

# October

*Holsworthy, Stratton & Hatherleigh*

NEWSLETTER 10 2024

## 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. Peter Abouelsaad  
Dr. Ebram Zaki  
Dr. Kiman Lally

**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 Aziegbu  
Dr. Richard Wilson

### 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.

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

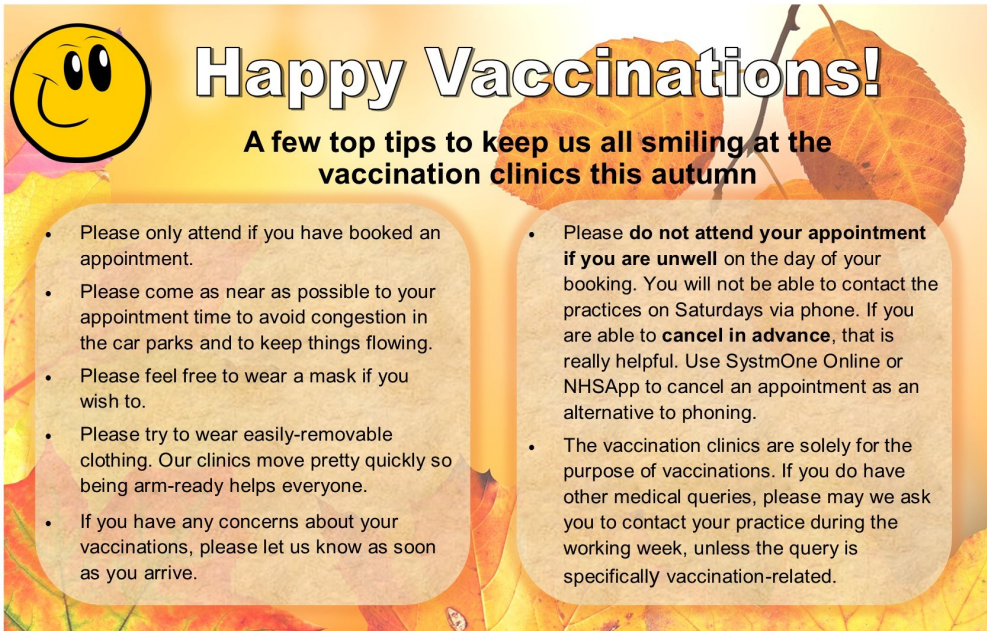
### WINTER CLOSURES AHEAD

**WEDNESDAY 25th DEC.**  
**THURSDAY 26th DEC.**  
**WEDNESDAY 1st JANUARY 2025**



## READY, STEADY, OCTOBER!

With our Flu and Covid Vaccination clinics in full swing throughout October and into November, we thought it might be a good idea to provide a few helpful tips if you're coming into one of the practices for that all-important vaccination. Our clinics are always typified by everyone's good humour and kindness. We've had some great clinics and many staff say they are some of the happiest days of the year. It looks like many of you already know what's what, but, just in case this is your first time, here's how to get the most from your autumn vaccination experience!



### Happy Vaccinations!

A few top tips to keep us all smiling at the vaccination clinics this autumn

- Please only attend if you have booked an appointment.
- Please come as near as possible to your appointment time to avoid congestion in the car parks and to keep things flowing.
- Please feel free to wear a mask if you wish to.
- Please try to wear easily-removable clothing. Our clinics move pretty quickly so being arm-ready helps everyone.
- If you have any concerns about your vaccinations, please let us know as soon as you arrive.
- Please **do not attend your appointment if you are unwell** on the day of your booking. You will not be able to contact the practices on Saturdays via phone. If you are able to **cancel in advance**, that is really helpful. Use SystmOne Online or NHSApp to cancel an appointment as an alternative to phoning.
- The vaccination clinics are solely for the purpose of vaccinations. If you do have other medical queries, please may we ask you to contact your practice during the working week, unless the query is specifically vaccination-related.

Looking forward to seeing you there!

**Saturday 5th October HOLSWORTHY MEDICAL CENTRE - COMPLETED**

**Thursday 10th October HATHERLEIGH MEDICAL CENTRE - COMPLETED**

**Saturday 12th October STRATTON MEDICAL CENTRE - all day**

**Saturday 19th October HOLSWORTHY MEDICAL CENTRE - all day**

**Tuesday 22nd October HATHERLEIGH MEDICAL CENTRE - 1pm to 5pm**

**Thursday 24th October HATHERLEIGH MEDICAL CENTRE - 2pm to 6pm**

**Saturday 26th October STRATTON MEDICAL CENTRE - small clinic**

**Saturday 2nd November HOLSWORTHY MEDICAL CENTRE - (extra clinic)**

**Tuesday 19th November STRATTON MEDICAL CENTRE (extra clinic)**

Please note: you can attend any of the clinics irrespective of which RCMG practice you are registered with.

