



## 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. Ebram Zaki  
Dr. Lawrencia Azas  
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.

### **MAY CLOSURES**

**Monday 5th May (BH)**

**Wednesday 14th May (training afternoon from 1pm)**

**Monday 26th May (BH)**

## Antimicrobial Resistance

As resistance continues to increase, more people will suffer for longer as infections become more difficult to treat—resulting in longer hospital admissions, routine surgical procedures becoming more dangerous to perform, and higher death rates.

The impact of AMR therefore has a detrimental effect on the working of modern medicine and can and will affect each and everyone of us.



## Staff Training Afternoon

**Holsworthy, Stratton  
& Hatherleigh**

**Wednesday 14th May from 1pm onwards**

On-site pharmacies will remain open,  
Hatherleigh dispenser will be closed

## Mental Health Awareness week

**Monday 12th - Sunday 18th May 2025**

For the Mental health charities, this week is an opportunity to shine a light on the importance of everyone's mental health.

# They did it!



Our team of high-fliers finally took to the skies on Friday 25th April and successfully completed their sky dive fund raiser.

There had been a bit of uncertainty right up to the day regarding the weather conditions, but we are very glad to say it went ahead.

Our Charlotte's Angels were supported by fellow colleagues who preferred to keep their feet on the ground!

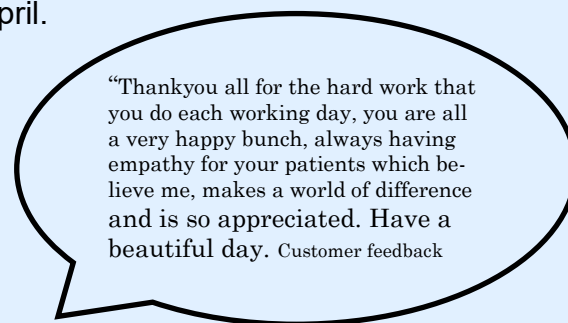


**Dawn Bauling**, our PCN Media Officer, will be retiring at the end of May. Dawn started at Holsworthy in 2013 on reception and phones, becoming Patient Services Team Leader and later a Social Prescriber before taking up her current role. She set up our social media platforms back in 2016 and, as well as maintaining them, has also been responsible for our newsletter and website whilst continuing her various roles.

“From the moment I walked through the door at Holsworthy Medical Centre, I knew I wanted to work there. It’s been a great place to spend the last 12 years and I know I’m going to miss it.” We take this opportunity to thank Dawn for her hard work and dedication to our practices, and wish her a long and very happy retirement. **Rebecca Davey** takes over from Dawn on 19th May after a 4 week handover and is really looking forward to working alongside you all.

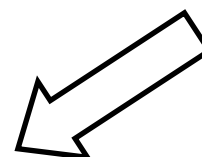
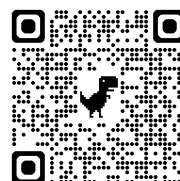


**Caroline Dawson** moved from PCN to RCMG Healthcare Assistant at the end of April.



“Thankyou all for the hard work that you do each working day, you are all a very happy bunch, always having empathy for your patients which believe me, makes a world of difference and is so appreciated. Have a beautiful day. Customer feedback

There is still time to support Charlotte, every donation however big or small will help us to provide the support needed.



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

# SKIN CARE AWARENESS

May is Skin Cancer Awareness Month 2025, a crucial time to highlight the importance of protecting your skin and understanding the risks associated with skin cancer.

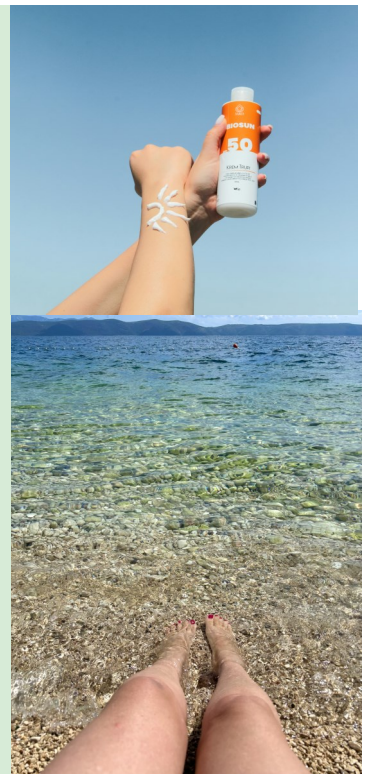
This global health initiative focuses on educating the public about skin cancer prevention, early detection, and the steps everyone can take to reduce their risk.

