

Your Doctors

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Dr. Alex Brown
Dr. T. Pestrige
Dr. S. Whitaker
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Dr. David Lee
Dr Mark Eggleton

Managing Partner

Jane Wells

OPENING TIMES

8 to 6pm
Monday to Friday

IMPROVED ACCESS

Thursday evenings
until 8pm

Saturday clinic temporarily
paused due to Covid vaccs

15,000 and still counting

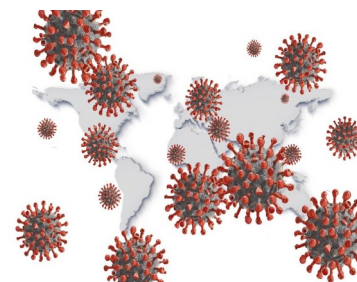
It's official.... Even before our last weekend clinic in March we had given over 15,000 vaccinations to our PCN patients! Fantastic news. We hope you, along with our staff will allow yourselves a few moments of inner celebration! Our PCN staff, community volunteers and local groups have come together in a mammoth operation to vaccinate almost everyone in the top 9 groups aged 50 and above. It's a great achievement, especially alongside maintaining all the other work done at our practices.

The weekend vaccination clinics have been characterised by efficiency, good humour and an immense outpouring of appreciation by people locally... including donations of chocolate and cake! Just a brief visit our Facebook pages is further evidence of this. "It's a testament to the spirit of our local community and the determination of the fantastic PCN staff, that things have gone so well." says Jane Wells, our Managing Partner. "We never have any problem staffing the clinics and everyone – whether out in a chilly car park directing people, in the back room logging information, or at the sharp end of proceedings, giving the vaccine – determine to have a good time, even whilst working!" There's always a lot of laughter. As well as the weekend clinics, the visiting teams and nurses have also been out vaccinating people in our local care homes and doing home visits to those medically unable to get in to the clinics. It's quite a task—starting with the early morning putting out of signage and bollards to direct people into the vaccination centre, to checking every vaccination card has been given and patient information logged, including which batch of vaccine has been given and even which arm the jab has been given in! This information is stored both nationally and on everyone's individual and confidential patient record.

Having delivered, or booked in, the majority of our first doses to the 9 highest risk groups, in line with government targets, our clinics will now be focussing on giving second doses of the AstraZeneca and Pfizer BioNTech vaccines throughout the April weekends. Rolling out first vaccinations to the rest of our patients will rely on national supplies and government directives, but we are optimistic that this will be underway within weeks. We'll keep everyone informed as usual with our weekly Facebook posts. If you aren't on Fb already and want to keep updated please join us. It's an open group.

If you wish to know more about the vaccinations, the vaccines and all current guidance go to:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>



The rules about what we can do **are changing**

From 29 March:

Pin me to your noticeboard or fridge

Let's all keep going so we can get back to doing things we love to do.



Minimise your travel. You can travel to meet people, but you should stay near to where you live.



Six people or two households can meet outdoors.



No household mixing indoors.



Outdoor sport and outdoor leisure open again i.e. golf courses and outdoor tennis courts



Outdoor parent and child groups can start again



To find out what you can and can't do today, visit our website

www.cornwall.gov.uk/roadmaprules

As we move into the first easing stage of the road map, we must all remember that COVID-19 will continue to remain a part of our lives. For the time being, **even if you have received your first or second dose of vaccine**, we all have to remember to:

- Carry on with 'hands, face, space'
- Comply with the current restrictions
- Get tested when needed
- Get vaccinated when offered



Email: d-ccg.receptionrcmg@nhs.net

Parents with children at nurseries, schools and colleges

A guide to regular rapid Covid-19 testing



How does it work?

It's a simple swab test you can do at home, school, work or test site, using a Lateral Flow Device (LFD). It takes around 30 minutes to find out if you have the virus.

The test detects viral proteins that are present when someone has Covid-19. Research from Public Health England and Oxford University shows that they pick up the vast majority of people in the most infectious stage of the disease. With up to 1 in 3 people who have the virus showing no symptoms – they could be spreading it without knowing.

Testing should take place twice a week, every three – five days, ideally in the morning. Why not add this to your morning routine?

If you test negative, you can continue to go to work. You should still strictly follow all other government guidelines and avoid all unnecessary contact. If you, your household or bubble test positive, you should all self-isolate immediately. And then the person who has tested positive should also take a confirmatory PCR test and follow latest government guidance.

For more information visit [gov.uk/guidance/understanding-lateral-flow-antigen-testing-for-people-without-symptoms](https://www.gov.uk/guidance/understanding-lateral-flow-antigen-testing-for-people-without-symptoms)

Regular rapid testing is now available for parents, their households and bubbles.

