



**Ruby Country  
Medical Group**

HOLSWORTHY & STRATTON  
HATHERLEIGH & SHEBBEAR

# March

*Holsworthy, Shebbear & Hatherleigh*

NEWSLETTER 3 2019

## Your Doctors

**HOLSWORTHY**  
t: 01409 253692

Dr. R. Wardle

Dr. R. Shaw

Dr. Andy Brown

Dr. D Stone

Dr. Alexandra Brown

Dr. C. Hall

Dr. S Whitaker

Dr. T Pestrige

Dr. B Rigney

**STRATTON**  
t: 01288 352133

Dr. Green-Armytage

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.

## Repeat prescription collection available at Shebbear

Patients are now able to collect their repeat prescriptions from the village shop in Shebbear on a Wednesday and Friday. Most items are included but we are not able to include fridge items or controlled drugs.

Patients who wish to use this new service will need to request via the dispensary at Hatherleigh Surgery that their prescriptions are sent to the shop for collection and sign a consent form confirming this. Consent forms are available from the village shop. Medicines will be dispensed at Hatherleigh and not a community pharmacy.

We have now stopped all telephone prescriptions request for all three sites including Hatherleigh and Shebbear patients. You will be advised how to order at respective receptions.



## Goodbye to our Senior Practice Nurse at Holsworthy Medical Centre

Jane Rusden our senior practice nurse will be leaving Holsworthy after 13 years. Her last working day will be the 18th March. She has decided to leave the surgery and take up a new practice nurse role closer to home. We wish her all the best for the future.

Claire Gough will be taking over from Jane and her first working day will be the 4th March. She will be the Lead Practice

Nurse for all three surgery sites and will be working full time.



## Make a swap when you next shop

With 34% of children leaving primary school overweight, Change4Life has launched a new campaign "Make a swap when you next shop" encouraging families to cut back on sugar. Children in England are eating an extra 2,800 sugar cubes a year, which is more than double the recommended guidelines. That's 8 cubes too many each day! It's easy to cut back by swapping from higher to lower sugar products. Most products have the traffic light label system which is usually on the front of the pack. Pick ones that have a green light for sugar.

Polite reminder that we are unable to accept any magazines from patients for the waiting room.

## Cervical Screening Campaign

At the beginning of March 2019 Public Health England will launch a new national campaign to increase participation in the National Cervical Screening Programme. Screening is estimated to save 5000 lives a year but is at a 20 year low. Every year in the UK, around 3,000 women will be diagnosed with Cervical Cancer, it is the most common cancer in women aged 35 and under.

If all eligible women attended cervical screening regularly, 83% of cervical cancer deaths could be prevented

The surgery offers smear test appointment with our practice nursing team most days and it only takes a few minutes to have done. So come on ladies, there is no need to put it off any longer or feel embarrassed ring or pop in to book your appointment.



## Start4life Weaning campaign

Last month Start4Life launched its first ever weaning campaign. On the Start4Life website parents can find NHS-approved advice, practical tips, helpful videos, tips from other parents and lots of simple healthy recipes for baby. The new website will help parents find information relevant to their baby's age.

Introduction your baby to solid foods, also referred to as weaning starts when your baby is around 6 months old. Your baby should be introduced to a varied diet, alongside their usual breast milk or infant formula.

To find out more visit:  
[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

Please be aware that our GP's are no longer able to sign passport forms for patients. Will need to visit the Government website to see who can sign passports.

## Online Services

Did you know that since April 2015 you can book and cancel an appointment with your doctor, order repeat prescriptions and look at part of your GP records all online.

Online services are free to use and its just another way of contacting your surgery.

All you have to do to register for your GP online service is come into the surgery with two forms of ID for example Passport, Driving Licence, bank statement or council tax statement. The surgery will then be able to print out your unique username and password to enable you to log in online. Please remember you can only access your own information.

If you are a parent of a child under 11 you will be able to have your records linked when you have filled out a Proxy Access Application form, held at reception. Once your child reaches the age of 11 they can either manage their own account of give permission for a parent to have continued proxy access. At 16 the proxy access will only be given for medical capacity reasons.



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