



Ruby Country  
Medical Group

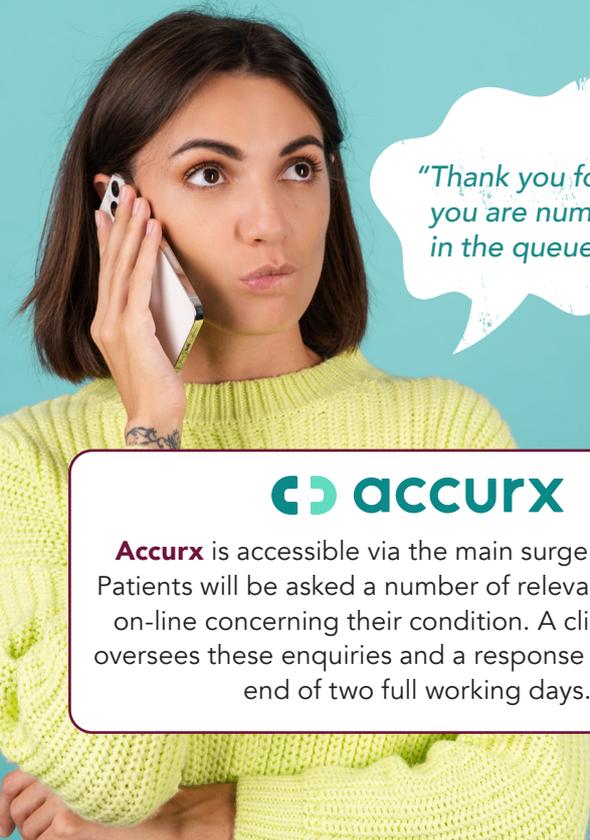
HOLSWORTHY, STRATTON  
& HATHERLEIGH

# RUBY COUNTRY MEDICAL GROUP

HATHERLEIGH STRATTON HOLSWORTHY

Monday to Friday 8am to 6.30pm

Stratton – 01288 352133 | Holsworthy & Hatherleigh – 01409 253692



*"Thank you for holding,  
you are number 10  
in the queue!"*

We are encouraging all patients who are able to use our on-line access points, providing 24/7 access for non-urgent medical conditions and admin enquiries, along with secure access to your own medical information.



**Accurx** is accessible via the main surgery website. Patients will be asked a number of relevant questions on-line concerning their condition. A clinician then oversees these enquiries and a response given by the end of two full working days.



**NHSApp is downloadable free from your App Store which links in Accurx. It offers a complete, personalised medical management system to:**

- book and manage appointments at your GP surgery
- order repeat prescriptions
- get health information and advice
- view your medical record securely

## Self-care

Hangover.  
Cough. Colds.  
Grazes. Small cuts.  
Sore throat.



**Self-care** is the best choice to treat minor illnesses and injuries.

A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.

## Pharmacy

Diarrhoea. Earache.  
Painful cough.  
Sticky eye.  
Teething. Rashes.



**Pharmacists** advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time.

No appointment is needed and most pharmacies have private consulting areas.

## GP

Arthritis. Asthma.  
Back pain.  
Vomiting.  
Stomach ache.



**GPs and nurses** have an excellent understanding of general health issues and can deal with a whole range of health problems.

## Minor Injuries

Cuts. Sprains.  
Strain. Bruises.  
Itchy rash.  
Minor burns.



**Minor Injuries Units, Walk-in Centres and Urgent Care Centres** provide non-urgent services for a range of conditions.

They are usually led by nurses and an appointment is not necessary.

## A&E/999

Severe bleeding.  
Breathing difficulties.  
Severe chest pain.  
Loss of consciousness.



**A&E or 999** are best used in an emergency for serious or life-threatening situations.

## Where to find us

### Stratton Medical Centre

Hospital Road  
Stratton  
Bude  
Cornwall, EX23 9BP

### Holsworthy Medical Centre

Dobles Lane  
Holsworthy, EX22 6GH

### Hatherleigh Medical Centre

The Old Nat West Bank  
Bridge Street  
Hatherleigh, EX20 3HZ

[rubycountrymedicalgroup.co.uk](http://rubycountrymedicalgroup.co.uk)

### Email:

[d-icb.receptionrcmg@nhs.net](mailto:d-icb.receptionrcmg@nhs.net)  
[letters.stratton@nhs.net](mailto:letters.stratton@nhs.net)



Designed by Jenny Ford and  
commissioned by Stratton PPG

## Contact Numbers

### Hospitals

Holsworthy	01409 253424	Dudley Taylor	01288 255165
NDDH	01271 322577	Belle Vue	01288 352000
Derriford	01752 202082		
Stratton	01288 287700	<b>Midwives</b>	
RD&E	01392 411611	Holsworthy	01409 259650
Treliske	01872 250000	Stratton	01288 287731

### Pharmacies

Boots (Hols)	01409 255295	<b>District Nurses</b>	
Lloyds	01409 253461	Holsworthy	01409 255134
Boots Bude	01288 355098	Stratton	01288 287700
		Hatherleigh	01837 658005

**Emergency Dentist Hub** 03330063300

**Adult Social Care Cornwall** 0300 1234 131

**Police** 101 or 999  
Barnstaple 01271 373101  
Bideford 01237 476896

**Samaritans** 116 123