



**Ruby Country
Medical Group**

HOLSWORTHY, STRATTON
& HATHERLEIGH

September

Holsworthy & Hatherleigh

NEWSLETTER 9 2019

Your Doctors

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STRATTON

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Dr. R. Shaw

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Dr. D. Lee

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OPENING TIMES

8:00 to 6pm

Monday to Friday.

Improved Access

Tuesday and Thursdays Evenings until 8pm

Alternate Saturday Mornings

9am-12:30pm

Social prescribing—how does it work?

You can now get specialist support for more than just medical issues by talking to one of our Social Prescribers who will spend time with you, exploring what activities and/or local support could improve your health and wellbeing. This might mean being introduced to a community group, a new activity or local club, helping you to find legal advice or help around the house.

Dawn Bauling and Kate Longthorne are available via our Primary Care Network (PCN) surgeries: Holsworthy, Stratton, Neetside, Hatherleigh, Bradworthy and Black Torrington. Their appointments include face-to-face, telephone consultation or email at: socialprescribing.pcnhbsv@nhs.net Anybody can use this service free of charge. To get an appointment you can ask your GP, healthcare provider, you can refer yourself by contacting your GP surgery or by emailing Dawn or Kate.

How will it help?

The idea behind social prescribing is to help you to have more control over your own health and find ways to improve how you feel in a way that suits you. Studies show that patients with social prescriptions get better and feel better faster than those treated with medicine alone. And because it works, it's happening more and more.

What Support Can I Get?

Our social prescribers can help patients with a range of issues, including:

Social isolation, befriending services, bereavement, accessing legal advice, emotional wellbeing, mental health support, being a carer, respite services, cancer care services, long term health support, poor health linked to housing, accessing the workplace, volunteering, debt management, healthy lifestyle, weight management, getting out and about, joining groups, digital access to services.



UPDATE — Dr Green-Armytage and Dr Shaw will be continuing in Stratton until April next year.

SEPTEMBER IS WORLD ALZHEIMER'S MONTH

Alzheimer's disease is the most common cause of dementia. The word dementia describes a set of symptoms that can include memory loss and difficulties with thinking, problem-solving or language. These symptoms occur when the brain is damaged by certain diseases, including Alzheimer's disease. It can be difficult both living with and supporting people who have Alzheimer's. If you wish to find local support and useful information go to:

www.alzheimers.org.uk

or call the National Dementia Helpline:

0300 222 11 22

or speak to your doctor who can advise.



More than 520,000 people in the UK have dementia caused by Alzheimer's disease and this figure is set to rise.

We have now launched our Virtual Patient Participation Groups (PPG) on Facebook—one for each site. If you would like to join our virtual PPG please let us know. We will be using these virtual groups to seek opinions on our services from time to time. This is your chance to give honest and helpful feedback so we can develop our group of surgeries for the future.

Health Care Checks are back again!!

These wonderful, free, 30 minute health care checks are back for patients in the 40 to 75 age range. Invitations are being sent out to patients. Please wait for your invitation before booking.

What Happens?

One of our Health Care Assistants will ask you some simple questions about your lifestyle and family history, measure your height and weight, and take your blood pressure and do a blood test—often using a small finger prick test. Based on this, they will be able to give you an idea of your risk factors regarding heart disease, stroke, kidney disease and diabetes. If you're over 65, you will also be told the signs and symptoms of dementia to look out for. You will then receive personalised advice to lower your health risks.



Change4Life Nutrition Campaign

In January Change4Life launched a new campaign that encourages families to cut back on sugar by making a few simple swaps to their everyday food and drinks.

This September Change4Life will be running further activities to build on the success of the January campaign. There can be lots of sugar in the products our children consume, and going back to school is the perfect time to cut back by making one or two simple swaps to lower sugar cereals, yoghurts, drinks and snacks during key moments of the school day; at breakfast, in lunch boxes and after school.

Children in England are having around 2,800 sugar cubes more than they should each year, that's more than double the maximum recommended amount. Most of the sugar children are having comes from sugary drinks, confectionery, biscuits, cakes, desserts, higher-sugar breakfast cereals and higher-sugar yoghurts.



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