

Your Doctors

HOLSWORTHY & HATHERLEIGH t: 01409 253692

Dr. Diana Stone
Dr. Harpreet Jones-Pahdi
Dr. Sean Whitaker
Dr. Abi Jones-Pahdi
Dr. Matt Garcia
Dr. Richard Tingay
Dr. Nmeme Ojo
Dr. Paul Wong
Dr. Richard Wilson

STRATTON t: 01288 352133

Dr. Charlie Morwood
Dr. Vic D'Ambrogio
Dr. Viv Gillanders
Dr. John Lamb
Dr. Judy Parsons
Dr. Emma Godson
Dr. Leo Giamvrias
Dr. Mike Trowbridge
Dr. Wisdom Aziegb

OPENING TIMES

Monday to Friday. Please check individual practices for times as times may vary for each site.

EXTENDED ACCESS

Evening and weekend clinics available for pre-booking. Please call your practice to be advised of availability.

TRAINING CLOSURE DATES

We will be closed from 1pm on the following days for full staff training:
Tuesday 16th July and Tuesday 11th September 2024.

Hatherleigh closure: all day 20th June 2024

Please call **111** for medical advice & direction or **999** for life-threatening emergencies when we are closed.

HELLO PRIMARY CARE HUB!

A brand-new Primary Care Hub has been set up at Stratton Hospital to enable you to see a health professional more quickly—available on Wednesdays and Fridays as a trial project until the end of June 2024.

The hubs are offering additional appointments for people with minor illness symptoms, and the staff who work in them will be local Advanced Practitioners and GPs.

The hubs are conveniently located across Cornwall, providing additional health and care services locally. We are really delighted to have one sited so close to our practices.

You can access the hub only through your own GP practice who will advise if the hub is appropriate for you, using a number of eligibility criteria, some of which are:

- You are aged between 2 and 70 (age range set by NHS Cornwall Integrated Care Board)
- You have a single minor ailment: urinary tract infection, a simple skin infection, an acute Ear Nose & Throat (ENT) condition, for example
- You do not have any pre-existing chronic conditions
- You require a face-to-face consultation for medical reasons
- You are registered at any of the practices within the Coast & Country Primary Care Network (Bradworthy, Holsworthy, Hatherleigh, Neetside and Stratton Medical Centres)
- You are able to get to Stratton Hospital

We hope patients will find this a useful addition to services already being offered by our surgery. **Please note that the Hub service works as well as our usual On The Day Teams.**





PRESCRIPTIONS TEAM

With the sudden and completely unexpected closure at the beginning of May of one of our local community pharmacies, our Prescription Team, overseen by Team Leader Sophie Crocker-White, have really proved their mettle. With complete professionalism and patient understanding they have worked tirelessly to ensure that everyone who needed medication got it.

As we currently have no clarity about when Jhoots will be reopening, we will try to assist anyone who usually uses Jhoots to get their regular medication.

FOR THE TIME BEING

** Any new prescriptions normally ordered from Jhoots, will not be allocated to them now, and will go to the NHS Spine. The prescription can, therefore, be collected from ANY pharmacy. As the prescription will need to be retrieved from the NHS Spine, and the medications made up, please be prepared to wait at the pharmacy you choose. It will not be automatically sent to any local pharmacy unless you request it.

** If you have any uncollected prescriptions already ordered through Jhoots before their closure, these will need to be reordered. Please contact us BY EMAIL at rcmg.prescriptions@nhs.net, or by handing in a request note at our reception desks with the medications you require. Please note, we are unable to take prescription requests over the phone.

These measures are hopefully on a temporary basis. Thank you for bearing with us as we try to navigate through a very difficult situation for all.

PHARMACY OPTIONS

The local Boots Pharmacy at Holsworthy are picking up many of the prescriptions normally provided by Jhoots, but to ease some of the pressures now being felt there, due to the sudden increased workload, you may wish to use one of the following pharmacy options temporarily:

AVICENNA PHARMACY: Stratton Medical Centre

BOOTS: 20, Belle Vue, Bude, EX23 8JS

BUDE PHARMACY: 26, Belle Vue, Bude, EX23 8JS

ASDA: Bideford, EX39 3QU

TESCO: Launceston, PL15 9HG

BOOTS: Okehampton, EX20 1HB

Or use **NHS FIND A PHARMACY** online, for other options.

Alternatively you may wish to change to an online pharmacy like **Pharmacy2U** or **LloydsDirect**—other online providers are available. Please contact the Prescriptions Team if you wish to make a change.



We said cheerio and thank you to **Jen Jones**, one of our PCN Mental Health Support Workers at the end of May. Jen has been with our Primary Care network for only a year but has made a real difference to the team and to the people she has been supporting. She will be

much-missed. We wish her all the best as she moves on to pastures new.

We are really pleased to have two new team members joining in June. **Catherine Christian** joins the wonderful team of cleaners on 3rd June and **Emma Whitehouse** starts on 24th June as an Advanced Nurse Practitioner. Lovely to be working with you both this month.

