



HOLSWORTHY MEDICAL CENTRE



www.holsworthymedicalcentre.co.uk

 @HolsworthyMC1

OCTOBER 2017

NEWSLETTER 46

Your Doctors

Dr. R. Wardle

Dr. R. Shaw

Dr. Green-Armytage

Dr. Andy Brown

Dr. Stone

Dr. Alexandra Brown

Dr. C. Hall

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Practice Manager

Jane Wells

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OPENING TIMES

8.30 to 6pm

Monday to Friday.

*Urgent line only between
5 & 6pm*

ADVANCED NOTICE of CLOSURE

TRAINING DAY

**Thursday 12th October
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.



EMERGENCY TEAM: ONE YEAR ON

After a year of running the emergency clinic—first as the ON THE DAY TEAM and now as EMERGENCY TEAM—we are delighted to say that it has proved to be a really valued, well-used and important innovation to the healthcare given at the medical centre. Because of the pressures placed on GP practices nationally by an increasing patient population, we are having to adapt, to triage urgent need and respond accordingly, without losing the essential caring and personal approach to people at their time of need. Medical centres around the country are adopting similar models of practice to adapt to these changing times.

There has been much in the news about questions being asked of patients when wanting to book an appointment. Our telephone and reception team do this only as a way to direct your appointment to the correct person, so that patients are seen quickly and appropriately. Brief details only are all that are needed.

As an insight into a typical session one day in September appointments on Emergency Clinic were placed for: *Eczema, *Infected toenail, *Cough, *Cyst, *Itchy rash, *Painful lower abdomen, *Painful right arm, *Urine infection, * Dizzy spells, * Not coping—mental health (taken as callback initially as is usual), *Ear-ache, * Visual difficulty, * Swollen leg, *Chest pain (later admitted by ambulance), *Head injury (seen and assessed by nurses first), * Palpitations, * Excessive lethargy, * Infected insect bite. This selection represents only an hour of one particular day!

As you can see our team is dealing with a huge variety of problems and levels of need. Thank you to everyone for working with us as we move into another year of Emergency Team.

FLU NEWS

On Saturday 30th September we vaccinated around 750 people against flu, 65 against pneumonia and a handful against shingles. If you want to have any of these vaccinations and qualify to have them free PLEASE BOOK IN NOW. We have loads of appointments to offer and have lovely nurses waiting to give them. Thank you to all our patients and staff for being so full of good humour on the Saturday clinic, making a long day go with a swing.



It may not be popular but ...

31 days to give your liver a holiday and raise money for Macmillan Cancer Support. For more information got to @GoSoberUK on Twitter for daily feeds or <https://www.gosober.org.uk>
GO SOBER FOR OCTOBER



GOODBYE DR MCMMASTER

After well over a year with us, completing his full GP experience, Dr McMaster is now leaving to take up a new, exciting position in Halifax, New Zealand. It has been super having him with us and many patients have benefited from his medical expertise and kindness. We wish him and his young family well as they travel to a new country. He will be much missed.

Patients who were previously on Dr Shiva's old patient list will now be able to be seen by one of the fleet of regular, experienced locum GPs, all of whom have been at the practice before, including Dr Lee and Dr Maguire whom many patients will remember when they were on staff.

Almost every week day will be covered until our new GP—Dr Sean Whitaker—starts in January. More on Dr Whitaker nearer the time.

Patients needing to be seen on an urgent basis can always be seen on the Emergency Team for issues of sudden onset.



Devon Partnership NHS Trust

Do you want to live well with your long term health condition?

The Talking Health team offer support and therapy for people struggling with stress, anxiety and low mood who have Diabetes, COPD and/or Obesity

We work across North, East, Mid & West Devon

To find out more contact our central enquiry line on 01392 682141 or visit www.dpt.nhs.uk/talkinghealth

INDEPENDENT LIVING CENTRE, DEVON

Free, impartial, equipment advice and information service for all ages, with NHS Occupational Therapists available to assess your needs and demonstrate equipment for daily living and mobility.

Call: 01392 380181

Website: www.devon.cc/ilc



@ILCDevon

to follow the latest news and updates

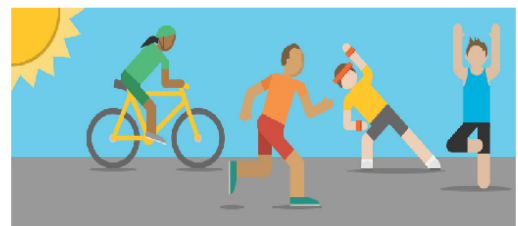
Advice regarding personal care, furnishings, computer on-line access, mobility aids, meal management etc.

Independent Living Centre, Devon House, Brunel Road, Newton Abbot TQ12 4PB.

For a leaflet please ask at the reception desk.

onesmallstep
to a healthier you

Rally®, the new free OneSmallStep App is now available!



OneSmallStep are excited to introduce their new healthy lifestyle app - Rally®

Register online and complete the survey to find your Rally age and choose your personalised missions to help you move more, eat better, and feel great.

Learn more at:

www.onesmallstep.org.uk/rally

Rally is free to everyone over 18 years living in the Devon County Council area.

Please be aware that Rally is only available to Devon County Council residents who are aged 18 and over with a valid Devon postcode. You must register on the Rally website first before you can download the app. For more information and support, please visit the FAQ section on the Rally website. © 2017 Optima, Inc. All rights reserved. July 2017.

OneSmallStep is funded by Devon County Council - your health is our priority.



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