



Ruby Country Medical Group

HOLSWORTHY & STRATTON
HATHERLEIGH & SHEBBEAR

April

Holsworthy, Shebbear & Hatherleigh

NEWSLETTER 4 2019

Your Doctors

HOLSWORTHY t: 01409 253692

Dr. R. Wardle

Dr. Andy Brown

Dr. D Stone

Dr. Alexandra Brown

Dr. C. Hall

Dr. S Whitaker

Dr. T Pestrige

STRATTON t: 01288 352133

Dr. G Green-Armytage

Dr. R Shaw

Dr. A. Moss

Dr. S. Partridge

Dr. D. Kandola

Dr. M Higgs

HATHERLEIGH t: 01409 253692

Dr. D Lee

Dr. M Eggleton

Managing Partner

Mrs J Wells

OPENING TIMES

8:00 to 6pm

Monday to Friday.

What can the Nurses do?



Our highly qualified Practice Nurses can deal with a whole range of conditions and health concerns.

The nurses clinics include:

Chronic disease clinics,

Children Immunisations,

Travel vaccinations,

Women's Health ,

Complex wound care,

Injections,

First assessment of compression bandages and many more things.

Our Health Care Assistants (HCA) here at the surgery support our practice nurses and they can do:

Urgent blood test,

ECGs,

Blood Pressure checks,

Removal of stitches and clips

Dressings,

Hypertension reviews,

B12 injections,

Part 1 of the Diabetic reviews.

Shingles/Flu/Pneumonia Vaccinations.



Dr R Shaw off to Stratton

Dr Shaw will be going to work at Stratton Medical Centre for six months as from the 1st April and the surgery will have locums covering his patient's here in Holsworthy.

Dr Green-Armytage is currently staying at Stratton as well for the next six months.

Dr Brian Rigney has now finished with us but Dr Rosie Halcrow F2 has joined us. She will be available to see patients shortly and will be here for 4 months.

Urgent Prescriptions

If patients require an urgent prescription, other than after having spoken to a clinician, we are unable to provide this instantly. Patients will need to come back and collect after 5:30pm.



More online appointments available

As from the 1st July the surgery will be offering more appointments online. There will be 25% of appointments made available to book for doctors, nurses and phlebotomy.

If you have not got online access yet beat the rush and request now. Just pop into reception with two forms of ID for yourself and we can print you out your unique username and password to be able to log in and get started.



Depression and Anxiety Service (DAS)

This service is for people in North Devon who are aged 18 years and over who are feeling anxious, low in mood, depressed or feeling stressed. Your GP can refer you or you can self refer direct to the service by telephoning 01271 335041. One in four people will experience anxiety or low mood at some point during their life. They are a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including Cognitive Behavioural Therapy (CBT). The team are able to help with lots of problems:

- | | |
|-------------------------|---------------------------------|
| Panic attacks, | Post Traumatic Stress Disorder, |
| Depression, | Agoraphobia, |
| Anxiety, | Obsessive Compulsive Disorder, |
| Excessive worry, | Health Anxiety, |
| Social Anxiety/Shyness, | Bulimia, |
| Phobias. | |

All the staff work in various community buildings, hospitals, GP surgeries and libraries so it means they are usually offer support close to home or work.

In spring 2019 they are changing the name to Talkworks.



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Email: D-CCG.HolsworthyMC-Reception@nhs.net