

October

Newsletter Holsworthy & Hatherleigh issue 10

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. Mahmoud Hamouda
Dr. Victoria Peters
Dr. Kamal Zayyana
Dr. Rhoda Adebayo
Dr. Donald Graham-Douglas
Dr. Lorraine Hutchinson-Gale
Dr. Ahmed Hassen
Dr. Elliot Jones

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.



If you're at least 28 weeks pregnant or aged 75 to 79, you can get your free respiratory syncytial virus (RSV) vaccination here

The **RSV vaccine** helps protect against infection with RSV, a common virus that can make babies and older adults seriously ill.

It's offered on the NHS if you're **pregnant, aged 75 to 79, or turned 80 after 1 September 2024.**

If you are pregnant you should be offered the RSV vaccine around the time of your **28 week** antenatal appointment.

If you are aged 75—79 (or turned 80 after 1st September 2024) contact your GP surgery to book your RSV vaccination.

Unlike flu and COVID-19 vaccines, the

Older adults only need **1 dose**, which should protect them for several years. For full details please visit:

<https://www.nhs.uk/vaccinations/rsv-vaccine/>



Help us to help you

We Need Your Up-to-Date Contact Details

It's important that we have your current phone number, address, and email address so we can contact you when needed.

If any of your details change, please let us know straight away.

If you're not sure whether we have the right information, speak to a member of our team at your next visit.

Thank you for helping us keep in touch.

NHS

Holsworthy and Hatherleigh



Autumn Vaccinations—What to look out for...

Flu vaccine side-effects

Flu vaccines are very safe. All adult flu vaccines are given by injection into the muscle of the upper arm.

Most side effects are mild and only last for a day or so, such as:

- slightly raised temperature
- muscle aches
- sore arm where the needle went in – this is more likely to happen with the vaccine for people aged 65 and over

Try these tips to help reduce the discomfort:

- continue to move your arm regularly
- take a painkiller, such as paracetamol or ibuprofen – some people, including those who are pregnant, should not take ibuprofen unless a doctor recommends it.

Covid vaccine side-effects

Like all medicines, the COVID-19 vaccines can cause side effects, but not everyone gets them.

Most side effects are mild and should not last longer than a week, such as:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You may also get a high temperature or feel hot or shivery 1 or 2 days after your vaccination. You can take painkillers such as paracetamol if you need to. If your symptoms get worse or you're worried, call 111.

Information from <https://www.nhs.uk/>

Please continue to call our vaccination booking line on 01409 255224 for our Holsworthy/Hatherleigh patients

HM Government

NHS

Top up your immunity this winter.



Vaccines are the best protection we have against dangerous viruses like flu and COVID-19. Find out if you're eligible for these two essential vaccines now at nhs.uk/wintervaccinations

Don't put it off - get the flu jab now

STAY WELL THIS WINTER



For more information you can visit:
<https://www.nhs.uk/conditions/covid-19/>

<https://www.nhs.uk/conditions/flu/>

For some great advice and tips on winter vaccinations and winter health please visit:

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

NHS

it's flu season. don't pass it on.



Children can spread flu. Protect them and those around them by booking their nasal spray vaccination.

#JabDone

Need help with the NHS App?



Stoptober.....be a smoke-free zone!



Stoptober is back! Join thousands of other smokers committing to quit this October.

Even if it's your first time or you've tried before, now is the perfect time to quit smoking. Make it to 28 days smoke-free and you're 5 times more likely to quit for good. There's no need to go it alone. With our free tools, advice and support, quitting is easier than you think. We've got your back as you take on the challenge.

You deserve a healthier, smoke-free life. Let's get started! The NHS Quit Smoking app is designed to provide you with personalised support to help you quit smoking for good.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support
- get inspired by others

Once you reach 28 days smoke-free, you're much more



NHS Quit Smoking 18+

Smokefree & Stoptober
Department of Health and Social Care (Digital)

★★★★★ 4.6 • 9.6K Ratings

Free



STOBTOWER 2025 28 Days. One Big Change

Join thousands taking the challenge to improve their health and future.

If you can **stop smoking for 28 days**, you are **5 times** more likely to **quit for good!**

Find tips to help you stay focused and enjoy a healthier smoke-free life. Learn how quitting can make life better for you and those around you.

Get a free Personal Quit Plan—This plan will help you to:

Manage cravings, Identify your triggers and find the best products and support for you. Let's start your journey to a healthier, smoke-free life.

Free Personal Quit Plan - Quit Smoking - NHS





Your Coast & Country Primary Care Network

A key element of the new GP Contract published in 2019, as part of the NHS Long Term Plan, was the development of Primary Care Networks (PCNs) - bringing together local services with GP practices—such as community, mental health, social care and the voluntary sector to look after local populations.