Regular rapid testing is a fast and easy way to find out if you have coronavirus and help protect your loved ones and community. It's free and takes around 30 minutes.

Why introduce regular rapid testing?

Up to 1 in 3 people who have Covid-19 have no symptoms and could be spreading it without knowing.

Regular rapid testing is now available for parents of nursery, school children and college students. As well as adults in their households, childcare and support bubbles.

Regular testing for people without symptoms is already taking place across the country. Thousands of people who didn't know they had the virus have been able to take action to stop the spread of the disease.

As lockdown restrictions ease, getting into the regular habit of twice weekly testing will play an important role in getting back to normal; alongside the vaccine, following the hands, face, space guidance, and social distancing measures.

Regular testing for school staff and students

Regular rapid testing is already available to all staff at nursery, primary and secondary schools and colleges.

Secondary school and college students aged 11 and above will continue to access regular rapid tests directly through their school or college. And we continue to encourage them to get tested.

On return they will initially be supervised while testing at school and then continue to test themselves at home with test kits they will get from school or college.

Nursery and primary school children are not being asked to be tested as evidence continues to show that children and young people are at low risk from Covid-19 and are very unlikely to get seriously ill.

What is the benefit to you?

By taking part in regular rapid testing, you'll be protecting yourself and your loved ones. And helping us all get back to a more normal way of life.



Reporting your test

You should report your results online straight away, even if your result is negative or void. It's easy to do at: [gov.uk/report-covid19-result](https://www.gov.uk/report-covid19-result)

Results can also be reported via telephone by calling 119 (free from mobiles and landlines). Lines are open every day, 7am to 11pm.

If you have tested positive, you can also check to see if you are eligible for the £500 Test and Trace Support Payment.



Where can I get tested?

If you are a parent or adult of a household, childcare or support bubble you can either:

1. Get an assisted test at work if it is available.
2. Attend a test site to get tested (where you will be able to see how to take the test) or pick up tests to do at home.
3. Order a test online to do at home.

To find out how to get a free rapid Covid-19 test visit [gov.uk/coronavirus-school-household-testing](https://www.gov.uk/coronavirus-school-household-testing)

Regular rapid testing is for those without symptoms of Coronavirus. If you have symptoms, you should continue to book through [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

HELLO & GOODBYE—STAFF NEWS

We are delighted to welcome two Emergency Care Practitioners to the group who joined us at the end of March. Kieran Ward and Jacob Ayling-Ellis will be working as part of the OnTheDayTeam, and will also be spending some time with the home visiting team across the group.

Dr Sophie Ewing has agreed to join us as a partner of the group after being with us initially as a locum and then as a salaried GP. We are delighted to have her as one of our hard-working partners.

Congratulations to Marion Wonnacott, taking over from Angie Eachus who retired as Operations Manager at Stratton Medical Centre at the end of March. Many of you will know Marion from her time Holsworthy Medical Centre. We wish her well in her new role.

We say goodbye and thank you to Dr Michelle Higgs (Stratton), and Dr Fiona De Ferrars (Holsworthy) who both left us at the end of March. Dr De Ferrars will be locuming for us so will still be taking some clinics in the future.

People are always changing in a busy group practice and we are aware of how lucky we are in those we have on staff and the care they provide or have provided. Thank you everyone.



ACCURX IT IS!

Thank you to everyone who took part in our AccuRx Online Consultation trial. We found it very successful, having good feedback from both staff and patients. Ongoing, this is going to be our only Online Consultation tool for non-urgent queries or conditions and has replaced eConsult. To access accuRx, please use the links on our website home-page, right at the top. Don't forget to choose the correct surgery!



[nhs_uk/talk](https://nhs.uk/talk)

JUST TALKING CAN HELP

NHS talking therapies can help you if you're struggling to cope with feelings of anxiety or depression. They're effective, and confidential. Your GP can refer you or you can refer yourself online nhs.uk/talk



SHIELDING

In line with the government's roadmap published last month, from April 1st those on the shielded patient list can begin to follow the national restrictions alongside the rest of the population, but are still advised to take extra precautions to keep themselves safe from COVID-19. Government letters to patients with updated guidance are being sent to those who are Clinically Extremely Vulnerable (CEV). These set out practical steps people can follow to reduce their risk of catching the virus, including continuing to maintain strict social distancing and to keep their overall social contacts at low levels, such as working from home where possible. For full information and government guidance go to:

<https://www.gov.uk/government/publications> type in **SHIELDING**

accuRx - Online Consultations.

Holsworthy & Hatherleigh
Medical Centres

Stratton Medical Centre



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@HolsworthyMC1

Keep informed and get all the latest posts as things happen, plus our weekly **vaccination updates.**

Email: letters.rcmg-stratton@nhs.net