



HOLSWORTHY MEDICAL CENTRE



www.holsworthymedicalcentre.co.uk

 @HolsworthyMC1

DECEMBER 2017

NEWSLETTER 48

Your Doctors

Dr. R. Wardle

Dr. R. Shaw

Dr. Green-Armytage

Dr. Andy Brown

Dr. Stone

Dr. Alexandra Brown

Dr. C. Hall

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

Mon 25th & Tues 26th
December, Mon 1st Jan.

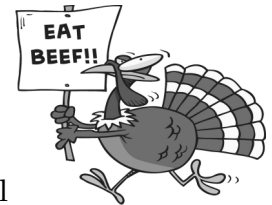
Wednes. 31st January
from 12.30pm

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.



ARE YOU 'CHRISTMAS READY' ?



The medical centre will only be closed for an additional 3 days over the Christmas break: **Monday 25th December, Tuesday 26th December and Monday 1st January.** Please make sure you have enough medications to last over those days. Early requests for medication are now possible from your chemist. If you use an on-line supplier (eg. Pharmacy 2U) then please give them plenty of notice as their delivery system gets very busy.

- ◆ If you do run out of regular medications you can go to a pharmacist with ID and proof of your medication for an emergency supply.
- ◆ If you are visiting outside of the area and have either forgotten medications or become unwell whilst you are away, you can register at a local practice as a Temporary Resident. This is also useful for students returning home for the vacation. Proof of ID will always be required.
- ◆ It can also be helpful to keep a store of over-the-counter medications—just in case: anti-diarrhoeal medicines, rehydration sachets, indigestion remedies, Paracetamol and Aspirin tablets (not to be taken by under 16s). If all else fails and the surgery or pharmacy is closed then dial 111 for non-emergencies and advice, or 999 for emergencies. A full list of pharmacies open over the Christmas break will be available via the website, on Twitter and Facebook and on the Medical Centre door nearer the time..



NEW DAYS FOR DOCTORS 2018

The new surgery days for the doctors in 2018 will be:

Dr Wardle:	Monday, Wednesday, Thursday, Friday morning
Dr Shaw:	Tuesday, Wednesday, Friday
Dr Green-Armytage:	Tuesday, Wednesday, Friday
Dr Stone:	Monday, Tuesday morning, Wednesday, Friday
Dr Alex Brown:	Monday, Tuesday morning, Thursday, Friday
Dr Andy Brown:	Monday, Thursday, Friday
Dr Whitaker:	Monday, Tuesday, Thursday
Dr Hall:	Monday and Wednesday (Emergency Team)

Although we do like you to see you own doctor, if you are unwell when they do not have a clinic you will be able to see a clinician on the EMERGENCY TEAM for all urgent conditions.



KEEP IT SIMPLE WITH SAMPLES

If you think you have a urine infection and you cannot be checked at a pharmacy then we are able to see you via our Emergency Team. Please do not just leave unsolicited urine specimens for dip testing unless you have been advised to do so by speaking a doctor or nurse first. ALWAYS put your full name and date of birth on any samples sent in. We have lots of patients with the same or similar names! Thank you!

GOODBYE...

...to **Dr Craig Chandler** who has been with us for four months gaining valuable additional training in general practice. He tells us he's enjoyed his time at Holsworthy so much he's now seriously considering general practice as his first option. Hurrah!



HELLO...

...to **Dr Hugh Dunkerley** who is joining us on 6th December in a the same capacity as Dr Chandler. Dr Dunkerley is a fully qualified doctor and will be with us until the end of March 2018. We hope he enjoys his time with us just as much as Dr Chandler!

...and to **Dr Sean Whitaker** who will be joining us permanently in January as a new salaried GP, taking over Dr Shiva's old patient list, previously looked after by Dr McMaster and latterly the Locum GPs. We would like to thank this patient group in particular for bearing with us during this quite long season of GP change.

Don't let

INDIGESTION

spoil your festivities

Buy remedies at low cost and get free advice from your local pharmacy

You won't need an appointment or a prescription



South Devon and Torbay Clinical Commissioning Group
Northern, Eastern and Western Devon Clinical Commissioning Group



These are returned medicines from just one patient over a recent 6 month period— (not from Devon or Cornwall). They were ordered on successive months even though they were not required. The medications had to be discarded and destroyed unused! Even though your medication may be free please think carefully about whether you really need it. Would you order the medication each month, if you had to pay for it? Help the NHS by only ordering exactly what you need this Christmas and next year. A common misconception is that medication not ordered every month will be removed from repeats. This is NOT the case. **HELP OUR NHS BY DOING YOUR BIT!**

Don't be a hoarder. Don't over-order.



Unused prescription medicines cost the NHS in Northern, Eastern and Western Devon £5.5million every year.

The same amount could pay for 1,000 hip replacements or almost 11,000 cataract operations.*

*Estimated figures

www.newdevonccg.nhs.uk

This project is being delivered by the medicines optimisation team of NHS Northern, Eastern and Western Devon Clinical Commissioning Group



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