



## Ruby Country Medical Group

HOLSWORTHY & STRATTON  
HATHERLEIGH & SHEBBEAR

# May

## Holsworthy, Shebbear & Hatherleigh

NEWSLETTER 5 2019

### Your Doctors

#### HOLSWORTHY

t: 01409 253692

Dr. R. Wardle

Dr. Andy Brown

Dr. D Stone

Dr. Alexandra Brown

Dr. C. Hall

Dr. S Whitaker

Dr. T Pestrige

#### STRATTON

t: 01288 352133

Dr. G Green-Armytage

Dr. R Shaw

Dr. A. Moss

Dr. S. Partridge

Dr. D. Kandola

Dr. M Higgs

#### HATHERLEIGH

t: 01409 253692

Dr. D Lee

Dr. M Eggleton

#### Managing Partner

Mrs J Wells

#### OPENING TIMES

8:00 to 6pm

Monday to Friday.

### Improved Access Available Now

At Holsworthy we are now offering appointments outside normal surgery hours. The aim of the GP improved access service is to make it easier for people to get an appointment at a time that suits them. This includes early mornings, evenings and alternate Saturday morning appointments.

This new scheme is an extension of the usual GP practice services that patients will be used to—it is **not a walk-in or urgent service**. Patients still need to contact the surgery to make an appointment.

Here at Holsworthy patients will be able to book face to face appointments or telephone appointments with either GP, Practice Nurse or Healthcare Assistants in the evenings or weekends.

8:00am—8:30am Tuesdays and Thursdays

18:00pm—20:00pm Tuesdays and Thursdays

9:00am-12:30pm alternate Saturdays

To arrange an appointment for this service speak to one of the patient service advisors who will be happy to help.



#### Administration Apprentices

##### Vacancies

We are looking for two enthusiastic and motivated Administration Apprentices to assist in all aspects of office administration and reception duties. The successful candidates will study towards an NVQ3 in Business Administration through Exeter College (study will take place at the medical centre). Job description available on request. To apply please visit <https://exeter-college.enrola.co.uk/opportunities>

**Closing date: 31st May 2019**

#### ADVANCED NOTICE OF BANK HOLIDAY CLOSURE

**Monday 6th May & Monday 27th May**

#### OUT OF HOURS

For urgent advice and treatment call NHS 111 on 111.

For emergencies call 999.

## Don't let Hay fever ruin your day

The hay fever season is with us once again and can bring miserable symptoms for a lot of people in the spring and summer months. 1 in 5 people are affected with hay fever in the UK. A pharmacist can help with hay fever, they can give advice and suggest the best treatments like antihistamine drops, tablets or nasal sprays to help with itchy and watery eyes, sneezing and a blocked nose. There are also a lot of things that can be done to manage hay fever at home:

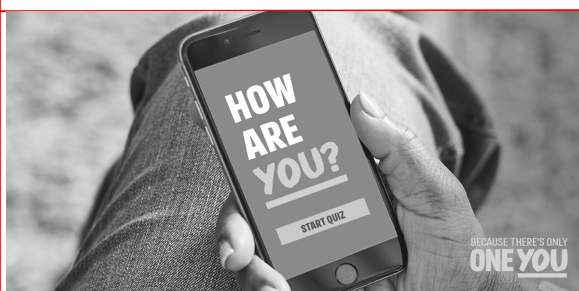
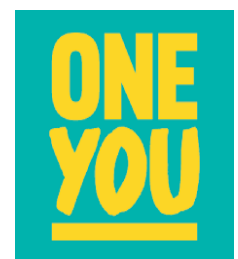
- ◆ Wear wrap-around sunglasses
- ◆ Shower and change your clothes after being outside to wash pollen off
- ◆ Stay indoors whenever possible
- ◆ Keep windows and doors shut as much as possible
- ◆ Vacuum regularly and dust with a damp cloth
- ◆ Use pollen filters for air vents in cars/vans
- ◆ Avoid large grassy areas (especially when they are being cut)
- ◆ don't dry washing outside to avoid pollen sticking to clean clothes



## One You

One You is a nationwide programme that supports adults in making simple changes that can have a big influence on their health. These changes could help prevent diseases such as type 2 diabetes, cancer and heart disease, and reduce our risk of suffering a stroke or living with dementia, disability and frailty in later life. It aims to inform, energise and engage millions of adults, especially those in the 40-60 'mid-life' group to make changes to improve their own health by eating well. Moving more, drinking less and quitting smoking. One You also provides information on free health checks and how people can reduce their stress levels and sleep better.

One You Physical Activity campaign aims to highlight the health and wellbeing benefits of doing at least ten continuous minutes of brisk walking every day. A regular brisk ten minute walk every day can make you feel better in so many ways. It can boost your energy, clear your head and lift your mood. The campaign activity from One You highlights that there is a free 'Active 10' app, that shows users how much brisk walking they are currently doing each day and provides tips and encouragement on how they can fit ten minute bursts of brisk walking, known as Active 10, into their day. Download the app via the One You website, iTunes app store or Google Play store.



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**Email: [D-CCG.HolsworthyMC-Reception@nhs.net](mailto:D-CCG.HolsworthyMC-Reception@nhs.net)**