



# HOLSWORTHY MEDICAL CENTRE



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

@HolsworthyMC1

September 2017

NEWSLETTER 45

### Your Doctors

*Dr. R. Wardle*

*Dr. R. Shaw*

*Dr. Green-Armytage*

*Dr. Andy Brown*

*Dr. Stone*

*Dr. Alexandra Brown*

*Dr. C. Hall*

*Dr Andrew McMaster*

*Dr Craig Chandler*

### 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**

**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.



## FIGHTING FLU TOGETHER!

There are so many reasons to have your flu vaccination this year at Holsworthy Medical Centre: appointments available **from 25th September** 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!

A 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. Appointments from **Monday 25th September** plus

**SATURDAY 30th SEPTEMBER!**



## Hello Dr Craig Chandler

Dr Craig Chandler has been with us for a month now, taking his own clinics and also seeing patients on the Emergency Team. Originally from lovely Symonds Yat in The Forest of Dean, Dr Craig qualified as a doctor in 2015 at Warwick University and has a specialism in infectious diseases. A keen outdoor sports enthusiast his hobbies include hiking, and kayaking. And, as if that wasn't enough he has also had time to do some volunteer medical work in Ghana. Dr C will be with us until the end of November gaining experience of a busy GP practice! Welcome Dr Chandler!



## TOUCHSCREEN TERRORS?

If you are apprehensive about using the touchscreen in the foyer to register your arrival then do ask to be shown how to do it. It's really easy and helps to avoid queues building up at the reception desk unnecessarily! All you will need to know is your name and when you were born and then it marks you as arrived and tells you where to sit. Simple! Please have a go!

## D&V—just saying!

If you or a family member are unfortunate enough to get a bout of diarrhoea and/or vomiting and you are concerned about the severity or duration of the symptoms please can we ask that you call us first and do not come into the surgery unless advised to do so by one of the clinical team. This helps infection control and is usually the easiest and least worrying option for the person involved. Thank you .



## 5 reasons to vaccinate your child against flu

1. **Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
2. **Protect you, your friends and family.** Vaccinating your child will help protect more vulnerable friends and family
3. **No injection needed.** The nasal spray is painless and easy to have
4. **It's better than flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
5. **Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

### What should I do?

Children aged two and three years old are offered this vaccination in general practice. Your child's GP surgery should contact you. If you haven't heard from their GP by early November, contact them directly to make an appointment. Children in reception class and school years 1, 2, 3 & 4 will be offered the vaccine at school. Your child's school will provide details from the local healthcare team.

For more information visit  
[www.nhs.uk/child-flu](http://www.nhs.uk/child-flu)

STAYWELL  
THIS WINTER

Flu Immunisation 2017/18  
Helping to protect everyone, every winter

## 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#>

Public Health  
England

### WALKING BRISKLY FOR 10 MINUTES COUNTS AS EXERCISE

BECAUSE THERE'S ONLY  
**ONE YOU**

ACTIVE  
10

DOWNLOAD  
THE FREE  
ACTIVE 10 APP

## 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](http://www.alzheimers.org.uk)

or call the National Dementia Helpline:

**0300 222 11 22**

or speak to your doctor who can advise.