

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. Lawrencina Azas
Dr. Henk Devries
Dr. Lorraine Hutchinson-Gale
Dr. Paul Wong
Dr. Suarabh Kumar

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. Rebekah Gibbons
Dr. Jonathan Barron

OPENING TIMES

Monday to Friday. Please check individual practices for times as they 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.

EASTER CLOSURES

Friday 18th APRIL

Monday 21st APRIL



GET BOOSTERED THIS SPRING!

Texts have now gone out and letters sent, inviting people in the eligible groups to take up the invitation to book into one of our vaccination clinics.

After so many years of vaccinations, it is understandable that people may feel they have had enough but Covid is very much still with us and continues to cause health problems affecting families and health services across the country. The vaccination programmes have helped people most at risk from severe illness from the complications that the Covid 19 virus can bring. We would not be doing our job properly if we didn't encourage those who are eligible to book into one of the April clinics.

Those who are eligible this spring 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 website or by typing COVID SPRING BOOSTERS into your browser.



We are now taking bookings for our Spring Covid Booster vaccination clinic.
BOOKING LINE 01288 270342 (10-12noon & 2-4pm)
Please book in once your text invitation arrives or speak to us to see if you are eligible.

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

SATURDAY 12th APRIL
Stratton Medical Centre

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



We are now taking bookings for our Spring Covid Booster vaccination clinic.
BOOKING LINE 01409 255224 (10-12noon & 2-4pm)
Please book in once your text invitation arrives or speak to us to see if you are eligible.

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

Saturday 26th April
Holsworthy Medical Centre

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



We are now taking bookings for our Spring Covid Booster vaccination clinic.
Please book in once your text invitation arrives or speak to us to see if you are eligible.

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

Wednesday 9th April & Friday 25th April
2-5pm at Hatherleigh Medical Centre

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

BLOOD TESTS FOR HOSPITALS from 1st APRIL 2025

**LATEST
UPDATE!**

Blood tests requested by a hospital are now able to be done by the Community Phlebotomy Team at

HOLSWORTHY HOSPITAL

Please call **01395 519922** for booking enquiries.

Any bloods requested by your GP or one of the clinical team can still be booked in at your own practice.

Please call 01395 519922 if you wish to know more.



FEEDBACK FEAST!

It's great to get feedback from our patients. It helps to motivate and inspire us, or, if critical, allows us to examine our processes, improve and get it better next time. Every year we like to celebrate some of the feedback we have received by way of a thank you to those people who have taken the time to let us know what they think. The comments below are just a small fraction of those received recently.

The GP I saw was outstanding in his care and approach, with a wonderful patient/GP relationship. I would score him a 10/10—as a practice we are extremely lucky to have him.

The Healthcare Assistant was kind, caring and full of empathy, whilst letting the patient have a good cry. They made a real difference to this lady today just by being themselves and kind.

The Healthcare Assistant I saw deserves a medal! My very high blood pressure was dealt with urgency and compassion. Thank you for your promptness—without your urgent care and attention, I feared the worst might have happened.



We said a tearful goodbye to **Dr Richard Wilson**, who left our Stratton practice at the end of March. Richard started with us in May 2024 and we wish him well for the future.

As mentioned in our March newsletter, **Dr Peter Abouelsaad** will be leaving the Holsworthy practice at the end of April to take up a new position in Barnstaple. He's been a lovely person to work he has made a real difference to our GP team. We thank him for all he has done and wish him well in his new role.

Gill Ellison, one of the longest-serving team members, retired from her role of Practice Secretary at the end of March. Gill had been with Holsworthy Medical Centre for 27 years, starting when the practice was at the Skills Centre, helping in the move to its current location on Dobles Lane in 2002. Gill's extensive experience in secretarial matters and her patient wisdom has helped many of us to understand complex hospital systems and the referrals process, being a very calm and steady hand at difficult times for patients. We take this opportunity to thank Gill for all she has brought to the life and work of the RCMG team and wish her a long and very happy retirement.

