



**Ruby Country
Medical Group**

HOLSWORTHY & STRATTON
HATHERLEIGH & SHEBBEAR

November

Holsworthy, Shebbear & Hatherleigh

NEWSLETTER 8

Your Doctors

HOLSWORTHY
t: 01409 253692

Dr. R. Wardle

Dr. R. Shaw

Dr. Andy Brown

Dr. Stone

Dr. Alexandra Brown

Dr. C. Hall

Dr. Sean Whitaker

Dr. Holly Puckett

Dr. David Lee

Dr. Theresa Pestridge

Dr Mark Eggleton

STRATTON
t: 01288 352133

Dr. Green-Armytage

Dr. A. Moss

Dr. R. Waterhouse

Dr. S. Partridge

Dr. D. Kandola

Dr. M Higgs

Management Partner

Jane Wells

OPENING TIMES

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

FORGET-ME-NOT FRIENDS



HOLSWORTHY YOUTH CENTRE
SAUNDERS LANE
HOLSWORTHY
EX22 6HE



Forget-Me-Not Friends offer a friendly atmosphere for those wishing to socialise over tea & cake, especially people affected by memory loss. Drop in between 2.00pm—4.00pm every second & fourth Monday of the month.

The café provides stimulating, interactive & engaging activities such as:

Monday 12th Nov—Humorous Tales of Time in the Forces

Monday 26th Nov—Short Film WW1

Monday 10th Dec—Christmas Carols with Holsworthy School



NEW HATHERLEIGH SURGERY, COMING SOON!

Building is now underway at the old bank in Hatherleigh to transform it into a new GP surgery for our patients.

Barkwells, the building company who have been working non-stop with the transformation hope to have the project finished in December this year—so watch this space with regards to a official opening date!

There will be 2 GPs, a Advanced Nurse Practitioner, a Practice Nurse, a Phlebotomist and a Dispensary based at this site.

**Hatherleigh
Outreach Flu
Clinic**

Wed 28th Nov
Morning only
Call to make an appt



Successful Flu Clinic 2018

On Saturday 6th October when we held our first flu clinic, our team vaccinated around 1250 patients! A big thank you to the staff who ran the clinic and to all the patients who came in to join the fight against flu! If you are eligible for the flu vaccination and haven't had your flu jab yet, please call the surgery to make an appointment.

Prescribing of over the counter medicines is changing...

Your GP, nurse or pharmacist will not generally give you a prescription for over the counter medicines for a range of minor health concerns.

Instead, over the counter medicines are available to buy in a pharmacy or supermarket in your local community.

The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and if your symptoms suggest it's more serious, they'll ensure you get the care you need.

This applies to treatments for these conditions:

Acute sore throat	Minor burns and scalds	Conjunctivitis	Mild cystitis
Coughs	Colds	Mild dry skin	Cradle cap
Dandruff	Mild to moderate hay fever	Diarrhoea (adults)	Mouth ulcers
Earwax	Nappy rash	Nasal congestion	Excessive sweating
Infant colic	Sunburn	Sun protection	Infrequent constipation
Infrequent migraine	Threadworms	Mild acne	Insect bites and stings
Warts and verrucae	Mild irritant dermatitis		Dry eyes / sore tired eyes
Infrequent cold sores of the lip	Teething / mild toothache		Travel sickness

Please help the NHS to use resources sensibly.

COMING SOON

Consult our doctors online

Our eConsult service
will let you:

- Request advice and treatment from our practice online
- Get self-help advice for hundreds of common conditions

HGV Medicals—Eye tests

From November 2018, the GPs will be asking patients to have their eye test as part of their HGV medical done at their opticians. The eye test will need to be done before the appointment with your GP so the medical can be completed by the GP at your appointment.

Self Care—Flu

You can often treat the flu without seeing your GP and should begin to feel better in about a week.



Flu symptoms come on very quickly and can include: a sudden fever, aching body, feeling tired or exhausted, dry chesty cough, sore throat, headache, difficulty sleeping. The symptoms are similar for children, but they can also get pain in their ear and appear less active.

How to treat flu yourself—To help you get better more quickly: rest and sleep, keep warm, take paracetamol or ibuprofen to lower your temperature and treat aches and pains & drink plenty of water to avoid dehydration.

A pharmacist can help with flu; they can give treatment advice and recommend flu remedies. Be careful not to use flu remedies if you're taking paracetamol and ibuprofen tablets as it's easy to take more than the recommended dose.

Speak to a pharmacist before giving medicines to children.



Ruby Country Medical Centre



@HolsworthyMC1