It is with great sadness that we inform you that our wonderful colleague, and brilliant nurse, **Di Goodhead** passed away at the end of May. Di worked at the original Hatherleigh Practice, as well as at the current one, with many patients having benefitted from her excellent nursing care, quiet understanding and gentle listening ear. Despite her illness, Di continued to work until quite recently—a testament to her love of nursing and the community she worked in. As a mark of respect we will be closing Hatherleigh Medical Centre all day on **Thursday 20th June** to allow staff to attend a service of remembrance. We will miss a much-valued colleague and friend. Sending our sincere condolences to her husband and family, and thanking them for allowing us to share this sad news.

We are delighted to say Devon Carers will be offering a pop-up information stand at Holsworthy Medical Centre on **Wednesday 19th June**. They'll be in the waiting room ... waiting for you!



If you look after someone,
who looks after you?

Devon Carers can

A hearty 'thank you' to Mr and Mrs Richardson who have donated a fabulous wheelchair to our Stratton Practice (name used with permission). It will be well-used! Your kindness is really appreciated.



Prescriptions email: rcmg.prescriptions@nhs.net

DIABETES SNIPPETS DIABETES SNIPPETS

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

delivers weight loss

Early outcomes data suggest that **over 50%** of those that start the interventions will:



'HEALTHIER YOU' BUDE WELCOMES DEVON PATIENTS

The NHS diabetes prevention programme - called **Healthier You** - lowers the risk of developing type 2 diabetes by more than a third for those people who complete the sessions. But in rural communities like ours, it's not always easy to find a local group.

The great news is that patients in Devon can join the next group sessions in Bude.

These start on **Thursday 27th June** and will take place in central Bude, from 1pm to 3pm.

The programme runs for 13 sessions over nine months.

So if you're registered with one of our practices, either in Devon or Cornwall, and have one of these conditions:

- pre-diabetes
- impaired glucose tolerance
- past gestational diabetes

we can arrange a referral to that group.

There are also digital / online options, for people who can't attend regular face-to-face sessions.

Please contact our Diabetes Care Coordinator, Rowena, via reception and she'll start your journey for a sensational summer with a Healthier You!

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

We'll help up to **20,000** people to reduce their risk of Type 2 diabetes this year.



Improving diet



Increasing physical activity



Losing weight

Find out more about the Healthier You: NHS Diabetes Prevention Programme online at www.england.nhs.uk/ndpp

Healthier You: NHS Diabetes Prevention Programme

Find out more online at www.england.nhs.uk/ndpp



The majority of Type 2 diabetes cases are related to lifestyle factors, such as body weight, low physical activity and poor diet.

Risk can be lowered significantly by reducing weight and waist size, increasing exercise and eating a healthy balanced diet.



WEBLINKS GOOD WEBSITES WEBLINKS GOOD WEBSITES WEBLINKS

DIABETES UK

<https://www.diabetes.org.uk/>

NHS DIABETES

<https://www.nhs.uk/conditions/diabetes/>

HEALTHIER YOU

<https://preventing-diabetes.co.uk/>

Holsworthy & Hatherleigh email: d-icb.receptionrcmg@nhs.net

CARER'S WEEK 2024

10th to 16th June is Carers' Week, an annual campaign aimed at raising awareness of the work being done by unpaid carers across the UK. The week aims to bring the challenges being faced by those in a caring role to the attention of decision-makers, services, employers, communities, and businesses. As a group of practices, we want to do everything we can to support this campaign.

The theme for 2024 is 'Putting Carers on the Map', which aims to galvanize activity in a general election year, to highlight the increasing pressures carers face and to campaign for much-needed recognition and support.



5.7 million people across the UK care, unpaid, for a friend, neighbour or family member who due to illness, disability, a mental health condition or addiction cannot cope without their support. It is estimated that they save the economy £162 million a year – the equivalent of a second NHS. Yet, many carers feel their role is forgotten and invisible. The challenges carers face may impact on their finances, employment, health and wellbeing and ensuring policymakers and politicians take steps to better support carers' needs. A staggering 82% of carers surveyed by Carers UK said the impact of caring on their physical and mental health would be an issue for them over the coming year, with nearly 60% adding that being valued as a carer would improve their wellbeing.

OUR COMMITMENT TO CARERS

- To identify those people registered at our practices who are carers and offer them support
- To offer annual health checks to carers
- To provide free annual flu vaccinations to registered carers
- To give information, via our social prescribers, about financial, emotional, social and respite support services in the local community
- To help access to domiciliary services (services at home) as appropriate
- To increase awareness of the support available to carers through information available at our practices, on our website and on social media platforms
- To highlight the work of our local carer support agencies: DEVON CARERS and CORNWALL CARERS SERVICE to enable those in an unpaid caring role to access peer and local support groups

CARERS TRUST

<https://carers.org/>

If you are a carer please let us know. We want to be of help.



**THE AUTISM & ADHD ADVOCATES
CIC**



11th June

9.30 am - 2.30 pm

**Tickets
£20**

1 DAY COURSE

Parents/Carers
Unlock Your understanding.