## THOSE ANNOYING SIDE-EFFECTS?

### Flu vaccine side-effects

Flu vaccines are very safe. All adult flu vaccines are given by injection into the muscle of the upper arm.

Most side effects are mild and only last for a day or so, such as:

- slightly raised temperature
- muscle aches
- sore arm where the needle went in – this is more likely to happen with the vaccine for people aged 65 and over

Try these tips to help reduce the discomfort:

- continue to move your arm regularly
- take a painkiller, such as paracetamol or ibuprofen – some people, including those who are pregnant, should not take ibuprofen unless a doctor recommends it.

### Covid vaccine side-effects

Like all medicines, the COVID-19 vaccines can cause side effects, but not everyone gets them.

Most side effects are mild and should not last longer than a week, such as:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You may also get a high temperature or feel hot or shivery 1 or 2 days after your vaccination. You can take painkillers such as paracetamol if you need to. If your symptoms get worse or you're worried, call 111.

Information from <https://www.nhs.uk/>



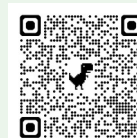
### WHERE ELSE CAN I GO FOR AUTUMN WINTER VACCINATIONS?

**NATIONAL BOOKING SERVICE**  
Call 119

**SOME PHARMACIES**  
Check first

**WALK-IN CLINICS HELD LOCALLY**  
Check our website, we post when we hear

**NATIONAL BOOKING SERVICE ONLINE**





**BOOK ONLINE FOR YOUR ANNUAL FLU VACCINATION**

**USE NHS APP**

GET IT ON Google Play | NHS App | Download on the App Store

If you'd like to be able to use NHS App and need a little help, please feel free to ask us!



Just tap the App

View appointments

**VACCINATION BOOKING LINES: 01409 255224 (HOLS & HATH) or 01288 270342 (STRATTON)**

# APPOINTMENTS made simpler

Over the last 5 years the way people book an appointment at a GP practice has changed phenomenally. It can get very confusing. Here's a very simplified summary of what you can book with our practices. If you are at all unsure what's available, please feel free to ask at any time.

## URGENT APPOINTMENTS

Please call your surgery as early as you can, ideally **before 11:00am**. Use 111 when we are closed or <https://111.nhs.uk/>

## HOME VISITS

Please ring **before 10:30am** if you think you may need a visit at home, so the team can triage your condition appropriately.

## ROUTINE GP APPOINTMENTS

Please call **AFTER 11am** or contact us online via our website:  
[www.rubycountrymedicalgroup.co.uk/appointments](http://www.rubycountrymedicalgroup.co.uk/appointments)

## EARLY MORNING APPOINTMENTS

Available at Holsworthy Medical Centre from 7.40am on some mornings

## EVENING & WEEKEND APPOINTMENTS

There is availability on some weekends and evenings. Please ask on booking if these suit you best.

## CONTACT US ONLINE

For **non-urgent** admin and medical queries. Please note we do have to pause this service at times for operational reasons.

## TELEPHONE APPOINTMENTS

Available if preferred or appropriate. If you are using a mobile phone, please keep your phone on and make sure you have a strong signal.

## CANCELLING APPOINTMENTS

Use SystmOne Online, NHSApp, email or call. There is now a direct option on our telephone system, so **you do not have to wait in a call queue**.

**ONLINE**  
via our website

**IN PERSON**

**BY PHONE**

**999**  
**ALWAYS USE 999 in a life-threatening or limb-threatening emergency**

**STOP TOBER**

**STOP SMOKING AND GOOD THINGS HAPPEN**

You don't need 12 air fresheners

**Commit to quit**



 Let's do this

**STOP TOBER**

**STOP SMOKING AND GOOD THINGS HAPPEN**



Food starts tasting better

**Commit to quit**

 Let's do this

**STOP TOBER**

**STOP SMOKING AND GOOD THINGS HAPPEN**



You get closer to that trip away

**Commit to quit**

 Let's do this

**Stratton email: [letters.rcmg-stratton@nhs.net](mailto:letters.rcmg-stratton@nhs.net)**

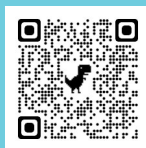


# STOPTOBER ... be a smoke-free zone!



## STOP SMOKING AND GOOD THINGS HAPPEN

Commit to quit



## Quit smoking this Stoptober

When you stop smoking, good things start to happen — you can begin to see almost immediate improvements to your health, as well as your finances.

