

# March

*Holsworthy, Stratton & Hatherleigh*

NEWSLETTER 3 2025

## 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 Aziegbé  
Dr. Richard Wilson  
Dr. Rebekah Gibbons

### **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**

**TUESDAY 11th March 2025**

## **WE ARE LISTENING ...**

Following on from the difficult announcement regarding the changing situation in North Devon around bloods requested by hospitals from 1st April 2025, we want to reassure our patients that we are listening to all your concerns. We apologise for the upset and uncertainty it is causing. We understand and share many of your frustrations.

Along with many North Devon practices and their Management teams, our Practice Manager and Partners, continue to talk with NHS Devon Integrated Care Board and Hospital Trusts, in the hope that a reasonable and workable solution can be found, so that our Devon patients do not have to travel long distances for hospital-requested blood tests, and so that existing Primary Care services are not affected. Sadly, we have been very disappointed in their response so far.

Our practice is funded to provide core primary care services, including GP-ordered blood tests. However, hospital consultants and specialist teams often request additional blood tests that should be arranged within hospital services. Unfortunately, these tests are not adequately funded for Primary Care to complete, meaning GP surgeries do not receive the necessary financial support to continue to provide them.

Many patients are asking what bloods tests are unaffected. As a practice we will still be providing:

- Any test requested by your own GP.
- All tests to support managing long term conditions (diabetes, hypertension, mental health, heart disease, heart failure, Peripheral arterial disease, rheumatoid arthritis, respiratory illness, liver disease, kidney disease, stroke)
- Any test that is required to follow-up a patient after an NHS 111 or A&E attendance.
- Medication monitoring bloods.
- All Rheumatology/DMARD shared care bloods

While we, as a practice, have little influence over the NHS Devon ICB and Trust's funding decisions, your voice as a patient is incredibly powerful in driving change. We strongly encourage you to raise your concerns directly with the hospital department managing your care or with the Integrated Care Board at:

**Email:** [d-icb.patientexperience@nhs.net](mailto:d-icb.patientexperience@nhs.net)

**Phone:** 0300 123 1672

Please note, as our Stratton practice is in Cornwall, and services commissioned differently through NHS Cornwall and Isles of Scilly Integrated Care Board, their hospital blood services are unaffected.

We will continue to keep you updated via our website and other platforms, if anything changes.



## Just a polite reminder..

Our Patient Services Teams work extremely hard throughout the working day trying to ensure that our patients have access to appropriate services and appointments. It's a challenging job, continually busy, and, very demanding both physically and emotionally.

Their role is very varied and, in the course of a day they may have to deal with simple queries, such as cancelling an appointment, handing out a prescription or taking in a sample, or they may have to talk to the relative of someone who has just passed away, someone who is experiencing a mental health crisis or someone who has just been given a life-changing or life-limiting diagnosis.

Our PSAs do their job with absolute professionalism, courtesy and compassion, ensuring that everyone feels listened to, their needs considered and they are treated with respect. We are very lucky to have them. The team are a store-house of knowledge too. If you needed someone for in a crisis, if they didn't know what to do, they would know someone who did. They're brilliant!

So, please remember—when you are speaking to someone on the phone, or at our reception desks—they are the ones trying to help you, and will love to do so when treated with respect.



## CHARLOTTE'S ANGELS

In support of our colleague Charlotte who has Motor Neurone Disease (MND), 8 of our ~~foolhardy, reckless,~~ brave and wonderful team members and friends will be strapping on their safest parachutes to do a spot of skydiving on Friday March 28th. Paul, Andrew, Phil, Callum, Michelle, Mel, Wendy and Shannon (seen here with Charlotte), have never done anything like this before: 4 will be jumping 7,000 feet; 4 jumping 15,000 feet. Although it could be a nail-biting ride up, the dive down will be over quickly and safely, we hope. Good job, team!

Says Michelle "Sometimes it's worth getting out of your comfort zone to do something for someone else".

Have a look at their GO FUND ME page by the QR code or by typing **GO FUND ME CHARLOTTE'S ANGELS** into your browser.



Congratulations to **Beth Lock**, one of our fabulous GP Assistants, who completed her stint in the HATS production of Cinderella at the end of February.



We thought you might like a couple of snaps of her in action as Prince Charming, and one of the whole ensemble. Bravo!

