



# HOLSWORTHY MEDICAL CENTRE



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

@HolsworthyMC1

January 2018

NEWSLETTER 49

## Your Doctors

*Dr. R. Wardle*

*Dr. R. Shaw*

*Dr. Green-Armytage*

*Dr. Andy Brown*

*Dr. Stone*

*Dr. Alexandra Brown*

*Dr. C. Hall*

*Dr Sean Whitaker*

*Dr. Hugh Dunkerley*

## 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

Wednes. 31st January  
from 12.30pm

## 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.



## WELCOME 2018!

Start 2018 by being wise with your own health care needs. The NHS offers a wide range of brilliant services to patients, free at the point of need. Getting the right treatment by the right person starts with patients choosing the right first point of contact. If in doubt please call us on 01409 253692 to be directed.

## Stay well

Guide to help you choose the right service for you and your NHS



Self-care	Pharmacy	GP	Minor Injuries	A&E/999
Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.	Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.	Arthritis. Asthma. Back pain. Vomiting. Stomach ache.	Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.	Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.
Self-care is the best choice to treat minor illnesses and injuries.  A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.	Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time.  No appointment is needed and most pharmacies have private consulting areas.	GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.	Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions.  They are usually led by nurses and an appointment is not necessary.	A&E or 999 are best used in an emergency for serious or life-threatening situations.

### NHS 111

If you're feeling unwell, unsure or if you want health advice and guidance for non-life threatening emergencies call **NHS 111**.



24 hours a day  
7 days a week

### NHS Choices

You can also access health advice and guidance or find your nearest service online through **NHS Choices**.



Visit [www.nhs.uk](http://www.nhs.uk)

Produced by NHS Northern, Eastern and Western Devon Clinical Commissioning Group

## HELLO DOCTORS !

**Dr Hugh Dunkerley**, who joined us in mid December, is now available for appointments. But who exactly is he? Dr Dunkerley was born in South Wales near the Brecon Beacons, gaining his full medical qualifications at Bristol University. His specialisms are in emergency medicine and pre-hospital care. In his spare time Dr Dunkerley is an antiques dealer and also manages to fit in playing the saxophone. Dr Dunkerley will be with us until mid April.



**Dr Sean Whitaker** also joins the permanent GP team in January, taking over Dr Shiva's/Dr McMaster's patient list. Dr Whitaker is an experienced GP who comes to us from a practice in Exmouth. We are delighted to have him with us. More on Dr Whitaker in our February newsletter.

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

## 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! Happy new year to all!

## FORGET-ME-NOT FRIENDS' CAFÉ



### DROP-IN

If you are having problems with your memory, or trying to support someone who is, why not try a new group starting on **Monday, January 15th** at Holsworthy Memorial Hall, Manor Suite.

Time: 2-4pm every 2nd and 4th Monday of each month

The Café offers tea, cakes and a friendly atmosphere for those wishing to socialise for an hour or two and gain support. Stimulating, interactive and engaging activities are also provided along with reminiscence, music sessions, quizzes, information talks, relaxation session and lots of opportunities for informal chats.

For more details contact Rebecca Poet on 07572180100 or Trish Burke on 07814740055

Drop in run under the auspices of SRIL (Supporting Rural Independent Living Project)

## EAR CARE WHAT'S NEW?



Please be aware that as directed by NHS England we now need to ask all patients to put olive oil in their ears for at least **4 weeks** before attending ear-care (irrigation) appointments. This helps the wax to dislodge and assists the process.

## 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:

For on-line information go to:

<https://www.nhs.uk/oneyou/protect-against-stis-use-a-condom/home>

**Or phone: 01271 341562**—bookings are made via this Barnstaple number but clinics are held twice a month locally at Holsworthy Hospital and other nearer locations.

**Or 01872 255 044** for Bude Contraceptive Centre held at Stratton Medical Centre