



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. Dhruv Dutt
- Dr. Oliver Tivey
- Dr. Afnan Randhawa

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 Aziegbé
- 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.

FESTIVE CLOSURES AHEAD

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



Navigating appointment options

With winter pressures already upon us and a strain on existing services being felt, accessing appointments and services appropriately is paramount: the right service, for the right person, at the right time. Please consider these options

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.

ROUTINE GP APPOINTMENTS

Please contact us **AFTER 11am**. Some appointments may be available using NHSApp or SystmOne Online.

EARLY MORNING APPOINTMENTS

Available at Holsworthy Medical Centre from 7.40am on some mornings.

EVENINGS & WEEKENDS

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 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 a direct option on our telephone system, so **you do not have to wait in a call queue**.

ONLINE

IN PERSON

BY PHONE

ALWAYS USE 999 in a life-threatening emergency.



**Choose the
right service**



Help us help you

Wishing all our patients and their families a happy, healthy and peaceful festive season and New Year.



12 DIPS OF CHRISTMAS CHALLENGE

GOOD LUCK DEBBIE



STAY CALM AND SWIM ON!

Our fantastic HCA and Frailty Coordinator, Debbie Gardner, will be showing just how fantastic she really is by doing the '12 Dips of Christmas Challenge' this December - taking the plunge 12 times to raise vital funds for Cancer Research UK. Who knows ... you may see her in her bobble hat at a beach near you!
Good luck Debbie!

Have a look at what she's doing on her giving page here:

<https://fundraise.cancerresearchuk.org/page/debbies-giving-page-19103678556459>



See what the 12 Dips of Christmas Challenge is all about here:

<https://www.cancerresearchuk.org/get-involved/find-an-event/12-dips-of-christmas-challenge>



As part of our training responsibility towards new doctors, we will be hosting 2 newly qualified doctors at Holsworthy MC: **Dr Oliver Tivey** & **Dr Afnan Randhawa** will be starting with us on Wednesday 4th December. Once their induction programmes are complete, they will be available to patients as part of the clinical team.

This means that sadly, **Dr Kiman Lally**, our current F2 doctor, who has been with us since August, will be finishing her time with us on 3rd December and moving on to her next training rotation. We take this opportunity, before she leaves, to say a huge thank you for being such a fabulous person to work with. Wishing Kiman all the very best for the future!

And yes, we can confirm that this year Prince Charming is being played by one of our brilliant GP Assistants, **Beth Lock!** Oh yes they are!

Holsworthy Amateur Theatrical Society presents

Cinderella

Mon 3rd - Sat 15th
February 2025

7.30pm (doors open 7pm)
 2.30pm Saturday matinee (doors open 2pm)



Tickets (£12/10) available online from www.holsworthytheatre.co.uk from Saturday 2nd November 2024.
 HATS BOX OFFICE OPEN 2nd November 2024, 10am-2pm. 01409 253826 and then every Saturday, 10am-2pm from January 11th 2025
 Ticketsource telephone booking: 0333 666 3365. Mon-Fri 9am-7.30pm and Sat 9am-5pm. (Calls charged at local rate)

Holsworthy Theatre, Bodmin Street, Holsworthy, EX22 6BH. Charity Number: 1110237



Join us on **Facebook**



Follow us on **X (Twitter)**

@HolsworthyMC1



See our PCN on Insta at **coastandcountrypcn**

NHS

Be kind to yourself if you are grieving

CRUSE NATIONAL HELPLINE

0808 808 1677

Cruse Bereavement Care

MONDAY	09:30 - 17:00
TUESDAY	09:30 - 20:00
WEDNESDAY	09:30 - 20:00
THURSDAY	09:30 - 20:00
FRIDAY	09:30 - 17:00

Prescriptions email: rcmg.prescriptions@nhs.net

When we are closed

Feeling unwell? Choose the right service

Service	Conditions
Self-care	Hangover. Grazed knee. Sore throat. Cough.
NHS 111	Unsure? Confused? Need help?
Pharmacist	Diarrhoea. Runny Nose. Painful cough. Headache.
GP (Doctor)	Unwell. Vomiting. Ear pain. Back ache.
NHS Walk-in Services	If you cannot get to the GP and it is not getting any better.
A&E or 999	Choking. Severe bleeding. Chest pain. Blacking out.