BETH



There are moves ahead for two of our PCN colleagues. **Vicky Whitehouse**, our PCN Admin Wonder-Woman left us in February and **Louise Birch**, one of the Social Prescribers left at the beginning of March to take up a post in Barnstaple, nearer her home.

Congratulations to Nurse **Carol Clarke** who had taken up a new role as Practice Nurse Lead at Stratton MC.

Congratulations to **Dr. Wisdom Aziegbe**, who now joins the permanent GP team at Stratton as a salaried GP.

Welcome aboard to **Dr. Rebekah Gibbons** who joins the GP team at Stratton as a Retainer GP (RGP) this month.

The RCMG team will be saying a tearful farewell to **Dr. Peter Abouelsaad** who will be leaving us at the end of April. Although Peter only joined us last August, he has made a big difference to the team at Holsworthy. We wish him well in his new post in Barnstaple. Peter tells us he has 'really enjoyed working with such a great team,' and we've been jolly glad to have him!



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

# MARCH 12th NO SMOKING DAY MARCH 12th

Every time you smoke a cigarette, your body is flooded with thousands of chemicals, many of which are poisonous.

The day you stop, your body starts clearing itself of all those nasty toxins and the repair process begins.

You'll notice some benefits within days or weeks:

- your senses of taste and smell improve
- you start to breathe more easily
- you have more energy

Other benefits will follow, including:

- better blood circulation to your heart and muscles, which will make physical activity easier
- improved lung function, leading to reductions in any cough, wheezing or other breathing problems

**Many people try to quit smoking with willpower alone, but it's much easier to go smoke-free with the right help.**

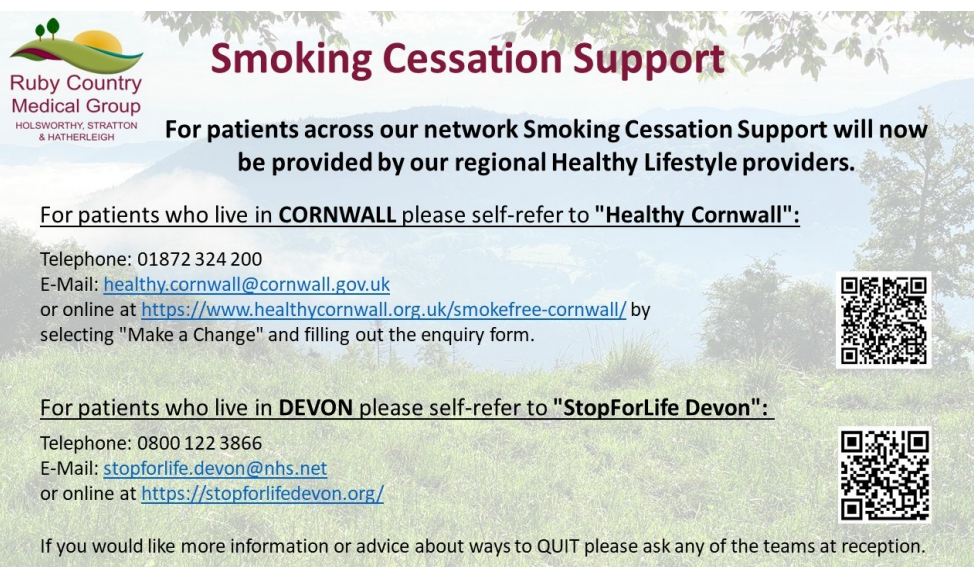
## What options are available to me?

There are lots of support options available to help you on your quitting journey. Support agencies like Healthy Cornwall or StopForLife Devon can offer tailored support (see below for details).

If you prefer apps and the 'DIY' approach, have a look at the Better Health Quit Smoking App. Talk to one of the healthcare team at your local practice who can refer you onwards. There's a whole range of support available.

You might want to consider the cost of different aids and the side effects. If you've tried to quit before, think about what methods worked for you and what you might want to do differently.

The key is not to give up the attempt. Try all options until you find the one that works for you.




**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.



Better Health Smoke free NHS

"Since quitting, I'm enjoying cooking more as my sense of taste has improved."

March 12 Take back your life this No Smoking Day.



Better Health Smoke free NHS

"Since quitting, I've got more energy to keep up with the kids."

March 12 Take back your life this No Smoking Day.



Better Health Smoke free NHS

"Since quitting, I've got extra money to put towards a trip away."

March 12 Take back your life this No Smoking Day.



Better Health Smoke free NHS

"Since quitting, I've started playing football with my mates again."

