

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. 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 Aziegbe
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.

TRAINING AFTERNOON CLOSURE AHEAD

TUESDAY 11th March 2025

SUPPORTING YOU THROUGH CHALLENGING TIMES From our Practice Manager...

Dear Patients,

The NHS is currently facing unprecedented challenges, including rising patient demand, workforce shortages, and financial pressures, but we want to reassure you that our commitment to your health and well-being remains our top priority.

We are dedicated to adapting and innovating to ensure you receive the support you need. By working as part of a Primary Care Network (PCN) and alongside secondary services, we are wrapping care around you, the patient, to provide more holistic and accessible services.

Our PCN brings together a group of local practices to provide enhanced and more joined-up care for patients across a wider area. We expand on this by involving other health, social care, and voluntary organisations to address a wide range of needs. This means we can:

- Provide a multidisciplinary approach: by involving a wider range of professionals such as clinical pharmacists, paramedics, mental health workers, and social prescribers, we can offer a broader spectrum of care tailored to specific needs.
- Wrap care around our patients: our focus is on understanding the bigger picture of your health and life circumstances. This allows us to offer care that addresses not just medical conditions but also social and emotional factors, providing a more holistic (whole-person) approach.
- Improve access to services: with extended hours, shared resources, and online consultations, we are working to make it easier for you to get the care you need when you need it.
- Support prevention and early Intervention: from proactive health checks to mental health support and social prescribing, we aim to catch potential health issues early and guide you to the right resources and support spaces.
- Provide personalised care plans: for those with long-term conditions or complex needs, our multidisciplinary team will be working together to create a care plan that is tailored to you, ensuring all aspects of your health are considered.
- Community support: through our PCN, we can connect you to local services, such as community groups, housing support, or even exercise programs, helping you live a healthier and more fulfilling life.
- Reducing hospital admissions: by offering proactive and joined-up care in the community, we aim to reduce the need for emergency hospital visits and ensure you can, if you are able, to manage your health effectively at home.

Looking Ahead Together

We know that waiting times and appointment availability can sometimes be frustrating, and we are listening to your concerns. By working as part of a PCN Network, we are constantly seeking ways to improve.

Your health is our shared goal, and by strengthening the ties between health and community services, we can offer care that is more comprehensive, compassionate, and responsive.

Thank you for your continued trust and support. Together, as patients, healthcare teams, and the wider community, we can navigate these challenges and build a stronger, more resilient NHS for the future.

Lesley Source, RCMG Practice Manager, January 2025





Don't wait to be called in ...

POP INTO THE POD

BEFORE YOUR APPOINTMENT

CHECK:

- Blood Pressure
- Height
- Weight
- Health questionnaires

RESULTS STRAIGHT TO YOUR RECORD

IF YOU NEED HELP USING THE EQUIPMENT, PLEASE ASK AT RECEPTION. HAPPY TO HELP!

Make it part of your regular health routine.



A few fond farewells over the December period to let you know about and one arrival.

Olivia Burnside left our Secretarial team at the end of 2024, as well as **Dr Eleanor Mountstephens**, a GP who has been working only remotely, not in-practice.

Another December goodbye also goes to **Robert Tidmarsh** who stepped in briefly as Clinical Admin Team Leader. Happily we are, saying hello and high-five to **Jessica Lewis**, who will be taking on this role in January. We wish Jessica all the best and look forward to working with her.

And finally... goodest of good luck to our very own **Beth Lock** as she steps out next month as Principal Person, playing Prince Charming in the Holsworthy Amateur Dramatic Society's panto *Cinderella*. Guaranteed to boost your mood!

We want to encourage everyone to use the Health Pods we now have at Stratton and Holsworthy Medical Centres.

Using the pod means that you can give us essential health information (blood pressure, weight, height etc. & health questionnaires) about yourself at a time to suit you: when you are collecting medication, or coming in for an appointment for example, without needing to book. Come in a few minutes early and get a quick check ahead of your appointment.

The Pod at Stratton is in the main waiting room on the left as you go in; the Pod at Holsworthy is in a little room to the left of the check-in screen, opposite reception.

If you are unsure about using the equipment, or would like someone to help you, please ask. The team will be happy to help.

By getting these important health markers onto your record you could save time during an appointment, help preventable health conditions be detected at early stage, or stop existing health conditions deteriorating. And your GP will love it!

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Help needed
in BUDE

Would you like to help make a difference in your local community in 2025?

We are looking for volunteers to take the Parkinson's UK Bude Support Group forwards with an exciting relaunch.