We say a very cheerful hello and welcome to lots of new starters this month:



Danielle Martin has already started with us as a Secretarial Assistant based at Holsworthy, and will be joined by **Allison Scattergood** on 7th April, also as part of the Secretarial Team at Holsworthy.

We also have a bumper crop of GPs starting in April. **Dr Lawrencia Azas**, has now started with us as a salaried GP. She will be based mainly at Holsworthy.

Dr Henk Devries (based at Hatherleigh), **Dr Lorraine Hutchinson-Gale** and **Dr Catherine Grant** (both based at Holsworthy) will also be starting with us this month. Welcome all!

Plus ... we are hosting 3 qualified doctors who are in various stages of training. **Dr Saurabh Kumar** starts his post-qualification GP rotation this month and will be with us for 4 months to the end of July. **Dr Paul Wong** has now returned for up to 6 months, completing his ST2 training at Holsworthy. **Dr Jonathan Barron** will be doing ST2-ST3 training with us from this month and will be with us at Stratton for around 18 months.

All doctors will be available for clinics once their induction training is complete.



The dare-devil **Charlotte's Angels** (mostly RCMG team) had to postpone their sky-dive on 28th March due to unsafe weather conditions. They hope to be airborne again at the end of the month on 25th April. In the meantime, more time for fund-raising!



Prescriptions email: rcmg.prescriptions@nhs.net

BOWEL CANCER AWARENESS MONTH

No-one likes talking about the subject, but did you know that bowel cancer is one of the most common cancers in the UK, so it's important that we do keep talking about it and know when to get help with unusual bowel symptoms.

If you have any of the symptoms in the image, we want you to get in touch. Early detection of anything that needs treating will almost certainly lead to a better outcome and more treatment options.

BOWEL SCREENING

National bowel cancer screening has now been extended to include anyone aged 50 to 74 years, with call-ups every 2 years. You will be sent a FREE at-home test which is easy to do. Once completed, you then post this back to the service for testing.

The test is called a faecal immunochemical test (FIT) to look for blood in a sample of your poo. This could be a sign of bowel cancer.

If blood is found in your poo, it does not always mean you have cancer. There are more common and less serious causes of blood in your poo, such as an anal fissure or bowel polyps.

If you're aged 75 or over, you can ask for a home test kit every 2 years by calling the bowel cancer screening helpline on **0800 707 6060**.

You'll usually get the results of your bowel cancer screening home test (FIT kit) within 2 weeks after sending your poo sample. Sometimes it can take longer. You will get a letter telling you the results.

Sometimes you may be asked to do the test again. This is usually to make sure the test has been done properly and gives the correct result.

If you do not get your results within 2 weeks, you can call the free bowel cancer screening helpline on **0800 707 6060**.

Information from www.nhs.uk and Bowel Cancer UK

Know the symptoms of bowel cancer



Bleeding from your bottom



Blood in your poo



A change in how often you poo, or regularly having diarrhoea or constipation



Losing weight but you're not sure why



Feeling very tired all the time but you're not sure why



A pain or lump in your tummy

If you have any of these symptoms, talk to your GP and ask about an at-home test.

The most important post you'll receive

The bowel cancer screening programme now includes everyone over the age of 50. You'll automatically be sent an NHS Bowel Screening Kit when you become eligible. Regular screening can detect early signs of bowel cancer, even before symptoms appear.

NHS

peninsulacanceralliance.nhs.uk/bowel-cancer-screening

MORE INFORMATION

BOWEL CANCER UK

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

Tel: 020 7940 1760

MACMILLAN

<https://www.macmillan.org.uk/cancer-information-and-support>

Tel 0808 808 0000

SCREENING HELPLINE

0800 707 6060

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



DON'T HOARD OR BIN...

BRING THEM IN!

Do you have old, unused, unwanted or expired medicines at home?

Help keep your home safe and dispose of them properly by **returning** them to your **local pharmacy** – **no questions asked!**

Keep Everyone Safe



- Unused medicines at home can be dangerous, especially if **accidentally taken** by children, pets, or vulnerable family members.
- Keeping old prescriptions 'just in case' increases the risk of taking the wrong medication.
- For safety, medicines are prescribed for you—**never share** them with anyone else.



