



**Ruby Country
Medical Group**

HOLSWORTHY, STRATTON
& HATHERLEIGH

March

Holsworthy & Hatherleigh

NEWSLETTER 3 2020

Your Doctors

HOLSWORTHY

t: 01409 253692

Dr. R. Wardle

Dr. Andy Brown

Dr. D Stone

Dr. Alexandra Brown

Dr. S. Whitaker

Dr. T. Petridge

Dr. A Jones-Pahdi

STRATTON

t: 01288 352133

Dr. G. Green-Armytage

Dr. R. Shaw

Dr. A. Moss

Dr. C. Morwood

Dr. D. Kandola

Dr. M. Higgs

Dr. V D'Ambrogio

Dr. M D'Ambrogio

HATHERLEIGH

t: 01409 253692

Dr. D. Lee

Dr. M. Eggleton

Managing Partner

Mrs J. Wells

OPENING TIMES

8:00 to 6pm

Monday to Friday.

Improved Access

Thursdays Evenings until 8pm

Alternate Saturday Mornings

9am-12:30pm



Please note all three Medical Centres will be closed for the day on Thursday 12th March for staff training. For medical advice of who to ring while we are closed please ring your normal medical centre phone number for details.



This service is available across Ruby Country Medical Group, meaning it's available to all our Holsworthy, Stratton and Hatherleigh patients. Please note it is not suitable for emergency conditions.

Patients are able to request Fit notes, GP letters and complete Travel forms on the system. We have started doing virtual Asthma checks via eConsult. Patients can go online and complete an asthma review for themselves which will be sent to the practice nurses to go through and assess. By doing these reviews this way will save patients time by not coming into the surgery for appointments.

How can eConsult be accessed?

eConsult will be accessible via the practice website 24/7:

www.rubycountrymedicalgroup.co.uk



Welcome to Dr Joshi our new registrar who has now started at Holsworthy. He will be based here for six months and will be gaining valuable general practice experience whilst he is with us. He is now available for appointments.

Teresa North-Lewis our nurse practitioner of many years at Holsworthy and Stratton and prior to that working in the community, has retired at the end of January. She will be greatly missed by everyone. We wish her well in retirement and thank her for the care she has given to local people over the years.



NEW RECEPTION EMAIL ADDRESS FOR HOLSWORTHY AND HATHERLEIGH PATIENTS

Please be aware we now have a new email address for general communications for Holsworthy and Hatherleigh patients. It is:

d-ccg.receptionrcmg@nhs.net

The old email will still be operational and linked to the new one for the time being so that emails will not be lost in the transition.

www.rubycountrymedicalgroup.co.uk

Bude's dementia friendly walking Group

Free dementia friendly walking group. Creative Spaces in the Community supports people living with dementia, their families and carers in rural communities in Cornwall. They meet every 2nd and 4th Friday of the month 11am-1pm.

The next meet is Friday 13th March at The Weir—meet in the bottom car park just after the bridge, Whalesborough EX23 0JD.

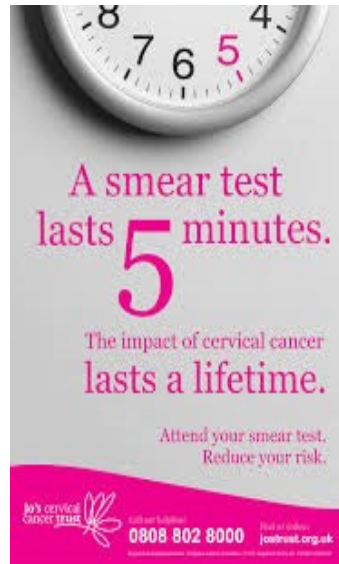
For more details telephone on 01726 222900 or email: creativespaces@sensorytrust.org.uk



Update your contact numbers

We would like to contact patients via text, therefore please ensure we have your correct mobile number. You can update at the practice, online and via Econsult.

DON'T FEAR THE SMEAR!!



Cervical screening aims to prevent cervical cancer from developing. The NHS cervical screening programme invites women aged between 25 and 64 for cervical screening. Every year in the UK, around 3,000 women will be diagnosed with Cervical Cancer, it is the most common cancer in women aged 35 and under.

The surgery offers smear test appointments with our practice nursing team most days and are now offering appointments on alternative Saturday mornings and Thursday evenings, it only takes a few minutes to have done. So come on ladies, there is no need to put it off any longer or feel embarrassed ring or pop in to book your appointment now.

NATIONAL NO SMOKING DAY WEDNESDAY 11TH MARCH 2020

No matter how long you have smoked for, no matter how many cigarettes you smoke a day, your health will start to improve as soon as you quit. Some health benefits are immediate, some are longer-term, but what matters is that it's never too late.

Why not book in today with one of our Health Care Assistants who can guide and support you through the cessation process. Even if you have tried and been unsuccessful before, have another go, with strategies and nicotine replacement therapies available if needed. A ten minute appointment could change and extend your life.

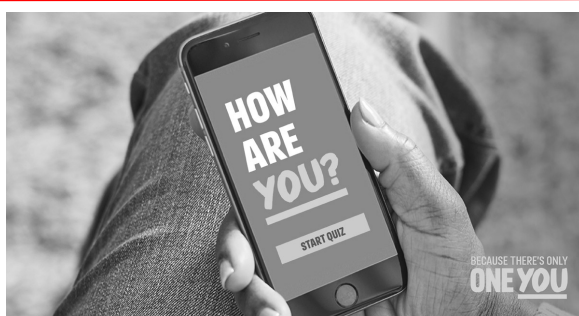


Just a reminder the Medical Centre will be closed for Easter on Friday 10th April and Monday 13th April for Good Friday and Easter

Monday so remember to order your regular prescriptions in plenty of time.



As of the 1st April Ruby Country Medical Group will no longer be offering private travel vaccinations. If you need to have private travel vaccinations you will need to contact The MASTA Travel Clinic in Plymouth on 01752 205556 for advice or The MASTA Travel Clinic—Lloyds Pharmacy (in Sainsburys) Roundswell, Barnstaple on 0330 1004106. Alternatively Exeter Travel Clinic on 01392 430590 / 07811 216526.



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