You will help facilitate a friendly and informal social get together and support group that meet monthly. The group provides peer support for people affected by Parkinson's including their families and carers.

Kate 07955 269 718
kperry@parkinsons.org.uk



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**

Prescriptions email: rcmg.prescriptions@nhs.net

HATHERLEIGH IN THE SPOTLIGHT



Hatherleigh Medical Centre opened its doors in the Old Nat West Bank in December 2018 as part of Ruby Country Medical Centre.

Since then its patient population has grown significantly with additional housing in the town. And yet, despite many staff changes in the last 6 years, the Medical Centre has continued to provide excellent primary care and in-house dispensing services to its patients. Anyone spending any time there will see a friendly, experienced, committed staff working closely as a team, supporting patients and each other in an inspirational way.

Operations Manager, Jane Lake, who has been with the practice from its first day, says she is hugely proud of the team there. "We've been through a lot of challenges over the years, especially losing [having passed away] people from the team we really cared about and wish were still with us. It's made us close." There's an evident friendly family feel to the practice, with reception and dispensing staff knowing most patients by name—one of the benefits of a smaller practice.

The dispensary is definitely at the heart of the practice. Whilst most GP clinics are held in the morning, with RCMG Partner GPs in attendance as well as other clinicians, the dispensary is open throughout the day, apart from between 1pm and 2pm, when staff take a break. Jane reports that the number of people now having items dispensed regularly to them has almost doubled in the last 6 years. "It's always VERY busy, and the work requires precision and concentration. You can't be casual about medication."

In the last year, two of the new Hatherleigh staff—Tia and Roxana (at reception below)—have successfully completed their dispensary qualifications to enable them to dispense independently. Help is never far away, however. With a two-stage checking policy there are always plenty of checks and balances in place. "It's the only way to work safely," says Jane.

In this pool of new and well-practiced in-house experience, are there any medication nuggets to pass on to patients? Oh yes! Always feel free to talk to the team at Hatherleigh with any medication queries, and if they don't know the answer, they always have our network's Clinical Pharmacists to ask. Here's just a few well-chosen dispensing nuggets:

** Only order what you need. Ordering just because an item is on the list, unless it is wanted, leads to medicines waste.

** Try to remember to check your medication before you leave the building. Once medication leaves the practice, it cannot be re-used and has to be securely destroyed.

** The Dispensary is able to take back any medication, irrespective of where it was dispensed, and including unwanted over-the-counter medication. This can be destroyed safely, adhering to necessary medical and environmental guidelines. Please don't put medication in the household waste or down the toilet or drain.

** Please ensure your exemption or pre-payment certificates are always kept up-to-date. Fines by NHS England's Business Services Authority may apply, if you don't! We wouldn't want that. Please check our RCMG website PRESCRIPTIONS section for all details.



Thank you
Hatherleigh
team!

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

WINTER WELLBEING

by Louise, PCN Social Prescriber

As we head deeper into winter, many people struggle with the seemingly endless cold weather, and days where it feels the sun forgets to rise. Here are some tips that may help to stave off those winter blues and stick to your goals.

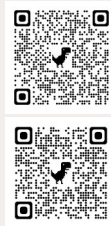
Connect with your body and nature

Stay Active – aim for 20-30 minutes every day. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier. It can be as simple as a walk in your lunch break and doesn't mean having to go to a gym or participate in a sport.

Check out the following links:

<https://www.csp.org.uk/public-patient/keeping-active-and-healthy/love-activity-hate-exercise-campaign>

NHS website also has some home workout videos which are just 10 minutes long. Home workout videos-NHS (www.nhs.uk)



If you work from home, you can still commute to your desk by taking a short walk around the block first. Getting fresh air has health benefits for both the mind and body and more oxygen results in greater brain function, improved concentration and greater energy. In addition, venturing outdoors helps you to produce Vitamin D from the sun vital for our bone and muscle health.

Arranging to meet with a friend to go for a walk, can often help you to stay motivated. Think about a group of you setting up a challenge over 12 months or joining an online challenge for charity—there are often 'walking for health' challenges being set up. Look out for winter wellbeing walks.

You can exercise indoors for free too - from hula hooping to dancing to your favourite music, following exercises online. If you have a health condition check with your GP before taking up any new exercise programme. It doesn't have to be formal exercise, doing a spring clean, pottering around the house all help.

Eat healthy and drink in moderation—healthy winter meals such as stews, soups, curries and casseroles, ensure you get plenty of fruit and vegetables to support your immune system. Porridge with fruit and stewed fruit are all good options. Remember frozen fruit and vegetables are just as healthy, and often cheaper.