The **5 GP practices within our area** joined together to form the Coast & Country PCN. They are:

- **Neetside Surgery**
- **Holsworthy Medical Centre**
- **Stratton medical Centre**
- **Bradworthy Surgery**
- **Hatherleigh Medical Centre**

This enables our surgery teams to **work closely with each other**, to enjoy the ability to **share expertise and resources** and to **develop new services**.

The aim is to continue to improve the **quality of care** that we provide in alignment with the **need of our patient population**.

The services we are able to deliver to our patients are:

- **Mental Health Practitioner**
- **Social Prescriber**
- **Safeguarding Care Coordinator—Children**
- **Diabetes Care Coordinator**
- **Health and Wellbeing Coach**



Full details can be found on our website:

<https://coastandcountrypcn.gpweb.org.uk>—you can subscribe to our quarterly newsletter.

Follow us on Facebook: **<https://www.facebook.com/CoastandCountryPCN>**

✓ Services You Can Access via the PCN at Holsworthy/Hatherleigh Surgeries:

- **Social Prescribers**
- **Mental Health Nurses & Support Workers**
- **Health & Wellbeing Coaches**
- **Healthcare Assistants**
- **Frailty Care Coordinator**
- **GP Assistants**
- **Vaccination Coordinator**
- **Safeguarding Coordinators**
- **Cancer Care Coordinator**
- **Clinical Pharmacists & Pharmacy Techs**
- **Paramedics & Visiting Teams**
- **Diabetes Care Coordinator**
- **Learning Disabilities Coordinator**



To find out more visit the Coast and Country Primary Care Network website
<https://coastandcountrypcn.gpweb.org.uk/our-primary-care-network>

Sign up to our Newsletter - <https://coastandcountrypcn.gpweb.org.uk/>



Healthcare where YOU are

October Health Campaigns

National Cholesterol Month October 2025



Did you know that 1 in 2 adults in the UK have high cholesterol? It's more common than you think, but that doesn't mean it has to be out of your control.

Be the Boss of your Cholesterol

find out more



#bethebossofyourcholesterol #ncm25

www.heartuk.org.uk/ncm25



Download your
31 day tracker
here



For more information—<https://www.heartuk.org.uk>



Our Practice
News



Our next fundraising
event for Charlotte
come and join us.

QUIZ NIGHT

FRI 14TH NOV
At
Chilsworthy Village Hall

Doors open 7pm for 7.30pm start
Teams of 6 - £6 per person

To book a table please message Beth on
07528 177043.

CHARLOTTE'S ANGELS

Charlotte is a loving wife, mum of 4 and a much loved member of Ruby Country Medical Group. Charlotte has been bravely battling Motor Neurone Disease since 2024. She is now reliant on a wheelchair to get her around the house and when she goes out. We wish to raise money to help support Charlotte and her family with making valuable changes to their home.

"Let's Dance for Charlotte's Angels" A great afternoon of dancing was had by all during our fundraiser event, raising money to help build an accessible wet room for our colleague and friend, Charlotte, who was diagnosed and is living with MND (Motor Neurone Disease.) organised by Wayne King photo above

An amazing total of £838 was raised





Who is eligible for the flu vaccine this year?

From 1 September 2025:

- pregnant women
- all children aged 2 or 3 years on 31 August 2025
- Children with certain long-term health conditions (aged 6 months to less than 18 years)
- primary school aged children (from reception to Year 6)
- secondary school aged children (from Year 7 to Year 11)
- all children in clinical risk groups aged from 6 months to under 18 years

From 1 October 2025 :

- everyone aged 65 years and over
- individuals aged 18 to under 65 with certain long-term health conditions
- care home residents
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- those living with people who are immunocompromised
- frontline health and social care workers

The Pharmacy First scheme

Under Pharmacy First the following conditions can now be treated by your local pharmacist, without needing to see a GP.

- Sinusitis (for patients aged 12 years and over only)
- Sore throat (aged 5+)
- Earache (aged 1 year-17)
- Infected insect bite (aged 1 year+)
- Impetigo (aged 18 years+)
- Shingles (aged 18 years+)
- Uncomplicated urinary tract infections (women aged 16 to 64)

healthwatch

You can get shingles more than once, so it's important to get vaccinated even if you've had shingles before.

Important

NHS

All adults with a severely weakened immune system are eligible for the **shingles vaccine**

Book at your

GP practice



From September 2025, the NHS is expanding the **shingles vaccination programme**. **Adults aged 18+ who have a weakened immune system** are now eligible for the shingles vaccine.

You don't need to wait for an invitation—you can book at your GP practice. Find out more at:

<https://www.nhs.uk/vaccinations/shingles-vaccine>

Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

You're more likely to get shingles, and it's more likely to cause serious problems, as you get older or if you have a severely weakened immune system.

Eligibility:

- **People who turn 65 on or after 1st September 2023**
- **People aged 70—79**
- **People aged 18 and over with a severely**