



## Your Doctors

### HOLSWORTHY

*Dr. R. Wardle*

*Dr. R. Shaw*

*Dr. Green-Armytage*

*Dr. Andy Brown*

*Dr. Stone*

*Dr. Alexandra Brown*

*Dr. C. Hall*

*Dr. Sean Whitaker*

*Dr. Holly Puckett*

*Dr David Lee*

### STRATTON

*Dr. A. Moss*

*Dr. R. Waterhouse*

*Dr. S. Partridge*

*Dr. D. Kandola*

### Management Partner

*Jane Wells*

01409 253692    01288 352133

### OPENING TIMES

*8.30 to 6pm Monday to Friday.  
Urgent line only between 5 & 6pm  
at Holsworthy*

### ADVANCED NOTICE of CLOSURE

**Thursday 18th October from  
12.30 onwards  
(HOLSWORTHY)**

### OUT OF HOURS

For urgent advice and treatment:  
call NHS 111 on 111 Call 999 in  
an emergency. Chest pains and /  
or shortness of breath constitute  
an emergency.



## FLU VACCINATION BOOKINGS ARE GO!

There are so many reasons to have your flu vaccination this year with Ruby Country Medical Group surgeries: appointments are now available from 6th October onwards at times to suit you; easy access to nursing staff for any queries or concerns; plus, of course, increased immunity against the horrible symptoms of a flu virus. The more adults and children who take up the vaccination the less chance of it being passed on too! Please book in **NOW** if you haven't done so already!

**Our main Saturday Clinics are at Stratton Medical Centre (not The Parkhouse Centre this year) on 13th October, and at Holsworthy Medical Centre on 6th October from 8.30am to 4.30pm. Midweek dates are also available. Please ask.**

Flu vaccine is available free on the NHS for: anyone aged 65 and over, pregnant women, children and adults with an underlying health condition (particularly long-term heart or lung disease), children and adults with weakened immune systems. Adults over 18 and children aged six months to less than two years in these groups are given an annual injection, while children aged two to 17 are given an annual nasal spray. The annual nasal spray is also given to children aged two and three, and to children in reception class and school years one, two, three and four.

### HOW IT WORKS:

The flu vaccine stimulates your body's immune system to make antibodies to attack the flu virus. Antibodies recognise and fight off germs, such as viruses, that have invaded your blood. If you're exposed to the flu virus after you've had the flu vaccine, your immune system will recognise the virus and immediately produce antibodies to fight it. It may take 10 to 14 days for your immunity to build up fully after you have had the flu shot. You need to have a flu jab every year, as the antibodies that protect you from flu decline over time, and flu strains can also change from year to year.

**Please call us!**



## YOUR NAMED GP

Every patient at our surgeries has a named GP, not just for administrative purposes but for continuity of care. We are currently in the process of recruiting an additional GP for our Hatherleigh and Shebbear patients to assist Dr Lee. Until that time 50% of the patients will have Dr Lee as their named GP and the other 50% will be able to be seen by our team of super-qualified, experienced locum GPs but do not as yet have a named GP. For administrative purposes, where you are asked for your named GP please ring to be advised. Once the new GP has been appointed we will let patients know.



## POLITENESS PLEASE

Please can we ask when talking to our reception team on the phone and at the desk that the usual courtesies and good manners are shown. If you do have specific complaints about our services please put them in writing to the management team. Thank you

## BREAST SCREENING IN HOLSWORTHY

The mobile breast screening service will be in Holsworthy towards the end of September and throughout October—site yet to be announced. Ladies within the right age range, needing to be checked by mammogram will be called by letter from the screening service in Exeter and will be seen locally. Breast screening is currently offered to women aged 50 to 70 in England. You'll first be invited for screening between your 50th and 53rd birthday and are recalled every three years after that. If you are unsure when you had your last mammogram please call us to be advised.



## RETINAL SCREENING

We are holding our retinal screening clinics for Hatherleigh and Shebbear patients from 3rd-5th September at Holsworthy. Patients will have received appointments by letter. If you need to cancel or re-arrange the appointment please call the number on the letter or: (01392)403864 or 403820. For more details about diabetic retinopathy go to:

<https://www.nhs.uk/conditions/diabetic-retinopathy/>

You may be eligible for breast screening before the age of 50 if you have a very high risk of developing breast cancer, if there is a family history of breast cancer for example.

If you're over the age of 70, you'll stop receiving screening invitations. You can still have screening after 70 if you want to, and can arrange an appointment by contacting your local screening unit. The results of the mammogram will be sent to you and your GP no later than 2 weeks after your appointment.

This is an excellent opportunity to be checked and would encourage everyone to attend. For more information call the Devon Breast Screening Service on **01392 262600** or the Cornwall Screening Service Helpline on **0800 169 2692** (this number is free).

## KEEP ACTIVE! KEEP MOVING!

A brisk 10 minute walk every day can make a difference to your health. Each 10 minute burst of exercise is known as an "Active 10".

Brisk walking is simply walking faster than usual, at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more. It's the easy way to improve your health and wellbeing. No gym memberships, no Lycra. Just 10 minutes and you!

A regular 10 minute brisk walk can make you feel better in so many ways. It can boost your energy, clear your head and lift your mood. It can help people with lower back pain and those at risk of high blood pressure. It's also seriously good for your long-term health – it can reduce your risk of serious illnesses like heart disease and type 2 diabetes.

Read more at:

<https://www.nhs.uk/oneyou/active10/home#>

## WHAT'S COMING UP ...

\*\* Retinal Screening surgeries for Hatherleigh patients 3-5th September at HMC and for Shebbear patients on 20th Sept also at HMC.

\*\* Dr Tess Pestrige starts at Holsworthy in October. She will be covering Holsworthy patients on Dr Green-Armtage's list whilst Dr Green-Armytage does a 6 month, temporary placement at Stratton. Dr Pestrige will be a GP partner, and not Dr Higgs as mentioned previously. Dr Higgs, who also starts in October covering patients previously on Dr Trowbridge's list, is a salaried GP.

\*\* Dr Colin Jones will be with us at Stratton until early October to cover patients on Dr Partridge's list.

What's new?



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