**If you have a mole that's changed size, shape or colour, you have a mole that's painful or itchy, you have a mole that's inflamed, bleeding or crusty, you have a new or unusual mark on your skin that has not gone away after a few weeks then you must get**



## Ways to prevent sunburn:

- **Wear Sunscreen:** Make it a habit to apply sunscreen with at least SPF 30 every day, even on cloudy days and during the winter months.
  - **Attend Free Screenings:** Take advantage of free skin cancer screenings offered by many health care providers and hospitals during this month.
  - **Educate Yourself and Others:** Learn the ABCDEs of melanoma (Asymmetry, Border, Colour, Diameter, Evolving) and share this knowledge with friends and family.
  - **Avoid Tanning Beds:** Spread the word about the dangers of tanning beds and encourage natural skin tone.
- Wear Protective Clothing:** Protect your skin with hats, sunglasses, and long-sleeved shirts when outdoors.



## More Information

<https://www.cancerresearchuk.org/about-cancer/skin-cancer>

Macmillan Support Line 0800 808 000

<https://www.nhs.uk/conditions/melanoma-skin-cancer/help-and-support/>

[Sunscreen and sun safety - NHS](#)

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

# May Health Campaigns

UK Health Security Agency



## 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 wait to be contacted  
by the NHS if you're eligible



Now our big Saturday clinics and our Hatherleigh Covid booster clinics have all been completed, we have two additional clinics available for anyone who would still like to take up the offer of a **Covid booster vaccination**, and are in one of the eligible groups.

They will be held on:

**Monday 12th May 12.30 to 3pm-ish  
at Stratton Medical Centre**

**Monday 19th May 1pm to 4pm-ish  
at Holsworthy Medical Centre**

Please call your usual practice number to book in. The dedicated booking lines have now closed.

## International Nurses Day

Is observed on May 12, 2025.

It is celebrated around the world to honour the invaluable contributions of nurses to healthcare and to mark the efforts they make in maintaining public health.

Thank you!



The theme for **Deaf Awareness Week 2025** in the UK is **"Beyond Silence."**

This powerful theme highlights the importance of looking beyond the common misconceptions about deafness and recognising the rich experiences, identities, and contributions of deaf individuals in society.

## Find Out More

[Home - Deafness Resource Centre](#)

[Deaf Awareness Week – British Deaf Association](#)



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

# MENTAL HEALTH AWARENESS WEEK.....

.....this year takes place from Monday 12th - Sunday 18th May 2025

## **“The power in community” is this years theme.**

Imagine a world where everyone feels supported with their mental health at home, school, and work. This Mental Health Awareness Week, Mental Health UK are working to make that vision a reality by showcasing the power of community in helping us all take care of our mental health.

In a time when the high cost of living is impacting families across the UK, stress and burnout are affecting many, and millions of young people are seeking mental health support, connection is more important than ever. There has never been more awareness of mental health, yet there is more work to do. We believe that everyone has a part to play in creating a supportive network that promotes good mental health.

We've seen the impact of community firsthand—our young people's programmes helped over 100,000 young people last year, 98% of clients showed improved well-being through their Into Work programme, and their Mental Health Money Advice helped people gain over £7 million in total financial advice. These stories are just the beginning. In 2025, we're committed to showing that together, we can all support each other's mental health.

*So, this Mental Health Awareness Week, will you join us?*

Share your story, download conversation guides for your workplace, take on a fundraiser, follow us on social media, or sign up to our newsletter.

There is power in community—this is your sign to be part of it!

[Mental Health Awareness Week 2025 - Mental Health UK](#)

## Community



National Health Campaigns

# IN YOUR COMMUNITY: stay connected

## MINDFUL SEA DIP

FOR MENTAL HEALTH AWARENESS WEEK  
WITH THE PEARL EXCHANGE

MONDAY 12TH MAY 9:30AM



MEET US AT SUMMERLEAZE FOR A FREE MINDFUL SEA DIP GUIDED BY NEIL JENKINS

+ JOIN US BACK AT THE PEARL EXCHANGE FOR A CUPPA + A CHAT!



SIGN UP HERE



## NATURES PRESCRIPTION GARDENING CLUB

Starting Tuesday 29<sup>th</sup> April at 11am at Trigon Farm, Derriton, Holsworthy, EX22 6JU

Free weekly sessions Tuesdays 10 - 1

An opportunity to get out into nature and enjoy some gardening whilst meeting like minded people and enjoy some social time. Bring a packed lunch if you would like to stay and eat with the group.

To book contact [trigonfarmuk@gmail.com](mailto:trigonfarmuk@gmail.com)  
Or just come along on the day

<https://www.trigonfarm.co.uk/>



Since things change frequently, we suggest that you check for updates on our websites and follow us on Facebook so that we can keep you informed.

## Ruby Country Creative Writing Group

AN INFORMAL, SUPPORTIVE INITIATIVE FOR ASPIRING AND ESTABLISHED SCRIBBLERS. ABSOLUTELY NO HOMEWORK OR CRITIQUING!!

MONTHLY MEETINGS - STARTING WEDNESDAY 11 JUNE 2025 11 - 12 NOON AT HOLSWORTHY LIBRARY.

SPACES LIMITED - PLEASE BOOK WITH LIBRARY STAFF

[holsworthy.library@librariesunlimited.org.uk](mailto:holsworthy.library@librariesunlimited.org.uk)  
01409 253514



## WHAT'S ON AT THE PEARL EXCHANGE MAY

BOOK HERE



| MONDAY                | TUESDAY | WEDNESDAY            | THURSDAY                            | FRIDAY                                   | SATURDAY                                    | SUNDAY                                |
|-----------------------|---------|----------------------|-------------------------------------|--|---|---------------------------------------|
|                       |         |                      | DJ EXCHANGE<br>6-8PM                | CO-WORKING 1<br>1-5PM                    |   | RUN CLUB 4<br>10AM                    |
|                       |         |                      | SKETCH COMEDY CRASH COURSE<br>6-8PM | ARTY FRIDAY: MAKE A JOURNAL<br>2-5PM     |   | EASY SUNDAY + THE PEARL JAM<br>11-3PM |
| MINDFUL DIP<br>9-10AM |         | CO-WORKING<br>10-4PM | DJ EXCHANGE<br>6-8PM                | ARTY FRIDAY: TYPOGRAPHY<br>2-5PM         |   |                                       |
| YOGA<br>1-3PM         |         | CO-WORKING<br>10-4PM | SKETCH COMEDY CRASH COURSE<br>6-8PM | CO-WORKING 2<br>1-5PM                    | RUDE LIT FEST: CREATIVE WRITING<br>2-3:30PM | RUN CLUB<br>10AM                      |
| YOGA<br>1-3PM         |         | CO-WORKING<br>10-4PM | SKETCH COMEDY CRASH COURSE<br>6-8PM | ARTY FRIDAY: LINO PRINTING<br>2-5PM      |   |                                       |
|                       |         | CO-WORKING<br>10-4PM | DJ EXCHANGE<br>6-8PM                | RUDE LIT FEST: CREATIVE WRITING<br>6-8PM |   |                                       |
|                       |         | CO-WORKING<br>10-4PM | SKETCH COMEDY CRASH COURSE<br>6-8PM | ARTY FRIDAY: MAGAZINE POETRY<br>2-5PM    |   |                                       |
|                       |         | CO-WORKING<br>10-4PM | DJ EXCHANGE<br>6-8PM                | CO-WORKING 3<br>1-5PM                    | BONANZA JELLYBEAN GIG<br>7PM                | RUN CLUB 1<br>10AM                    |
|                       |         | CO-WORKING<br>10-4PM | SKETCH COMEDY CRASH COURSE<br>6-8PM | ARTY FRIDAY: MAKE A ZINE<br>2-5PM        |   | EASY SUNDAY + THE PEARL JAM<br>11-3PM |



The proposed new Bude ManShed is for men aged 18 and over to meet weekly to socialise, play board games, share ideas and skills. To participate in practical projects and to make new friends.

If this sounds like your kind of activity, then please join us at the first meeting at

**Berries Community Cafe on the 8<sup>th</sup> May 2025 from 11am.**

More details can be obtained by contacting Bill on 07922 446325