March 12 Take back your life this No Smoking Day.



**GOOD LUCK!**

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



# SPRING BOOSTERS



***It's that time of year again! Daffodils, Easter holidays, lighter evenings, slightly warmer seas and Covid boosters!***

Booking Lines are not open just yet, but here's what we have so far!

## Patients who are eligible are:

- Anyone aged 75 and over
- People living in a care home for older people
- Anyone 18 to 74 who is SEVERELY IMMUNOSUPPRESSED. Guidance on conditions that mean someone is severely immunosuppressed can be found on the [gov.uk](http://gov.uk) website or by typing COVID SPRING BOOSTERS into your browser.

UK Health Security Agency NHS

**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

*Please note: medically 'at risk' patients who are not immunosuppressed, are **NOT** eligible for the Spring Boosters.*

If you are turning 75 years of age between April and June this year, you do not have to wait until your birthday.

## CLINIC DATES

HOLSWORTHY	HATHERLEIGH	STRATTON
Saturday 26th April	Wednesday 9th April (2-5pm) Friday 25th April (2-5pm)	Saturday 12th April

The National Booking Service will not be offering bookings in practices, but will be available for bookings at other local venues once NBS lines open on 25th March. This is for booking after 1st April. Other local NHS providers will be offering booster clinics in community venues once the majority of surgery clinics have been completed.

You can have your booster around 6 months after your last dose, but you can have it as soon as 3 months after your last dose. If you have had a severe reaction to a previous dose of the vaccine, you should discuss this with your doctor.

***Please note: we are not commissioned to provide Covid vaccinations to anyone under 18. These will be given by other providers.***

HOLSWORTHY DAY COMPANIONS

OUR GROUP :

- LOCAL DAY CARE
- WEDNESDAYS 10am to 3pm
- at HOLSWORTHY SCOUT & GUIDE HQ, Well Park, Holsworthy.
- LIGHT LUNCH (SOUP & ROLL) provided.
- EASY PARKING
- £5 per session

Providing day care for older people in Holsworthy and surrounding villages

CONTACT US :  
07798 520675  
[Find us on Facebook](#)

PROSTATE CANCER UK

Check Your Risk  
In 30 Seconds

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

# It's #neurodiversitycelebrationweek in March



**We're  
supporting!**

March 17 - 23, 2025  
[www.neurodiversityweek.com](http://www.neurodiversityweek.com)



**NEURODIVERSITY**

*It takes all kinds of different minds*

**ADHD | Dyslexia | Autism | Dyspraxia**

[www.Neurodiversity-Celebration-Week.com](http://www.Neurodiversity-Celebration-Week.com)

Neurodiversity is the wide variety of ways we think, learn, feel and process information.

We all have different interests and motivations, and are naturally better at some things and not so good at others. Most people are known as 'neurotypical', which means their brain generally functions and processes information in the way society expects.

Information from NHS sources states that one in seven children the UK are **neurodivergent**, meaning their brain works and processes information in a different way.

Neurodivergent children may have a range of conditions including: ADHD, ADD, Dyslexia, Autism and Dyspraxia. You can find out more about these conditions from the Devon Children and Family Health website:

[https://  
childrenandfamilyhealthdev-  
on.nhs.uk/health-topic/  
neurodiversity/](https://childrenandfamilyhealthdevon.nhs.uk/health-topic/neurodiversity/)



Neurodiversity Celebration Week is a chance to join with others across the world to celebrate our wonderfully diverse population. It raises awareness of neurodiversity and challenges stereotypes and misconceptions about neurological differences.

A number exciting online events for anyone wishing to know more to take advantage of are available on the Celebration Week website and are being promoted by Learn Devon.

Here are just a few of the FREE events that will be happening during the week. Make sure you book online.

- **Celebrating Different Minds – An Introduction to Neurodiversity:** 17th March, 9am – 10.30am
- **Empowering Neurodiversity in the Workplace:** 18th March, 1.30pm – 3pm
- **What makes Spaces and Places Neuroinclusive in Further and Higher Education?:** 19th March, 4.30pm – 6pm
- **Building the Neuroinclusive Classroom of Tomorrow... Today!:** 20th March, 11am – 12.30pm
- **Late Diagnosed Neurodiversity in Women:** 21st March, 9am – 10.30am

**Neurodiversity  
Celebration Week aims to  
transform how  
neurodiversity is  
perceived by providing the  
opportunity to recognise  
the many skills and talents  
of neurodivergent  
individuals.**

