



Ruby Country Medical Group

HOLSWORTHY & STRATTON
HATHERLEIGH & SHEBBEAR

March Stratton

NEWSLETTER 3 2019

Your Doctors

STRATTON

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Dr. Green-Armytage

Dr. A. Moss

Dr. S. Partridge

Dr. D. Kandola

Dr. M Higgs

HOLSWORTHY

t: 01409 253692

Dr. R. Wardle

Dr. R. Shaw

Dr. Andy Brown

Dr. D Stone

Dr. Alexandra Brown

Dr. C. Hall

Dr. S Whitaker

Dr. T Pestrige

Dr. B Rigney

HATHERLEIGH

t: 01409 253692

Dr. D Lee

Dr. M Eggleton

Managing Partner

Mrs J Wells

OPENING TIMES

8:00 to 6pm

Monday to Friday.

Meet the Team – Patient Service Advisors

The role of our patient service advisors is to direct and signpost patients to the most appropriate service, either on the phone or via the front desk. These can be either at the surgery or by suggesting outside providers who may be able to help more appropriately such as Pharmacies, Family Planning Clinics etc. In order to do this they need to ask each patient brief questions regarding the nature of the condition. All information given is in complete confidence. You will meet our PSA team when you call the practice or behind the reception desk.

Our Patient Service Advisors at Stratton are: Emma, Nancy, Sally, Janet, Marina, Jo, Steph and We have recently welcomed a new member to the team called Rona.

Please ensure you update your records with reception if you have any changes, moved address, phone numbers or change of name for example.



Polite reminder that we are unable to accept any magazines from patients for the waiting room.

Make a swap when you next shop

With 34% of children leaving primary school overweight, Change4Life has launched a new campaign “Make a swap when you next shop” encouraging families to cut back on sugar. Children in England are eating an extra 2,800 sugar cubes a year, which is more than double the recommended guidelines. That’s 8 cubes too many each day!

It’s easy to cut back by swapping from higher to lower sugar products. Most products have the traffic light label system which is usually on the front of the pack. Pick ones that have a green light for sugar.

change 4 life

Make a swap when you next shop!

Search Change4Life

Download the Food Scanner app

Look out for the badge

Cervical Screening Campaign

At the beginning of March 2019 Public Health England will launch a new national campaign to increase participation in the National Cervical Screening Programme. Screening is estimated to save 5000 lives a year but is at a 20 year low. Every year in the UK, around 3,000 women will be diagnosed with Cervical Cancer, it is the most common cancer in women aged 35 and under.

If all eligible women attended cervical screening regularly, 83% of cervical cancer deaths could be prevented

The surgery offers smear test appointment with our practice nursing team most days and it only takes a few minutes to have done. So come on ladies, there is no need to put it off any longer or feel embarrassed ring or pop in to book your appointment.



Start4life Weaning campaign

Last month Start4Life launched its first ever weaning campaign. On the Start4Life website parents can find NHS-approved advice, practical tips, helpful videos, tips from other parents and lots of simple healthy recipes for baby. The new website will help parents find information relevant to their baby's age.

Introduction your baby to solid foods, also referred to as weaning starts when your baby is around 6 months old. Your baby should be introduced to a varied diet, alongside their usual breast milk or infant formula.

To find out more visit:
www.nhs.uk/start4life

Please be aware that our GP's are no longer able to sign passport forms for patients. Will need to visit the Government website to see who can sign passports.

Online Services

Did you know that since April 2015 you can book and cancel an appointment with your doctor, order repeat prescriptions and look at part of your GP records all online.

Online services are free to use and its just another way of contacting your surgery, especially useful if you are away from home.

All you have to do to register for your GP online service is come into the surgery with two forms of ID for example Passport, Driving Licence, bank statement or council tax statement. The surgery will then be able to print out your unique username and password to enable you to log in online. Please remember you can only access your own information.

If you are a parent of a child under 11 you will be able to have your records linked when you have filled out a Proxy Access Application form, held at reception.

Once your child reaches the age of 11 they can either manage their own account of give permission for a parent to have continued proxy access. At 16 the proxy access will only be given for medical capacity reasons.



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