



Ruby Country Medical Group

HOLSWORTHY, STRATTON & HATHERLEIGH

March Stratton

NEWSLETTER 3

Your Doctors

STRATTON

t: 01288 352133

Dr. G Green-Armytage

Dr. R Shaw

Dr. A. Moss

Dr. C. Morwood

Dr. D. Kandola

Dr. M Higgs

Dr. V D'Ambrogio

Dr. M D'Ambrogio

HOLSWORTHY

t: 01409 253692

Dr. R. Wardle

Dr. Andy Brown

Dr. D Stone

Dr. Alexandra Brown

Dr. S Whitaker

Dr. T Pestrige

Dr. A Jones-Pahdi

HATHERLEIGH

t: 01409 253692

Dr. D Lee

Dr. M Eggleton

Managing Partner

Mrs J Wells

OPENING TIMES

8:00 to 6pm

Monday to Friday.

EXTENDED HOURS

Alternative Saturdays

Mornings 9am-11:30am

Held at Holsworthy Medical Centre



Please note all three Medical Centres will be closed for the day on Thursday 12th March for staff training. For medical advice of who to ring while we are closed please ring your normal medical centre phone number for details.



This service is available across Ruby Country Medical Group, meaning it's available to all our Holsworthy, Stratton and Hatherleigh patients. Please note it is not suitable for emergency conditions.

Patients are able to request Fit notes, GP letters and complete Travel forms on the system. We have started doing virtual Asthma checks via eConsult. Patients can online and complete an asthma review for themselves which will be sent to the practice nurses to go through and assess. By doing these reviews this way will save patients time by not coming into the surgery for appointments.

How can eConsult be accessed?

eConsult will be accessible via the practice website 24/7:

www.rubycountrymedicalgroup.co.uk



Dr Moss who has been at our Stratton Practice for 28 and a half years, will be retiring and leaving us as a permanent member of staff at the end of the month. He will be popping back occasionally to do some locum work. He says he has loved his time spent working with the people of Stratton and Bude and the medical centre staff and that he will definitely miss it.

Teresa North-Lewis our nurse practitioner of many years at Holsworthy and Stratton and prior to that working in the community, has retired at the end of January. She will be greatly missed by everyone. We wish her well in retirement and thank her for the care she has given to local people over the years.

Virtual Blood Pressure clinics in the waiting room.

Patients will now be able to take their own blood pressure readings in the waiting room without needing an appointment to see a member of the treatment room.

Just pop into the surgery and the machine will be all set up in the waiting room for patients to use, then just pop the printed out reading to reception staff to record onto your records.



Bude's dementia friendly walking Group

Free dementia friendly walking group. Creative Spaces in the Community supports people living with dementia, their families and carers in rural communities in Cornwall. They meet every 2nd and 4th Friday of the month 11am-1pm.

The next meet is Friday 13th March at The Weir—meet in the bottom car park just after the bridge, Whalesborough EX23 0JD.

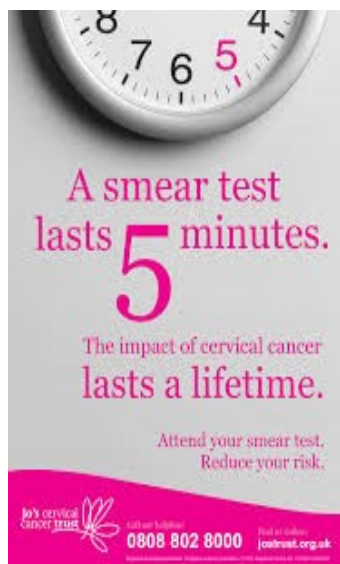
For more details telephone on 01726 222900 or email: creativespaces@sensorytrust.org.uk



Update your contact numbers

We would like to contact patients via text, therefore please ensure we have your correct mobile number. You can update at the practice, online and via Econsult.

DON'T FEAR THE SMEAR!!



Cervical screening aims to prevent cervical cancer from developing. The NHS cervical screening programme invites women aged between 25 and 64 for cervical screening. 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.

The surgery offers smear test appointments with our practice nursing team most days and are now offering appointments on alternative Saturday mornings and Thursday evenings, 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 now.

NATIONAL NO SMOKING DAY WEDNESDAY 11TH MARCH 2020

No matter how long you have smoked for, no matter how many cigarettes you smoke a day, your health will start to improve as soon as you quit. Some health benefits are immediate, some are longer-term, but what matters is that it's never too late.



Why not book in today with one of our Health Care Assistants who can guide and support you through the cessation process. Even if you have tried and been unsuccessful before, have another go, with strategies and nicotine replacement therapies available if needed. A ten minute appointment could change and extend your life.



Just a reminder the Medical Centre will be closed for Easter on Friday 10th April and Monday 13th April for Good Friday and

Easter Monday so remember to order your regular prescriptions in plenty of time.



As of the 1st April Ruby Country Medical Group will no longer be offering private travel vaccinations. If you need to have private travel vaccinations you will need to contact The MASTA Travel Clinic in Plymouth on 01752 205556 for advice or The MASTA Travel Clinic—Lloyds Pharmacy (in Sainsburys) Roundswell, Barnstaple on 0330 1004106. Alternatively Exeter Travel Clinic on 01392 430590 / 07811 216526.



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