So this October, join the thousands of smokers committing to quitting. Stop smoking for 28 days and you're 5 times more likely to give up for good.

It's much easier to stop smoking when you get the right support and there are lots of options to choose from.

Check out the free tools, tips and support to help you stay on track by following the link or QR code. Let's do this!

<https://www.nhs.uk/better-health/quit-smoking/>

## But I need more personalised support to keep me on track...



## Smoking Cessation Support

For patients across our network Smoking Cessation Support will now be provided by our regional Healthy Lifestyle providers.

For patients who live in **CORNWALL** please self-refer to "Healthy Cornwall":

Telephone: 01872 324 200

E-Mail: [healthy.cornwall@cornwall.gov.uk](mailto:healthy.cornwall@cornwall.gov.uk)

or online at <https://www.healthycornwall.org.uk/smokefree-cornwall/> by selecting "Make a Change" and filling out the enquiry form.



For patients who live in **DEVON** please self-refer to "StopForLife Devon":

Telephone: 0800 122 3866

E-Mail: [stopforlife.devon@nhs.net](mailto:stopforlife.devon@nhs.net)

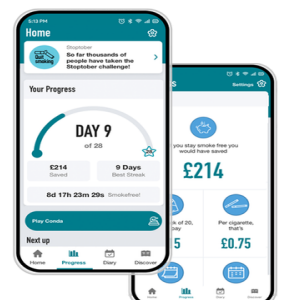
or online at <https://stopforlifedevon.org/>



If you would like more information or advice about ways to QUIT please ask any of the teams at reception.

**THINK ABOUT THE BENEFITS...** It's not just about the money you'll save and have for other things. It's:

- your senses of taste and smell improve
- you start to breathe more easily
- you have more energy
- better blood circulation to your heart and muscles, which will make physical activity easier
- improved lung function, reductions in any cough, wheezing or other breathing problems



**Holsworthy & Hatherleigh email: [d-icb.receptionrcmg@nhs.net](mailto:d-icb.receptionrcmg@nhs.net)**



# STRATTON PRIMARY CARE HUB

## STRATTON HOSPITAL

MONDAYS,  
WEDNESDAYS  
& FRIDAYS

After an initial 2 month trial, the Primary Care Hub at Stratton Hospital will be continuing, enabling you to see a health professional more quickly for some simple minor ailments or conditions.

Contact your own practice to be advised.

**Note: Please do not go to the hub unless you have been given an appointment by your GP surgery.**



COAST & COUNTRY

BRADWORTHY & NEETSIDE SURGERIES,  
HOLSWORTHY, HATHERLEIGH &  
STRATTON MEDICAL CENTRES

Available  
throughout  
autumn &  
winter!



Our Jeans for Genes Days were held on **Monday 16th September** and **Friday 20th September**. The RCMG denim-wearers raised just under £100 to help families affected by life-changing genetic conditions. Great work Team Jeans.

<https://www.jeansforgenes.org/>

Cups were a-clinking and crumbs a-falling on **Friday 27th September** during our ALL DAY Macmillan Coffee Morning.

Fundraiser Zoe, is still getting the figure raised for Macmillan Cancer Support verified.

Calculators are still whirring! As a cause close to many of the RCMG team's heart, Zoe has already mentioned it's a 'very respectable sum'. Photos are still being authorised ... appearing on the socials soon!

**MACMILLAN  
CANCER SUPPORT**  
RIGHT THERE WITH YOU



A very warm welcome to **Robert Tidmarsh** who takes over as Clinical Administration Team Leader from **Lisa Sluggett**. Robert brings with him a lot of secondary care experience so we're delighted to have him as part of the RCMG team.

Sad farewells but lots of good lucks go to **Danielle Tiplady**, one of our marvellous Advanced Nurse Practitioners. Danielle will be taking up a new role as an ANP in Plymouth. Good luck in all you do, Danielle



**Lisa Sluggett**, our brilliant Clinical Admin Team Leader, will be leaving us soon. Lisa has been with us for many years and has made firm friends throughout the team. A huge thank you for all she has done whilst she has been with us, and we send every good wish to her for next adventures.