Being unwell is always very unpleasant, no matter when that is. But if you're unwell during a weekend, on a Bank Holiday or through the festive period, that can be doubly difficult.

There are now lots of services available, so knowing where to go for what ailment when we are closed is important.

Useful links:

FIND A PHARMACY: <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy/>

NHS 111: <https://111.nhs.uk/>

NHS App: <https://www.nhs.uk/nhs-app/>

Useful urgent mental health numbers:

- ** Samaritans 116 123 (free from mobile or landline)
- ** SHOUT - 24/7 text service - (Text Shout to 85258)
- ** SANE 4.30pm-10.30pm - 0300 304 7000
- ** Papyrus - for young adults 0800 068 4141
- ** Campaign against living miserably (CALM) for men – 0800 58 58 58
- ** Childline – 0800 1111

PHARMACY FIRST
services available without a prescription

For patients in eligible age ranges

Earache 1 to 17 years	Sinusitis 12 years and over
Impetigo 1 year and over	Sore throat 5 years and over
Infected insect bites 1 year and over	Uncomplicated urinary tract infections Women 16-64 years
Shingles 18 years and over	

"I'm in safe hands and can check children's symptoms on the go."

Jane

We will be closed for the Christmas and new year break on:

Wednesday 25th & Thursday 26th December, as well as on Wednesday 1st January 2025.

Please use the main RCMG website for options, if you need medical advice when we are closed.

Always call 999 in a life-threatening emergency.

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

HAND, FOOT & MOUTH INFECTIONS

Our clinicians are seeing an increased number of 'hand, foot and mouth disease' infections at the moment. Hand, foot and mouth disease is a common childhood illness that can also affect adults. It usually gets better on its own in 7 to 10 days.

Hand, foot and mouth disease is not the same as foot and mouth disease that affects farm animals.

The 1st symptoms of hand, foot and mouth disease can be:

- a sore throat
- a high temperature
- not wanting to eat

The 2nd stage usually starts a few days later and symptoms may include:

- mouth ulcers, which can be painful
- a raised rash of spots on the hands and feet, and sometimes the groin area and bottom -the rash of spots can look pink, red, or darker than the surrounding skin, depending on your skin tone.

The spots can turn into blisters, which might be grey or lighter than surrounding skin and can be painful. Symptoms are usually mild and are the same in adults and children.

How to treat hand, foot and mouth disease yourself

Hand, foot and mouth disease usually gets better on its own in 7 to 10 days. You cannot take antibiotics or other medicines to cure it.

To help the symptoms:

- drink cool fluids to soothe the mouth and prevent dehydration (but avoid acidic drinks, eg. fruit juice)
- eat soft foods like yoghurt and avoid hot, salty and spicy foods
- take paracetamol or ibuprofen (if you are able) to help ease a sore mouth or throat

A pharmacist can help with hand, foot and mouth disease. Ask a pharmacist for advice about treatments, as mouth ulcer gels, sprays and mouthwashes, to relieve pain. They can tell you which ones are suitable for children.

(all medical information from NHS website)

Please check the full NHS information at: <https://www.nhs.uk/conditions/hand-foot-mouth-disease/>



NHS

Not sure what to do when your child is unwell?

Download the free **HANDi Paediatric** app and get expert advice, support and guidance for common childhood illnesses.

Search "HANDi Paediatric"

Download on the App Store | Get it on Google Play

See a GP if:

- symptoms of hand, foot and mouth disease do not improve after 7 to 10 days
- you're pregnant and get hand, foot and mouth disease

Hand, foot and mouth disease can be spread to other people.

Check with your GP surgery before going. They may suggest a phone consultation.

Ask for an urgent GP appointment or get help from NHS 111 if:

- you or your child has a very high temperature, or feel hot and shivery
- you're worried about your child's hand, foot and mouth disease symptoms
- your child has hand, foot and mouth disease and is peeing less than usual (they may be becoming dehydrated)

You can call 111 or [get help from 111 online](#).

