while now we are delighted to say that it has proved to be a really valued and well used clinic. Could we just give a gentle reminder that it is for **URGENT APPOINTMENTS** for conditions that have come on recently or got worse and cannot last for another 24-48 hours.

Patients can be seen face-to-face or telephone appointments are available.

We cannot specify who patients will be seen by on the day as this is determined by the details that are given at the time of booking.

If patients do not wish to disclose information to the reception team on booking they will be offered a call back before an appointment can be made.

If you attend the Emergency Clinic please be prepared to wait. The time given will be an approximate time; emergencies by nature are unpredictable and the time taken cannot be determined in advance.

There are a number of pre-bookable early morning Nurse Practitioner appointments available every day which are bookable in advance of the emergency clinic.

TEMPORARY RESIDENTS

WELCOME

If you are a visitor to the area, a student home for the holidays, or someone working locally to the surgery, and find that you need treatment urgently for an illness or injury then you may be able to register with the surgery as a Temporary Resident. This allows you access to GP services for up to 15 days or up to three months in some circumstances. People who are unwell are advised to call the medical centre as soon as they feel they may need to be seen, with details of their name, address, telephone number and regular GP practice as well as their current temporary address and any mobile number. They will be asked to provide two forms of

Welcome!

identification (if possible) and attend the surgery at least 15 minutes before their appointment time to get all details confirmed and registered onto the system.

Menopause

The menopause is a natural part of ageing for a woman and usually occurs between 45-55 years of age, as a women's oestrogen levels decline.

Most women will experience menopausal symptoms. Some can be quite severe and have a significant impact on everyday life. Common symptoms include:

- Hot flushes
- Night sweats
- Vaginal dryness
- Difficulty sleeping
- Low mood or anxiety
- Reduced sex drive
- Problems with memory and concentration

Website suggestion: www.menopausematters.co.uk

Children's Immunisations

All babies are offered immunisations from eight weeks old to help protect them against a range of serious and potentially fatal diseases. As a parent you may not like seeing your baby or child being given an injection but there are 3 good reasons to have your child vaccinated:

- * Vaccinations are quick, safe and extremely effective
- * Once your child has been vaccinated against a disease, their body can fight it off better
- * If a child's not vaccinated, they're at higher risk of catching and becoming very ill from the illness

The UK immunisation schedule is:

8 weeks—1st 6in1 vaccine (diphtheria, tetanus, pertussis (whooping cough) polio, Hib disease & hepatitis B), 1st Pneumococcal vaccine, 1st Rotavirus and 1st MenB vaccine

12 weeks— 2nd 6 in 1, 2nd Rotavirus

16 weeks—3rd 6 in 1, 2nd Pneumo, 2nd Menb

12-13months—Hib/Mengc vaccine, 1st MMR, Pneumo booster and Menb booster

3years and 4 months—2nd MMR and Pre-School booster (diphtheria, tetanus, pertussis and polio)

12-13year old—HPV vaccine (for girls only)

14 year old—Teenage booster (diphtheria, tetanus and polio) and MenACWY vaccine



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