



# Ruby Country Medical Group

HOLSWORTHY & STRATTON  
HATHERLEIGH & SHEBBEAR



## Holsworthy, Shebbear & Hatherleigh

NEWSLETTER 1 in 2019

### Your Doctors

#### HOLSWORTHY t: 01409 253692

Dr. R. Wardle

Dr. R. Shaw

Dr. Andy Brown

Dr. Stone

Dr. Alexandra Brown

Dr. C. Hall

Dr. Sean Whitaker

Dr. Theresa Pestridge

Dr Brian 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. David Lee  
Dr Mark Eggleton

### Management Partner

Jane Wells

### OPENING TIMES

8.30 to 6pm

Monday to Friday.



## HATHERLEIGH MEDICAL CENTRE OPENS THE DOOR ON 2019

After its official opening on 14th December by Hatherleigh Mayor Clare Tyson, Hatherleigh Medical Centre opened its doors to patients on 17th December. We have been working hard to get the new practice up and running in the building once occupied by Nat West Bank on Bridge Street in Hatherleigh. Not only will the medical centre offer first rate healthcare facilities with 2 GPs (Dr Lee and Dr Eggleton), a Nurse Practitioner, a Nurse and a phlebotomist (all of whom will be familiar to patients) but patients will also be offered the option to use on-site dispensing. A prescription delivery service will be available soon to patients too unwell to travel, once full dispensing has started. Please ask the dispensing staff how to order your prescriptions on-going as, for clinical governance reasons, the way all patients are able to do this will be changing shortly with telephone ordering no longer available. Please be aware that the surgery will be **closed between 1 & 2 pm**.



Booking appointments is easy using the Holsworthy hub on 01409 253692. The Patient Services Team will advise you of availability. Text messages reminding you of your appointment made will be sent from Ruby Country Medical Group—please note that if you have booked for Hatherleigh your appointment will be at Hatherleigh. The text message will not specify this.

Shebbear patients (or Holsworthy patients) wishing to transfer to the Hatherleigh practice may do so if this is most convenient to them. Our Shebbear patients will continue to be seen at Holsworthy, with NHS England agreeing to extend the funding of the minibus in the morning for the time being. Use is being monitored. RCMG and NHS England will continue to focus their efforts in looking at the long-term options in Shebbear.

*Information taken from the NHS England Community Bulletin available on the Ruby Country Medical Group website homepage.*

### NEW GP DAYS FOR 2019

Dr Wardle	Monday, Wednesday, Thursday, Friday morning
Dr Green-Armytage	Monday, Tuesday, Friday (on return)
Dr Shaw	Monday, Tuesday, Friday
Dr Stone	Tuesday morning, Wednesday, Thursday, Friday
Dr Alex Brown	Monday, Tuesday, Thursday morning, Friday
Dr Andy Brown	Monday, Tuesday, Thursday
Dr Pestridge	Tuesday, Thursday, Friday
Dr Whitaker	Monday, Wednesday, Thursday
Dr Hall	Monday and Wednesday
Dr Lee	Monday, Wednesday, Thursday
Dr Eggleton	Tuesday, Friday

**Dr Brian Rigney** will be joining us at Holsworthy for four months until April. A very warm welcome!



*eConsult will be being made available to all Ruby Country Medical Group patients shortly.*

### What is eConsult?

eConsult provides an online portal where patients can:

1) Self-check their symptoms, and receive on the spot medical advice 24/7.

*Patients may find the answers they need from the reliable, trustworthy information syndicated from NHS Choices.*

2) Be signposted to 111 or another appropriate local service for minor conditions.

*Determining if a patient can receive medical attention they need elsewhere and putting them directly in touch with appropriate alternative primary care providers.*

3) eConsult with your GP.

*Patients can complete a GP devised questionnaire that is then forwarded onto the surgery for review. Patients will receive a response from the surgery before the end of the next working day; this may be by a phone call from a clinician, being asked to make an appointment with your GP or by receiving a prescription, whichever is needed.*



**THIS SERVICE WILL BE AVAILABLE VIA THE PRACTICE WEBSITE 24/7!**

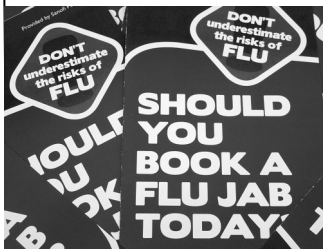
## THANK YOU...



... to our incredibly generous patients who have sent in cards, edible goodies and warm wishes to the staff this Christmas. Your kindness has been much-appreciated and enjoyed with gusto!

## STILL JABBING!

If you've still not been able to get into the surgery to have your flu vaccination then we have still got **plenty of supplies** and can fit you in very quickly. Unfortunately due to production and supply problems we are not able to offer vaccinations against pneumonia (Pneumovax) until further notice.



Please ask to be put on the waiting list if you have been advised to have this and we will contact you once supplies are with us.

## BE STI AWARE

Did you know that if you're 16-24, you're more at risk of getting an STI?

- You don't need to have sex with **lots** of people to get an STI
- Many STIs are symptomless and, if left untreated, can cause long-term health problems
- STIs like gonorrhoea are becoming harder to treat or may not be treatable at all



59% of people who got chlamydia or gonorrhoea in 2016 were aged 16-24

If you have concerns about your sexual health or contraception (including the free condom service) and want to discuss it with a specialist health professional there is valuable information on-line and local clinics readily available to you. Phone **01271 341562** for The Centre (Devon patients) or **01872 255 044** for Bude Contraceptive Clinic (Cornwall patients). Clinics are held locally but you will need to be advised where these are being held. For more general information go to:

<https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>



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