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

How to support a person with dementia at Christmas

There is always so much to consider at Christmas, and that's especially true for carers.

With help from the their online community at Talking Point, Alzheimer's UK have compiled a few tips to help those with dementia, or those in a caring role, to get the most out of the festive season.

1. **Put decorations up gradually** Introduce the Christmas environment bit by bit, rather than all at once
2. **Keep it simple and familiar** Someone with dementia may feel overwhelmed over the Christmas period, so it's best not to overdo it. Keeping the day's activities low-key will help your loved one to relax. Sticking to a familiar routine is also a good idea where possible. Having meals at regular times and in familiar surroundings will help to limit any potential confusion.
3. **Get everyone involved** There are many ways to involve people living with dementia at Christmas time – from something as simple as hanging a bauble on the tree to doing a spot of Christmas shopping. The important thing is that they feel included.
4. **Create a quiet room/space** A large number of guests can be overwhelming, so ask family and friends to spread out their visits over the festive period. If things do get busy, designate one room in your house a 'quiet room' where your loved one can relax without loud noise.
5. **Bring back old memories** Whether it's an old song they used to enjoy or a classic Christmas film, find something fun you can take part in. Making a family photo album or memory box could be a nice way to spend time together.
6. **Be mindful of food** Although many people eat a lot at Christmas, a full plate can be daunting for someone who has difficulties eating. If you're doing the serving, try not to overload your loved one's plate.
7. **Be flexible** It's easy to get caught up in Christmas traditions, but your festive season might begin to look different as dementia progresses. It's always worth having a plan B, and be prepared to change your plans if a particular element isn't working.
8. **Plan ahead** If the person with dementia is living in a care home, it can be helpful to ask the home in advance what their plans are for Christmas Day.



CORNWALL CARERS SERVICE

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

Tel: 01736 756655

DEVON CARERS

<https://devoncarers.org.uk/>

Helpline: 03456 434 435

ALZHEIMERS UK

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

Helpline: 0333 1503456

OUT IN THE COMMUNITY

GRAB YOURSELF A MINI HEALTH CHECK



- BLOOD PRESSURE CHECK
- BLOOD SUGAR TEST
- HEIGHT
- WEIGHT
- CHOLESTEROL TEST



KNOW YOUR NUMBERS!

Coast & Country Primary Care Network healthcare staff are at
HOLSWORTHY LIVESTOCK MARKET, COWSHED CAFÉ
on WEDNESDAY

18th December 2024, 22nd January, and 19th February 2025.
We're New Year ready!

Healthcare where YOU are!



**AMAZING
VALUE**
**OPEN FOR
EVERYONE**

Each bag costs £5 and has a minimum value of £15

Holsworthy Food Hub is open every Friday 1pm – 2pm
at

**Holsworthy Methodist Church Hall, Bodmin Street,
from 1-2pm on Fridays**

- Buy £15* worth of food for £5, aimed at people who are on a low income or struggling financially, to help them stretch their budgets. You might have a big bill come in and just want to use the hub for a short time. There is just a simple form to complete and no referral needed. Friendly help is on offer from a lovely team of kind volunteers.
- Choose your items from a wide selection like in a normal shop/supermarket
- You can pop in and out quickly to do your shop or stay for a cup of coffee. Free refreshments, friendly market / cafe atmosphere
- Children are welcome but we can't have dogs - sorry.
- If there are 4 or more people in your household, you can buy two bags.

Please email: holsworthyfoodhub@gmail.com if you have any questions.
Find us on Facebook 'Holsworthy Food Hub'
holsworthyfoodhub@gmail.com

Please come and visit us – we would love to see you !



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.pcnhbsv@nhs.net

Visit our website here - https://pain_cafe/
Visit our facebook page here



**Military Veterans – We
need you!!**

Berries Community Cafe – Bude
2nd Thursday of each Month
12:30 - 14:30

Whatever your circumstances come along, meet new
friends, have a brew and banter with like-minded people and
find out more about our Community Engagement Project.

Give us a call or text on 07435 567525 or
email info@opkernow.co.uk for more info!