We also say cheerio to Mental Health Practitioner, **Tracey Weymouth** who has been with our Primary Care Network since April 2021. Along with Philippa, Tracey set up the Mental Health Practitioner service across the five network practices. Many people will have benefited from Tracey's gentle, understanding manner and professional expertise. She has been a marvel to work with, an utterly inspirational colleague, as well as a downright excellent human being. We wish her all the very best for the future and thank her for all she has achieved whilst with us, in her work and as a friend to so many.

THANK  
YOU



Join us on **Facebook**



Follow us on **X (Twitter)**

@HolsworthyMC1



See our PCN on Insta at  
**coastandcountrypcn**

**Prescriptions email: [rcmg.prescriptions@nhs.net](mailto:rcmg.prescriptions@nhs.net)**



# OUT IN THE COMMUNITY

## Holsworthy Memorial Hall COFFEE MORNING

All welcome!

On **October 9th, 16th, 23rd, and 6th and 13th November**  
Denise from TTVS will be available from 09:30 onwards to  
discuss:

### TTVS Financial Inclusion

Are you:

Living in Torridge? Struggling financially? Living with a long  
term health condition? State pension age or over?

We may be able to help you.

Our **FREE** service helps people of state pension age and over  
living in the Torridge area.

Our highly trained members of staff or volunteers can offer  
and support with:

- Information on the types of benefits available to you (this could include Attendance Allowance, Pension Credit, Blue Badges, Council Tax reduction, Disability Living Allowance/PIP and housing benefit).
- Support with completing and submitting application forms.
- Information on where to access debt management advice.
- Help with grant applications for equipment.

**For for any questions / more information please contact:**

☎ **01237 459337 / 01237 420130** ☎

Or email:

✉ **financialinclusiontorridge@ttvs.org.uk** ✉

🌐 [www.torridgecvs.org.uk/financial-inclusion](http://www.torridgecvs.org.uk/financial-inclusion) 🌐

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DIGITAL AWARENESS WEEK

## TECHIE TEA PARTY TECHNOLOGY FOR BEGINNERS

JOIN US FOR FREE  
TRAINING &  
WORKSHOPS ON:

- Familiarisation with technology.
- How to use smart phones.
- How to access useful apps like the NHS app.
- Presentation & discussion about internet uses.
- Find out about Digital Devon and how you can access free IT support
- Introduction to free short courses & qualifications.



THE MANOR SUITE, HOLSWORTHY MEMORIAL HALL,  
HOLSWORTHY

2-4PM FRIDAY 18TH OCTOBER

## OCTOBER

AT THE PEARL EXCHANGE

BOOK  
HERE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2 FREE SPACE 10-4PM OPEN MIC 6-8PM	3 DJ EXCHANGE 6-8PM	4 ARTY FRIDAY: ANYTHING GOES 2-5PM	5	6 EASY SUNDAY 10-2PM
7 COLD WATER DIP 9-10:30AM YOGA 10:30-12PM 12:30-2PM	8	9 FREE SPACE 10-4PM BOOK CLUB 6-8PM	10	11 ARTY FRIDAY: SCREEN PRINTING 2-5PM	12	13
14 YOGA 4:30-6PM 6:30-8PM	15	16 FREE SPACE 10-4PM	17 DJ EXCHANGE 6-8PM	18 ARTY FRIDAY: ANYTHING GOES 2-5PM	19 ENOUGH STUFF TAKEOVER 1-5PM	20
21 YOGA 4:30-6PM 6:30-8PM	22	23 FREE SPACE 10-4PM	24	25 ARTY FRIDAY: MAKING CUSHIONS 2-5PM	26	27
28 YOGA 4:30-6PM 6:30-8PM	29	30 FREE SPACE 10-4PM	31 DJ EXCHANGE 6-8PM			

[www.thepearlexchange.org.uk](http://www.thepearlexchange.org.uk)

Registered Charity No: 1203240



## BUDE PAIN CAFE

A well-being space to learn to live well with pain

Berries Community Cafe, adjacent to Berries Avenue  
EX23 8QE

Thursday 10th Oct - 10am-12pm

Thursday 14th Nov - 10am -12pm

Thursday 12th Dec - 10am -12pm

Thursday 9th Jan 25 - 10am -12pm

Thursday 13th Feb 25 - 10am -12pm

IMPROVING HEALTH AND WELLBEING IN THE BUDE AREA

Monthly relaxation session. Refreshments provided.

Booking not required. Contact us if you would like more details

For more details contact Stuart -

[socialprescribing.pcnhbsvenhs.net](mailto:socialprescribing.pcnhbsvenhs.net)

Visit our website here - <https://pain.cafe/>

Visit our facebook page [here](#).