Protect The Environment



- Throwing medicines in the bin or flushing them can **pollute** water systems, harming wildlife and ecosystems.
- Returning them to your local pharmacy ensures they are disposed of safely, reducing **environmental impact**.



Support Antimicrobial Stewardship



- Returning unused antibiotics helps combat antimicrobial resistance, preserving their effectiveness so they work when you really need them. Improper use or disposal can make **bacteria resistant**, making infections harder to treat.



Reduce Medicine Waste



- Unused medications contribute to significant **waste** and **financial costs** within the healthcare system.
- Only order what you need, once medicines have left the pharmacy, they can't be reused or recycled.



WE CANNOT ACCEPT

Anything which is not a medicine such as:



NEEDLES OR OTHER SHARPS

DIALYSIS KITS

VETERINARY PRODUCTS

MEDICAL DEVICES

CHEMICALS OR PESTICIDES

Contact your local council for advice on the safe disposal of products that we cannot accept from you.

Take part in the 'Medicines Amnesty' campaign

Return unused or expired medicines to your pharmacy without judgment. This simple action protects your family, supports environmental health, and benefits your community. By participating, you're taking a proactive step toward a safer, healthier Cornwall.

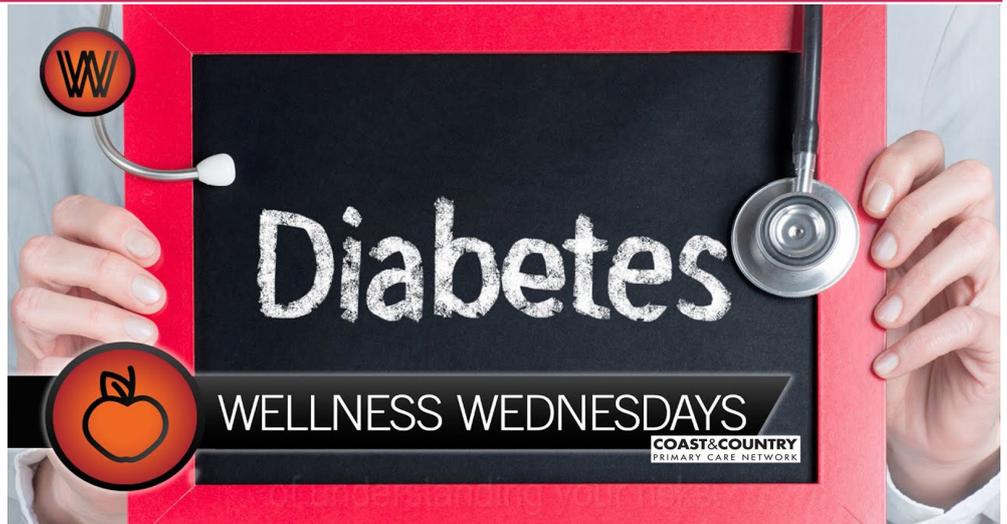


WELLNESS WEDNESDAYS

How are your
Wednesdays?

Ours are going
well-ness!

Introducing
Wellness
Wednesdays!



Our Diabetes Care Coordinator, Rowena, now has a dedicated Diabetes Wellbeing clinic every Wednesday at Neetside Surgery in Bude. Appointments are available to Primary Care Network patients from all five practices: Neetside and Stratton, Bradworthy, Holsworthy and Hatherleigh.

If you're not sure which food you should be eating or avoiding – now's your opportunity to ask!

So ... you could combine a stroll by the sea with a 45-minute face-to-face consultation with Rowena to discuss:

- ◆ preventing Type 2 diabetes
- ◆ diet & nutrition to improve glucose and cholesterol levels
- ◆ living well with Type 2 diabetes

If you're not sure which food you should be eating or avoiding – now's your opportunity to ask!

And what about sleep, stress, alcohol and activity: how do they affect your glucose levels?

