



# HOLSWORTHY MEDICAL CENTRE



[www.holsworthymedicalcentre.co.uk](http://www.holsworthymedicalcentre.co.uk)

@HolsworthyMC1

August 2017

NEWSLETTER 44

### Your Doctors

*Dr. R. Wardle*

*Dr. R. Shaw*

*Dr. Green-Armytage*

*Dr. Andy Brown*

*Dr. Stone*

*Dr. Alexandra Brown*

*Dr. C. Hall*

*Dr Andrew McMaster*

*Dr Craig Chandler*

### Practice Manager

*Jane Wells*

01409 253692

### OPENING TIMES

8.30 to 6pm

Monday to Friday.

Urgent line only between  
5 & 6pm

**ADVANCED  
NOTICE of CLOSURE  
BANK HOLIDAY  
Monday August 28th &  
TRAINING DAY  
Thursday 12th October  
from 12.30pm for**

### 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.



## CAN I HAVE A PRESCRIPTION PLEASE?

Our surgery deals with *hundreds* of prescription requests every day but if you've ever had a prescription that's gone astray, gone to the wrong place, didn't have the correct items on it or wasn't ready when you wanted it, you'll know how annoying and frustrating this can be. Ordering in time and correctly are key to avoiding problems. We understand that the system can be confusing and, if you're new to it, you may not know how to make it work for you when ordering. Please choose what's right for you.

In person—pop in and ask to fill out a request or bring your request to the desk, or put in the Prescription box outside when we are closed.

Using your Systm1 on-line login details. Get yours today to order on-line. ID will be needed to verify your details.

Via pharmacies—most pharmacies offer an ordering system, if you want to set up an arrangement with them. Please speak them about this and note, you need to allow longer than 48 hours if you are ordering this way.

By email to D-CCG.HolsworthyMC-Prescriptions@nhs.net. This email is checked regularly throughout every working day.

By Fax to 01409 254184 which is checked regularly throughout the day.

Boots Pharmacies do allow telephone ordering but Lloyds in Holsworthy do not.

If you haven't already nominated a pharmacy your prescription will be held at the reception desk once signed. Please note that we CANNOT take prescription requests over the phone. If you wish to discuss medication and ordering issues you can book an appointment with John Green our full-time Clinical Pharmacist at the surgery staff.



## DR HALL

Dr Hall will now be taking up a new position on our increasingly busy Emergency Team on Wednesdays and Fridays. Unfortunately this does mean that she will not be having a patient list as before. Patients who were previously on Dr Hall's list have been allocated one of the partner GPs as their new nominated GP. Letters have been sent to all patients outlining this change and indicating their new partner GP. Please be aware that if you wish for a male or female GP for a specific one-off appointment this will be accommodated at any time and you DO NOT have to change your GP to do this.

**CLOSED FOR AUGUST BANK HOLIDAY MONDAY 28th AUGUST ALL DAY**

## GOODBYE AND HELLO

*Dr Sam Milne* has now left the practice after his four month placement with us. We are delighted to say he has been filled with enthusiasm for GP practice. Thank you everyone! *Dr Craig Chandler* will be joining us in August, again for four months. Dr Craig is a qualified doctor and will be seeing patients shortly.

## MJOGGERY

Much as we love MJOG, our text-messaging, appointment reminder system, it cannot tell whether you have booked a telephone call or a face-to-face appointment. It will just tell you you have an 'appointment' and the date and time. Please be aware that if you book a telephone call you will get a telephone call and do not need to come in. Sorry for the confusion!

## HEALTH CARE CHECKS ARE BACK!!

Hurrah! Those wonderful, free, 20 minute health care checks are back for patients in the 40 to 75 age range. Invitations are being sent to patients who will be called alphabetically in groups. **Please wait for your invitation before booking.**

### WHAT HAPPENS?

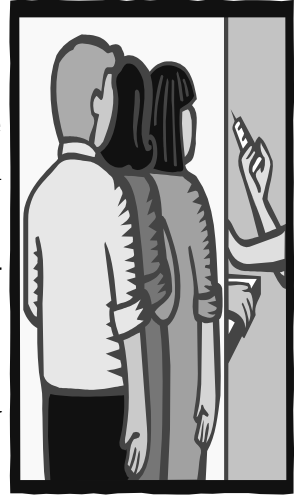
One of our Health Care Assistants will ask you some simple questions about your lifestyle and family history, measure your height and weight, and take your blood pressure and do a blood test – often using a small finger prick test. Based on this, they will be able to give you an idea of your risk factors regarding heart disease, stroke, kidney disease and diabetes. If you're over 65, you will also be told the signs and symptoms of dementia to look out for. You will then receive personalised advice to lower your health risks.

## FLU FOR YOU?

Yes, it's that time of the year again! We're getting in early this year too!

## S A T U R D A Y SEPTEMBER 30th

will be our main, all-day clinic for adults & children.



**Vaccination supplies will arrive on Monday 25th September so if you wish to have your vaccination any time after this date then please ask. Bookings will be easily accommodated.**

Patients who qualify for a free flu jab are:

- ◆ people aged 65 or over,
- ◆ women who are pregnant
- ◆ people with a serious medical conditions
- ◆ people living in a residential or nursing home
- ◆ children aged two, three and four years old plus children in school years one and two. Also children aged two to 17 years who have medical conditions where getting flu could be dangerous. Children and young people have their vaccination as a nasal spray.
- ◆ the main carers for an elderly or disabled person whose welfare may be at risk if the carer becomes ill.

*(Healthcare or social care professionals directly involved in patient care should speak to their employers.)*

### **Please don't miss out on this valuable vaccination.**

If you have any concerns about its efficacy or possible side-effects then please ask to speak to one of our Practice Nurses who will be happy to discuss things with you.

For more information about the flu vaccine for adults and children visit:

**<http://www.nhs.uk/Conditions/vaccinations/Pages/flu-influenza-vaccine.aspx>**

