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## Telephone Numbers

**Boots Chemist** - 01769 572576  
**Care Direct** – 0345 155 1007  
**Citizens Advice Bureau** - 01769 572342  
**Day Lewis (formerly Curries) Chemist** - 01769 572528  
**District Nurses** 01769 57310  
**Health Visitor** - 01769 575176  
**Health Visitor Ansaphone** - 01769 575189  
**Midwife (Clinic @ SMCH)** - 01769 579154  
**Midwife (Messages)** - 01769 573101  
**NEW Devon CCG** - 01769 575100  
**NHS Helpline** – 111  
**North Devon District Hospital** - 01271 322577  
**Opticians - Byrnes & Byrnes** - 01769 599670  
**Opticians – Mr. Donner** – 01769 572064  
**Patient Transport** - 01271 314332  
**Police** – 101  
**Rural Outreach Advice Project** – 07971 824911  
**Samaritans** - 01271 374343  
**South Molton Community Hospital** - 01769 572164  
**Volunteer Bureau (Car Transport)** - 01769 573167



# HAPPY NEW YEAR 2016!

A message from our new Practice Manager, Maria Hosegood:

**“As you may be aware Melanie Cullen left the practice at the end of December 2015 to work in two practices in Barnstaple and from January 2016, I have been offering practice management to South Molton Health Centre.**

**I have been the practice manager for East Street Surgery since October 2000 and it is a privilege to now be working across the two South Molton practices. Because we are so close in proximity I am available to each practice most of the time.**

**I currently have two offices which is interesting and sometimes I choose the wrong entrance in the mornings! If you need to speak to me please call using the practice number and the reception team will get a message to me. I look forward to meeting some of you at the next P3 meeting in February.”**



We are always interested in recruiting new members to the Patient Participation Group (P3). If you would like to join this group please contact the surgery and ask for more details on 01769 573101, or ask at reception when you next visit.



It is very important to let Reception know immediately if you change your name, address or telephone number.

It is vital that we have your up-to-date contact details, otherwise it could delay your care.

If you move outside the practice area you will need to register with another practice. Our Reception staff will be able to tell you whether your new address is still within our practice area.

**How long have you worked at South Molton Health Centre?**

25 years

**What is your proudest achievement?**

My children

**What is your biggest regret?**

None

**Which people, dead or alive, would you like to meet?**

David Attenborough

**Choose a superpower; why that one?**

Talking to the animals to understand their world!

## Get to know the staff...!!!

**Paula Charles** is the focus of this month's Q&A.

*"Stand By Me" by Ben E. King would be Paula's choice on Britain's Got Talent*



*Is it Cyndi Lauper or Paula Charles!!*

**If you could sing one song on Britain's Got Talent, what would it be?**

Stand By Me by Ben E. King

**If you were marooned on a desert island and only allowed 3 items, what would they be?**

1. Large knife
2. Tarpaulin
3. Matches

**If there was a film made about your life, who would play you?**

Cyndi Lauper!!

## 10 tips to make your New Year's resolution a success



Most of us will make a New Year's resolution - maybe to lose weight, quit smoking or drink less - but only one in 10 of us will achieve our goal.

Below are the 10 top tips to help you achieve your New Year's resolution.

- 1) **Make only one resolution.** Your chances of success are greater when you channel energy into changing just one aspect of your behaviour.
- 2) **Don't wait until a particular date to think about your resolution and instead take some time out a few days before and reflect upon what you really want to achieve.**
- 3) **Avoid previous resolutions.** Deciding to revisit a past resolution sets you up for frustration and disappointment.
- 4) **Don't run with the crowd and go with the usual resolutions.** Instead think about what you really want out of life.
- 5) **Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable and time-based.**
- 6) **Tell your friends and family about your goals.**



**You're more likely to get support and want to avoid failure.**

- 7) **Regularly remind yourself of the benefits associated with achieving your goals by creating a checklist of how life would be better once you obtain your aim.**
- 8) **Give yourself a small reward whenever you achieve a sub-goal, thus maintaining motivation and a sense of progress.**
- 9) **Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures.**
- 10) **Expect to revert to your old habits from time to time. Treat any failure as a temporary setback rather than a reason to give up altogether.**