Understanding
ADHD & Autism

Lunch provided

The Parkhouse Centre,
Ergue-Gaberic Way, Bude
EX23 8LD

TEL: 07958496689
sarahjane@autismadhdadvocates.org



**CORNWALL
CARERS SERVICE**
A WHOLE AGE SERVICE

ARE YOU A CARER?
A Carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a condition that affects their mental or physical wellbeing or an addiction cannot manage without their support. Our services include, emotional support, information, advice and guidance, statutory assessment, access to grants, community support, carer specific training and dedicated support for all carers.

**SUPPORT FOR
THOSE WHO
CARE**

SCAN ME

Advice Line:
01736 756655

www.cornwallcarers.org.uk
www.kernowyoungcarers.co.uk

**Devon
Carers**
Just for Carers

If you look after someone,
who looks after you?
Devon Carers can

As an unpaid carer, having the right support at the right time can make a difference to you and the person you care for.
We support unpaid carers to maintain their own health, wellbeing and independence, by providing the information and advice they need in their caring role.

Visit www.devoncarers.org.uk or ring **03456 434 435** to find out more

Stratton email: letters.rcmg-stratton@nhs.net

CARER'S WEEK continued

...offers to Carers

During Carers Week a number of offers are available specifically for unpaid carers to take advantage of, if they wish.

NAVIGATE:

<https://www.navigatecharity.org.uk/>

Navigate will be offering carers access to an online webinar on money matters during Carers Week. The advice projects cover North, Mid and West Devon as well as Torridge.

If you would like access to the carers webinar, please email awareness@devoncarers.org.uk to register your interest, providing your first and last name along with an email address. They will then provide you with a login for use during Carers Week. The webinar will be pre-recorded so you can watch it at your leisure!

DEVON CYCLE HIRE:

<https://devoncyclehire.co.uk/>

Devon Cycle Hire is based at Sourton Down, Okehampton on the stunning Granite Way, Dartmoor. They are offering free one-day cycle hire for unpaid carers and the person they care for during Carers Week. (Pre-booking with Carers Passport / Carers ID is essential and bike hire is subject to availability). Call 01837 861141.



Join us on **Facebook**



Follow us on **X (Twitter)**
@HolsworthyMC1



See our PCN on Insta at
coastandcountrypcn

01736 339220
07775 756454
07435 870587

STILL NEEDING A BOOSTER?

Although we have now completed all the practice-based vaccination clinics, if you are eligible for a spring Covid booster and would still would like to have one, please use the National Booking Service online or call 119 to have your options outlined. Our booking lines have closed.

Although there have been a number of local walk-in vaccination clinics in community venues, these are now finishing, so please do not delay in getting a booking.

Top up+ your immunity this spring

If you're in one of the following groups, you can take up the **spring COVID-19 Booster offer**

- Adults 75 years and over
- People aged 5-74 with a weakened immune system
- Residents in care homes

OUT IN THE COMMUNITY

Holsworthy Monthly Hub

Wednesday 12th June 2024
2.00pm- 4.00pm

Dobles Ln, Holsworthy, Devon EX22 6JQ

FOR PEOPLE LIVING WITH & BEYOND CANCER

support* coffee* help* tea* advice* cake* chat* company



Torrige, North,
Mid & West Devon



*Please pop in and find
out how we can
help you!*

FUTURE DATES:
2.00PM-4.00PM

Wednesday 10th July



For more information

contact Holly or Tara

on 01271 311855 or email

rduh.theferncentre@nhs.net



Men Who Care

4th - 22nd of March

Men Who Care is a campaign
all about identifying unpaid
male carers and the support
available in Cornwall!

Our goal is to show that men can also be
carers and to challenge traditional stereotypes
that are often seen with caring, and that
support exists for male carers.

You can find out more at:

<https://www.cornwallcarers.org.uk/men-who-care>

If you are a male carer, you can fill out our
survey on our website to help us identify male
carers in Cornwall and how we can better
support them.

#MenWhoCareCornwall

HOPE PROGRAMME FOR LONG TERM CONDITIONS

FREE SELF-MANAGEMENT COURSE
HELPING YOU TO TAKE CONTROL AND
MEET OTHERS IN A SIMILAR SITUATION

START DATES

06.06.24

18.07.24

12.09.24

*"It was great to have access to
this course in my own home at
my own pace so I could do as
little or as much as I wanted to
each day."*



**Are you living with a
long term condition
such as diabetes?**

**Do you want to meet others
in a similar situation,
rediscover your strengths
and increase your ability to
cope and live well?**

The Hope Programme has been co-designed with
people living with a long term condition to help
connect socially, reduce isolation and improve
wellbeing.

**This 6 session course is delivered
online via our platform.**

- Available 24/7 on any device
- Sessions released weekly
- No need to be online at a set time
- Learn at a time and pace that suits you
- Remain anonymous
- Post course online community

BOOK NOW
WWW.H4C.ORG.UK/COURSES

EMAIL:
CONTACT@H4C.ORG.UK
OR PHONE: 024 7736 0153



SCAN ME



June is ...



PRIDE MONTH



<https://cornwallpride.org/>

Bude Pride - July 27

The Castle Green, Bude 11am - 6pm