



Ruby Country Medical Group

HOLSWORTHY & STRATTON
HATHERLEIGH & SHEBBEAR



Stratton

NEWSLETTER 1 2019

Your Doctors

STRATTON

t: 01288 352133

Dr. Green-Armytage

Dr. A. Moss

Dr. S. Partridge

Dr. D. Kandola

Dr. M Higgs

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

HATHERLEIGH

t: 01409 253692

Dr. David Lee
Dr Mark Eggleton

Management Partner

Jane Wells

OPENING TIMES

8.30 to 6pm

Monday to Friday.

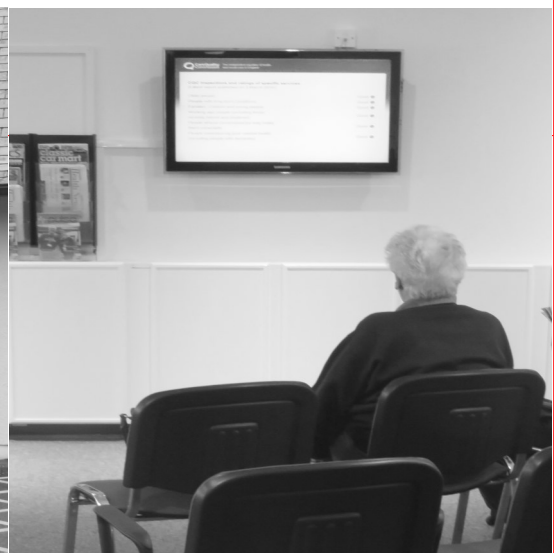


A HAPPY NEW YEAR WITH MJOG !

We are delighted to be able to introduce our new text-message appointment reminder service to all Stratton patients who have a mobile number logged on their patient record. Patients will now receive a text message ahead of every appointment reminding them of the time. It will come from Ruby Country Medical Group but if you've booked at Stratton that's where the appointment will be. Having used this at Holsworthy for several years now, we know how helpful this is to patients and has cut the number of missed appointments phenomenally. You will also be given the opportunity to rate your appointment after having been. To ensure patient confidentiality please ensure that you keep your contact details up-to-date to ensure the reminder is going to the correct number. If you do not wish to receive reminders please let us know.

DOCTORS DAYS 2019: Your GPs do have regular working days. To help you to book in with a GP their working days are: **Dr Moss (MONDAY & THURSDAY)**, **Dr Higgs (TUESDAY, WEDNESDAY, FRIDAY)**, **Dr Partridge (MONDAY, WEDNESDAY & THURSDAY)**, **Dr Morwood—covering Dr Moss's patients (TUESDAY)**, **Dr Kandola (MONDAY, TUESDAY, WEDNESDAY MORNING, THURSDAY)**. **Dr Waterhouses patients will now be covered by Dr Trowbridge and Dr Colin Jones on MONDAY, TUESDAY & WEDNESDAY.**

A big thank you to all our patients for bearing with us whilst the refurbishment was in progress. Apart from a few minor tweaks this is now complete. It has been great to hear so many positive comments. We can't believe how much bigger everywhere looks!





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 ACCESSIBLE ANYWHERE!

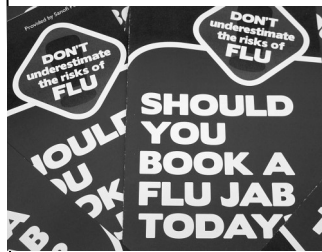
THANK YOU...



... 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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