To see the full range of online webinars and activities, visit the Neurodiversity Celebration Week website:

<https://www.neurodiversityweek.com/events>

# IN YOUR COMMUNITY: stay connected

## Bude Sensory Nature Group

Meeting on 2nd and 4th Friday of the month

11-1pm

free dementia-friendly activity

**28th Feb Bude Canal Walk and birdwatching**  
Meet by Tourist Info car park, EX23 8LE

**14th Mar Signs of Spring wander at Tamar Lakes**  
Meet in carpark, Upper Tamar Lakes, Holsworthy EX23 9SB

**28th Mar Inspired by nature pebble painting at Crooklets Beach**  
Meet at Crooklets car park by the pay and display machine, EX23 8NE

**11th Apr Wander at the Weir**  
Meet in lower car park, meet at bottom car park just after bridge, EX23 0JD

**25th Apr A wild garlic walk at Tamar Lake**  
Meet at Upper Tamar Lakes, Holsworthy, EX23 9SB

Please get in touch if you require transport.

To book and for more details

Tel: 01726 222900

email: [creativespaces@sensorytrust.org.uk](mailto:creativespaces@sensorytrust.org.uk)



Creative Spaces

Creative Spaces supports people living with dementia, their families and carers in rural communities in Cornwall



[holsworthycarersgroup@gmail.com](mailto:holsworthycarersgroup@gmail.com)

## Holsworthy Carers Group

We have moved  
Come and join us at

The Long House  
Dobles Lane Holsworthy  
EX22 6GH

First Friday of each month 2-3.45pm

Are you an unpaid carer?  
Holsworthy Carers Group welcomes those caring for a family member or friend. We offer a welcoming and supportive place to take time out from your caring responsibilities, this group is a great way to meet other carers and chat over a cup of tea

## WHAT'S ON AT HOLSWORTHY LIBRARY - MARCH 2025

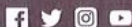
- Lloyds Bank Community Banking session, Monday 3rd & 17th & 31st - 2pm-4pm
- Songs & Lyrics of Bob Dylan with Gary McCausland, Wednesday 5th - 7pm, booking essential, £3
- Bounce & Rhyme, Thursday 6th, 20th & 27th - 2:15pm -2:45pm (term time only)
- Scams Awareness! Free workshop with Navigate, Friday 7th - 10am-12pm
- Book Bingo Afternoon Tea, Monday 10th - 2:30pm-3:30pm
- Home Education Social Club, Monday 17th - 10am-12pm
- Spring Wreath Workshop with Trigon Farm, Tuesday 18th - 5:30pm-7:30pm, booking essential £5
- The Goat Show Bounce & Rhyme Takeover (2:15-2:24) & After School Drop in Crafts (3:30-4:30), Thursday 20th.
- Digital Workshop with Learn Devon: Sending & Receiving Email, Friday 21st - 10am-12pm. Free but booking essential.
- Community Seed Swap, Saturday 22nd - 10:30am-12:30pm
- Creative Workshop with the Resource Centre, Friday 28th - 10:30-12:30, booking essential, £2
- Antiques Valuation, Saturday 29th - 10:30-12:30, Free drop in session

PLEASE NOTE THAT THE LIBRARY WILL BE CLOSED ON THURSDAY THE 13TH MARCH FOR OUR ALL-STAFF CONFERENCE

Free hot drinks available during opening hours. Most events are free but, donations always welcome  
[holsworthy.library@librariesunlimited.org.uk](mailto:holsworthy.library@librariesunlimited.org.uk) 01409 253514

Libraries Unlimited is a registered charity 1170092.

To donate, please visit [librariesunlimited.org.uk](http://librariesunlimited.org.uk)



Supported by



## BUDE PAIN CAFE

A well-being space to learn to live well with pain  
Neetside Community Centre, Leven Road,  
Bude EX23 8LB

Thursday 13th March - 10-12pm

Thursday 10th April - 10-12pm

Thursday 8th May - 10-12pm

Thursday 12th June - 10-12pm

Thursday 10th July - 10-12pm

Thursday 14th August - 10-12pm

IMPROVING HEALTH AND WELLBEING IN THE BUDE AREA Monthly relaxation session. Refreshments provided. Booking not required For more details contact [Stuartsocialprescribing@pnh](mailto:Stuartsocialprescribing@pnh)  
<https://www.facebook.com/CornwallandDevonPainCafes/>

