

ADVANCE NOTICE

In July will be starting out on a period of general redecorating and refurbishment of our Stratton base.

We hope you will bear with us during this process as we try to keep disruption to an absolute minimum.



ACCESS TO YOUR RECORD

If you use Systm1 on-line to book appointments and order prescriptions, the system allows you to request additional access to your own medical record. Although patients are able to request access to their FULL RECORD unfortunately we are not able to offer this service currently.



CONTRACEPTION PLEASE

Although our clinical staff are always happy to discuss contraceptive options, sexual health and pregnancy issues with patients, our nurses also being able to arrange contraceptive pill checks and supply, we are no longer able to provide patients with coils or contraceptive implants as formerly. These can be arranged via **The Centre**, a single point of access for patients to book in to discuss issues relating to contraception and sexual health. At present there are clinics held at Holsworthy Hospital (on alternate Thursdays), at Okehampton Hospital and Bideford Hospital. Please call The Centre on **01271 341562** to make an appointment. These are not drop-in clinics.

Bude also has its own Contraceptive & Sexual Health Clinic based at Stratton Hospital. Clinics are held on Mondays 9.15-4.15 (apart from the 3rd Monday of every month). Call 01288 320128 during clinic hours or use the booking line on 01872 255044. Again, this is not a drop-in clinic and appointments must be booked in advance.



TEMPORARY RESIDENTS WELCOME !

If you are a visitor to the area, a student returning home for a holiday period, or someone working nearby and find that you need treatment urgently for illness or injury then you may be able to register with the practice as a **TEMPORARY RESIDENT**. This will allow you access to GP services for up to 15 days or up to three months in some circumstances. People who are unwell should be advised to call the medical centre as soon as they feel they may need to be seen, with details of their home address, telephone number and normal GP practice as well as their current, temporary address and any mobile number. They will be asked to provide two forms of identification (if possible) and attend the surgery at least 10 minutes prior to their appointment to get all details confirmed and registered.



STRATTON PARKING

We realise that parking is very limited in the car park. Alternative parking is available nearby at the public car park in Stratton, close to the allotments. We are working with the hospital to ensure that the medical centre car park is used only by medical centre users.

NHS

FRIDAY BLOODS

We are no longer doing blood tests at the Bowling Green on Friday mornings in Stratton. These will now be done at the medical centre instead for safety reasons. Although bloods are still being done on Mon-Thurs this may be changing in future.

You can still get sunburn on cool days as people can't feel ultraviolet (UV) rays

The highest risk months in the UK are May to September, when UV rates are higher

#CoverUpMate



Your Doctors

HOLSWORTHY

Dr. R. Wardle

Dr. R. Shaw

Dr. Green-Armytage

Dr. Andy Brown

Dr. Stone

Dr. Alexandra Brown

Dr. C. Hall

Dr. Sean Whitaker

Dr. Holly Puckett

STRATTON

Dr. A. Moss

Dr. R. Waterhouse

Dr. S. Partridge

Management Partner

Jane Wells

01409 253692 01288
352133

OPENING TIMES

8.30 to 6pm Monday to Friday.
Urgent line only between 5
& 6pm

ADVANCED NOTICE of BANK HOLIDAY CLOSURE

Monday May 7th
Monday May 28th

OUT OF HOURS

For urgent advice and treatment: call NHS 111 on 111 from Devon addresses or 0845 6710270 from Cornwall addresses. Call 999 in an emergency. Chest pains and / or shortness of breath constitute an emergency.

FOR CHEMISTS OPEN DURING THE BANK HOLIDAY GO TO THE MAIN WEBSITE FOR LINKS

GET AHEAD OF HAY FEVER!

The hay fever season is with us all too quickly and can bring with it miserable symptoms for a lot of people in the spring and summer months, just when they want to be outside enjoying themselves! 1 in 5 people are affected with hay fever in the UK. Over the counter medications are available for self-treatment: Antihistamine tablets and syrup, nasal sprays and eye-drops but a lot of things can also be done to manage hay fever at home and avoid common triggers. For example:

* Keep house and car windows closed especially when pollens are high: 7-9am and 5-7pm.

* Avoid large grassy areas (especially when they are being cut), woodland, pollutants and car fumes.

* Wear wrap-around sunglasses.

* Wash your hands and face and rinse your eyes when coming in from outside, even consider changing your clothes if necessary or appropriate!

* Wear glasses when doing housework if affected by dust.

* Don't dry washing outside to avoid pollen sticking to clean clothes.

* Consider pollen filters for air vents in cars/vans.

If everything fails and your symptoms overwhelm you, speak to a pharmacist or book in to see one of the Nurse Practitioners at the medical centres who can advise and prescribe if necessary. For more information go to: www.nhs.uk/Conditions/Hay-fever or www.patient.co.uk/health/hayfever

NHS

Don't let

HAY FEVER

ruin your day

Get your hay fever medicines from your local pharmacy at low cost

You won't need a GP appointment or prescription - just talk to your community pharmacist



South Devon and Torbay Clinical Commissioning Group
Northern, Eastern and Western Devon Clinical Commissioning Group

STAFF NEWS

We are delighted to report that as well as the additional staff at Stratton there are 3 new faces on the patient services team at Holsworthy: **Lyn Ley**, **Helen Sutton** and **Lauren Woodridge**—all local people with plenty of experience working with the public. They are now answering the phones and looking after the reception desk for us. It's a challenging job so please make them feel welcome!

We will also be adding Dr Davinder Kandola in July, and Dr Michelle Higgs in November to the GP team at Stratton and Dr Tess Pestbridge to the GP team at Holsworthy in October. Welcome all!