Appointments are available to patients at risk from Type 2 diabetes, people who have already been diagnosed, and those with pre-diabetes. You're welcome to bring a friend, partner or carer. It's a team game!

Contact reception at your local surgery to arrange an appointment.



We will be closed for the Easter break on
Friday 18th April and Monday 21st April.

Please ensure you have ordered your repeat medication
in plenty of time.



Practices will also be closed all day for the May Bank Holidays on

Monday May 5th

Monday May 26th

Community Pharmacy opening hours will also be affected.

Please check our website
WHEN WE ARE CLOSED
pages for information & options.

Wishing everyone a very happy Easter break!

IN YOUR COMMUNITY: stay connected

HAVE YOU TRIED BOWLS? BOWLS, TASTER WEEKEND.

Saturday, April 26th 10 am—2 pm, open day event for all to try
Sunday, April 27st 10 am—2 pm, open day and charity challenge

Stratton Bowling Club, Poundfield, Stratton EX23 9AX
What3words location - managers. necklaces.export

We are opening our green for everyone to come and have a try at bowls in a fun and informal way. All equipment will be provided, you just need flat shoes. Stratton is a friendly, inclusive and welcoming club, so come along and have a go. What have you got to lose. You will have the opportunity to play a short fun game against other beginners, guided by some of our most experienced players.

Saturday— An informal day for anybody to turn up and have a go at bowls, with coaching from experienced players, you can arrive anytime between 10am and 2pm and stay for as long as you like.

Sunday— As well as the opportunity to turn up and have a go. There will also be a round robin tournament for teams of 3 players to compete against other inexperienced teams, with a trophy for the winners. There will be an entry fee of £10 per team with all proceeds going to local charity JAY'S AIM. To enter a team please contact Clive: cliveu1962@gmail.com 07836 590413 or Geoff: grperkins62@outlook.com 07969 455424



Food and Refreshments will be available on both days, with hot drinks available from the kitchen and cold drinks from the bar.



A safe space to come for a cuppa and a chat.
Manor Suite, Memorial Hall, Holsworthy

Thursdays 9.30-12 starting 3rd April

Ladies only 18+ (Sorry no children)
Occasional speakers, craft and activities
Tea / Coffee / Bacon Baps: £1.00

Donations towards running costs appreciated



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Devon Mental Health Alliance
Working together for better mental health across Devon



North Devon Mental Health Drop-in Sessions

These sessions are for everyone, including those receiving support for their wellbeing and those that aren't. No diagnosis is required, all are genuinely welcome. Please note, this is not a crisis space.

Ilfracombe	Fri	10.30—1.30pm	Salvation Army Church, The Retreat, Torrs Park, Ilfracombe, EX34 8AY
Barnstaple	Wed	1.30—4.30pm	Rosebank Day Centre, 19C Alexandra Rd, Barnstaple, EX32 8BA
Bideford	Mon	1.00—4.00pm	The Old School House, Higher Gunstone, Bideford, EX39 2DC
Holsworthy	Mon	10.30—12.30pm	Holsworthy Youth Centre, Sanders Lane, Holsworthy, EX22 6HE

Please check the website for up to date drop-in times and venues

- Weekly drop-ins offering a warm space for connecting, learning and signposting – a place to relax and chat for adults over 18.
- Regular guided sessions, with additional planned activities, guests and presentations by other services, chosen with your input.



Devon Mental Health Alliance
Learning Network



Benefits of Joining:

Monthly Wellness Walks:

Explore new places, reduce stress, improve mood, increase energy, and enjoy better sleep. Boost cardiovascular health, strength, circulation, and weight management.

Cold Water Therapy:

Reduce anxiety, build mental resilience, improve circulation, and strengthen your immune system.

Meet new people:

Gain support, motivation, and accountability in a non-judgmental space. Connect with others who share your values, fostering a sense of community and encouraging personal growth.

Men's Wellness Sessions:

Enhance physical and mental strength, flexibility, and relaxation. Improve mental clarity, emotional balance, and stress reduction.

Learn more at: www.budwellnesswarriors.org
or email: budwellnesswarriors@hotmail.com

Find us on:

