



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. 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.



Think pharmacy first

Subject to age eligibility, including 1 year and over for infected insect bite prescription medicine. Service available at majority of pharmacies.

See your pharmacist

Help us help you



An extra tip

If you have forgotten to pack your prescription medication, a pharmacist can arrange an emergency supply, even if you are far from home.

If you are **traveling or visiting family across the UK this summer**, remember that many pharmacies can **provide prescription medications for certain conditions** without the need for a GP appointment should you need help.

This service, known as **Pharmacy First**, covers a range of ailments, including:

- **Impetigo and infected insect bites for individuals aged one and older.**
- **Earache for those between one and seventeen.**
- **Sore throat for ages five and up.**
- **Sinusitis for those twelve and older.**
- **Urinary tract infections in women aged sixteen to sixty-four.**
- **Shingles for adults eighteen and over.**
- **Advice from a pharmacist after contacting NHS 111 or a GP**

Using the NHS [Find a pharmacy - NHS](#) you can use the postcode you are staying at to search for your local pharmacy.

Get help from NHS 111 if:

You're not sure whether to go to A&E OR CALL 999

NHS 111 can check your symptoms and tell you what to do.

[Check your symptoms on 111 online](#), or call 111 to speak to someone if you need help for a child under 5.



999 is for life-threatening emergencies like serious road traffic accidents, strokes and heart attacks.

For Information



Dear Patients,

After thorough deliberation and discussions over the last few months, within the Ruby Country Medical Group and the Coast and Country Primary Care Network, we are **announcing the demerger** of Stratton Surgery and Holsworthy Surgery, effective October 1, 2025.

We recognize the significance of this transition; however, our **primary focus** remains on our patients. We are committed to ensuring that this change **will not disrupt** the quality of services and care that our patients currently receive.

The Primary Care Network (PCN) will **continue to unite** the five GP practices with various local services, including community, mental health, social care, and diabetes care, to address the unique needs of our communities.

Our five GP practices—Bradworthy Surgery, Neetside Surgery, Holsworthy Medical Centre, Hatherleigh Medical Centre, and Stratton Medical Centre—will maintain close collaboration, leveraging shared expertise and resources to enhance and develop new services for our patients.

We extend our heartfelt gratitude to our patients for your continued support and understanding during these periods of transition.



School holidays are fast approaching. If you are juggling summer fun with the kids, the UK Health Security Agency have pulled together **the most common seasonal Infections and health hazards**, plus simple tips to help keep them at bay, all in one handy blog post.

<https://ukhsa.blog.gov.uk/2025/06/13/a-parents-guide-to-summer-infections-and-health-hazards/>

Covering food and water-related illnesses, ticks and Lyme disease, hot weather, Covid and childhood diseases, the blog is well worth a read and something to refer to if needed.



We welcomed **Eden May** to the prescription team at Holsworthy in July.

Three new GP's also join us during August.

Dr Kamal Zayyana working 6 sessions—relocating to the area.

Dr Victoria Peters working 6 sessions—relocating to the area

Dr Mahmoud Hamouda working 6 sessions—Local GP

We wish all our new members to our team a very warm welcome.

Nikki Gillett one of our Health Care Assistants (HCA) left Stratton surgery in July, we wish her well on her new venture.

Gisela Curnow, one of our cleaning team also left in July and we wish her well for the future.

THANK YOU

From us all



WANTED!

BLOOD PRESSURE MONITORS

Please return our blood pressure monitors once you have finished using them. Other people will be waiting to borrow them! Thank you.

Prescriptions email: rcmg.prescriptions@nhs.net

Farmers, builders, sportsmen, post workers, gardeners...

We all need to be careful in the sun. Did you know...there has been a big rise in the number of men in the South West diagnosed with skin cancer who spend long periods of their day working outside.?

Latest statistics from Cancer Research show a 360% increase in skin cancer incidence rates since the late 1970's.

The increase is larger in males.

The problem is **especially acute** in the South West counties, Cornwall, Devon, Dorset, Somerset and Hampshire.

Farmers, builders, sportsmen and gardeners, out-door workers are all being targeted by NHS England South's "Cover Up, Mate" campaign because of their prolonged exposure to the sun – and men are a particular focus because research indicates that they are much less likely than women to slap on the sunscreen.



"Working the rough, tough world of farming, we often want to brush things off and just get on with the job, but there are times when that kind of resilience can come back and bite you and this is one of those times"

(National Farmers Union South West)



NHS
England

In the past 10 years, skin cancer rates in the UK have increased by 59% in men and 36% in women*

Use at least factor 15 in the sun and apply sunscreen to all exposed skin.

#CoverUpMate



Reminder of the top safety tips:

- Use at least factor 30 sunscreen – and plenty of it.
 - Apply sunscreen to all exposed skin – including neck, ears and head.
 - Wear sunglasses and a hat.
 - Take particular care if you have fair skin, moles or freckles or red hair.
 - Drink plenty of water throughout the day
 - Wear light coloured clothing.
- Try and stay in the shade 11am-2pm.

More Information

If you have any concerns you wish to talk over more, please contact your surgery.

Sunscreen and sun safety - NHS

Sun safety | Reduce your skin cancer risk | Cancer Research UK

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

Campaigns

We are currently busy working on the preparation for the **Autumn/ Winter 2025/26 Flu and Covid Vaccination Programmes**.

When autumn comes, protection from any earlier COVID-19 vaccination you may have had will be **starting to wane**. For those who are more likely to become seriously ill from COVID-19, the NHS offers a free vaccine in the autumn, previously known as the 'Autumn Booster'.

The Flu Vaccination programme **aligns to** COVID-19 vaccinations to support co-administration of flu and COVID-19 wherever possible and provide the best possible protection as we head in to winter.

Eligibility and dates the programmes will start from will be shared with you shortly via our website news, Social Media and newsletter.

WHY BOTHER?

It is understandable to feel vaccination fatigue, but the autumn/winter vaccinations continue to be really important protection because:

- **If you get flu and Covid at the same time**, research shows you're more likely to be seriously ill.
- Getting vaccinated against flu and Covid will **provide protection for you and those around you** for both these serious illnesses.
- Both the flu and Covid are miserable illnesses; vaccination offers the **best protection** against the symptoms.

**BOOST YOUR
IMMUNITY
THIS WINTER**
WITH THE FLU VACCINE
+ COVID-19 BOOSTER

WHY OCTOBER?

In line with last year most eligible adults will be offered a flu vaccine from early October, which might be slightly later than in previous years.

This is because the latest scientific evidence shows that protection from the flu vaccine decreases over time in adults. It is better to have the vaccine closer to when flu typically circulates.

Missed GP / Healthcare Appointments

Why attending or Cancelling Your GP Appointment Is Important.

Each year, **thousands** of GP appointments are missed without notice. This not only affects your care, but also impacts other patients and the NHS as a whole.

Did You Know?

Over **15 million** GP appointments are missed every year in the UK. Each missed appointments costs the NHS around £30-£40 (nearly **£600 million annually**)

GP's and staff prepare for each appointment in advance. Missed slots could be used by other patients in need.

What Can You Do?

Can't attend? Let us know as soon as possible—even short notice helps.

Cancel online via our website or the NHS APP—it's fast and easy.

Set reminders on your phone or calendar so you don't forget.



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

For Information

Remember to order prescriptions early



To avoid delays in getting your medicine before you go on holiday, please order prescriptions in good time.

You can order repeat prescriptions through the **NHS App** or at your **local general practice**.



COVID 19 hygiene awareness remains - A crucial suggestion involves upholding proper hand and respiratory cleanliness

"A simple thing is hand hygiene...just washing your hands for 30 second with warm water and soap before your eat, after you go to the toilet is a really simple measure that can prevent the spread of infections. Good respiratory hygiene—coughing, sneezing into a tissue, disposing of it sensibly and washing your hands afterwards."

UK Health Security Agency



Take medicine in or out of the UK - GOV.UK

If travelling abroad, check the destination country's regulations regarding medicines. Some medicines that are legal and commonly used in the UK might be restricted or even banned elsewhere.



**CAN I TAKE
MY MEDICINES
ABROAD?**



Pack your medicines properly.

Carry your medicine in hand luggage in their original packaging and with a copy of your prescription.



The NHS App

You need to prove who you are to get full access to the NHS App. With full access you can:

- order repeat prescriptions and nominate a pharmacy where you would like to collect them
- book and manage appointments
- view your GP health record to see Information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
- book and manage COVID-19 vaccinations
- register your organ donation decision
- choose how the NHS uses your data

view your NHS number
(find out what your NHS number is)



The NHS App

Simple and secure access to a range of healthcare services

Do more with the NHS App!

- 🔗 Order repeat prescriptions
- 📅 Book appointments
- 👁 View your records
- And much more...



IN YOUR COMMUNITY: stay connected

Gardening Cuppa & Chat

20

Wednesday 20 August 2025 from 14:00-15:00

Gardening Cuppa & Chat

North Rd, EX22 6HA Holsworthy, United Kingdom



Our Group meeting is 1st and 3rd
Thursday of each month
2.30pm - 4.30pm
Berries Community Cafe

Bude
Stroke
Support

Bude Cancer Support Cancer Café



Every second and
fourth Monday of
the month.

1:30-
3:30pm

Room 1
The Parkhouse
Centre Bude



Libraries
Unlimited

In the Library...

Summer Holiday Activities

It's officially the summer holidays and Holsworthy Library has plenty of children's activities going on if you are stuck for something to do!

July

- 30th - Make a turtle bookmark 11am-4pm (Drop in event)
- 31st - Board Games & Biscuits 11am-4pm (Drop in event)



August

- 6th - Story & Activity Time with Bude Sea Pool 10.30am-12pm (Free but limited spaces, please book via eventbrite or with a member of staff)
- 7th & 21st - Lego Challenges 11am-4pm (Drop in event)
- 13th - Junk Modelling 11am-4pm (Drop in event)
- 14th & 28th - Board Games and Biscuits (Drop in event)
- 20th - Weave a Fish 10.30-12 (Drop in event)
- 27th - Make a Jellyfish 2pm-4pm (Drop in event)

Saturday club will be on every weekend 10am - 12pm!

Don't forget that we currently have the Summer Book Quest Reading Challenge going on!

Walk & Laugh Group

meeting in Callington, Launceston & surrounding areas

free
dementia-
friendly
activity

1st & 3rd Wednesdays
of the month

1:30 - 3:30pm

6th Aug Tre Pol Pen walk to Lezant Church
Meet in farm shop carpark, Lezant,
Launceston, PL15 9NN.
what3words ///plotter.look.cautious

20th Aug Stoke Climsland Circular Meadow walk
Meet at Old School car park, PL17 8NY
what3words ///cans.adopts.equity

3rd Sept Exploring Luckett woods
Meet in Luckett village car park,
Greenscombe Lane PL17 8NJ
what3words ///sitting.bells.lifetimes

17 Sept Cothele Apple Harvesting activities
Meet in top accessible car park,
Cothele NE, PL12 6TA.
what3words ///costumes.suspends.plugs

Please get in touch if you require transport.

To book and for more details
Tel: 01726 222900
email: creativespaces@sensorytrust.org.uk

Sensory Trust COMMUNITY FUND Cornwall Community Foundation Creative Spaces
Creative Spaces supports people living with dementia, their families and carers in rural communities in Cornwall



The Coast & Country Primary Care Network were super happy to be involved with the **re-opening of Holsworthy Leisure Centre**, a much missed addition to the local community during it's closure.

Rowena Hoseason our **Diabetic Coordinator** represented the PCN where she offered advice, lifestyle leaflets and had a laptop in case anyone wanted to check results or book a health check. Info on the new NHS Diabetes Prevention programme starting in Bude this Autumn.

HEALTHIER YOU!

The NHS Diabetes Prevention Programme **STARTS in BUDE this autumn.**

Reduce your risk of developing type 2 diabetes AND boost your knowledge, nutrition, sleep and overall wellbeing!

Free HEALTHIER YOU group sessions will take place in **Bude** on Monday afternoons, 2pm to 4pm, starting **late September**

This nine-month programme offers in-person coaching, group support and specific advice around nutrition, movement and motivation.

Learn how to look after your physical health and emotional wellbeing in 13 friendly sessions.

For patients in Cornwall with a recent blood glucose result in the prediabetes range.

See <https://healthieryou.org.uk/>

Or contact Neetside or Stratton surgery and ask for **Rowena**, the diabetes care coordinator, who can refer you to the programme.



August and September Closures

Advanced Notice

August 2025

We will be closed on **Monday 25th August** Bank Holiday: all day

If you need urgent medical advice when we are closed please call 111 or go to our website for options.

September 2025

We will be closed **Thursday 11th September** Staff training: 1pm onwards

For life-threatening emergencies call 999
For urgent medical advice call 01288 352133 so you can be directed.