Bake healthier treats if you tend to snack during the winter and preparing meals in advance can often help, as well as batch cooking.

REMEMBER: You are what you eat – eating lots of the wrong foods may very definitely affect mood negatively.

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

Your Mental Health

Take time out every day to focus on yourself. Remember that you matter.

Talking and socialising – helps a lot of people; sharing troubles can help keep things in perspective. Listening to and supporting friends can help get “outside of yourself”.

If you feel lonely, maybe try to make friends with a neighbour, volunteer for a charity, or join local groups in your area. Learning something new or keeping our minds active with quizzes and cross-words. Looking after indoor plants may even help to raise your mood levels.

Daily affirmations – take time out of every day to say something positive about yourself out loud. This can help us feel more confident and comfortable in our own skin. It can help us to move away from that critical self-talk.

Social Media – comparison is the thief of joy. If you are having a low day, take some time away from social media.

No matter how many self-care tips you read, if you don't spend the time focusing on what it means to you, you'll never get the relaxation you crave.

Whatever it is, mark out time on your calendar each day, even if it's only 5 minutes, to focus on yourself.

Your Physical Health

- Keep warm and try to keep your heating at 18°C (living rooms) and 16°C (bedrooms).
- Keep moving regularly to help to stay warm.
- Have regular hot meal and drinks.
- Protect yourself against infections: ensure you have had your flu, Covid, RSV, shingles and other vaccinations, once you are eligible.
- Call your local Council for advice on grants and ways to stay warm for less.
Cornwall: 0800 954 1956
Devon: 0345 155 1015
- Join the Priority Services Register with your service provider (water, gas, electricity) if you are eligible.
- Insulate and draught-proof your home to keep the warmth in. Your Council may be able to help with this.
- Get a free home fire-safety check:
Cornwall: 0800 358 1999
Devon: 0800 050 2999 (if urgent)
- Check and service your boiler at least annually to ensure it is working efficiently.

Where to go for warmth

With heating costs being a considerable part of most people's budgets, it can be helpful to go out to find safe, warm spaces locally. Avoid being cold, if you can. Here are a few local options. Please check each venue for activities and opening times.

LIBRARIES	HOLSWORTHY BUDE LAUNCESTON OKEHAMPTON	With Community Fridge With Community Larder Lots of activities throughout the week and some Saturdays.
COMMUNITY VENUES	OKEHAMPTON OKEHAMPTON BUDE BUDE	Wellbeing Café, St James' Street Ockment Centre, North Street Berries Community Café, Berries Av. Neetside Community Centre, Leven Rd.
CHURCH SETTINGS	HOLSWORTHY BUDE BRADWORTHY	Methodist Church, Bodmin Street Neetside Methodist Church Hall St John Baptist Church, Bradworthy—safe space. Call Rectory on 01409 251015.



OUT IN THE COMMUNITY



RECYCLED CHINA
WORKSHOP

MOSAICS

(materials are
provided)

Join us on

THURSDAY

16TH JAN 2025

10AM - 1PM

MOON HARE STUDIO

(Holsworthy, EX22 6HL)

Experience the art of picassiette-style mosaic making with Adela. Learn how to utilize tools to cut and shape pieces of old china and ceramic dinnerware to create stunning art.

Booking is essential as places are limited.



RESERVE YOUR PLACE NOW



Creative
Lives

Contact: 07708471705
alisons@ttvs.org.uk

step into wellness

A FREE wellbeing coaching programme for adults, that's designed around you!

A fun and unique approach to improving your Mental, Physical and Emotional Wellness.

7 weekly sessions for over 18's

Starting Monday 13th

January 2025

2-3pm via Zoom

To book your place & start your wellness journey call us on

01872 266383

Or email: stepintowellness@ageukcornwall.org.uk and a member of our team will call you back.

Live better at every age!

01872 266383 | stepintowellness@ageukcornwall.org.uk



Coffee Room Crafters



Join Our Coffee Room Crafting Peer Support Group

Thursdays 10-12.30 in the Youth & Community Centre, Sanders Lane, Holsworthy

step into wellness

A FREE wellbeing coaching programme for adults, that's designed around you!

A fun and unique approach to improving your Mental, Physical and Emotional Wellness.

7 weekly sessions for over 18's

Monday 3rd February - 10th March

10.30 - 12.00 Berries Community Cafe, Bude. EX23 8QE

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01872 266383

Or email: stepintowellness@ageukcornwall.org.uk and a member of our team will call you back.

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