

Newsletter Date: July 2016

Volume 2, Issue 4

9-10 East Street, South Molton, Devon, EX36 3BZ Tel: 01769 573101 Web: [www.southmoltonhealthcentre.co.uk](http://www.southmoltonhealthcentre.co.uk)



## 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



## Protect yourself against Pneumococcal disease



Your GP advises that you are vaccinated against pneumococcal disease. Free vaccination is offered by the NHS to all people aged 65 or over and those with the medical conditions listed below.

Pneumococcal disease is an infection caused by bacteria which mostly live harmlessly in the back of the nose and throat. Sometimes these bacteria can move to other parts of the body and cause serious illnesses like pneumonia, septicaemia (blood poisoning) and meningitis.

Those listed in the groups below are more likely to become infected with pneumococcal disease and it can be more serious for them than for others, sometimes even causing life-threatening complications.

**Pneumococcal vaccination** can help your immune system prevent pneumococcal infection and its complications, which is why it's a good idea to be vaccinated.

Unlike the flu vaccine you **NEED TO BE VACCINATED ONLY ONCE** and not annually.

The Department of Health recommends pneumococcal vaccination for people:

- Aged 65 and over

And for children and adults with any of the following conditions:

- Chronic respiratory disease or lung disease e.g. COPD
- Diabetes
- Those at occupational exposure to metal fumes\*
- Immunosuppression
- Cochlear implants
- Cerebrospinal fluid leaks
- Chronic heart disease
- Asplenia or dysfunction of the spleen
- Chronic liver disease
- Chronic kidney disease

\*Taking into account control measures in place

## MenACWY Vaccine – Protection from Meningitis and Septicaemia



The Meningococcal ACWY (MenACWY) vaccine is being offered as a new vaccination programme for all 17 and 18 year olds born between 01 September 1996 and 31 August 1997.

This vaccine protects against meningitis (inflammation of the brain) and septicaemia (blood poisoning) caused by meningococcal groups A, C, W and Y.

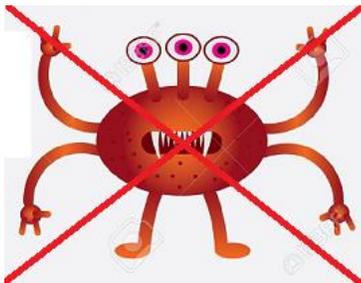
Phone us as soon as possible to arrange an appointment to have the vaccination. It is very important that you take up the vaccine. It is being offered in response to a rapidly growing increase in cases of a highly aggressive strain of meningococcal disease group W. This disease can cause meningitis and septicaemia that can kill in hours and those who recover may be left severely disabled.

### Going to university?

If you're planning to go to university or college, please make an appointment as soon as possible before leaving for university.



You are at more risk of meningitis and septicaemia in the first weeks at university when you mix with lots of new people, some of whom may unknowingly carry the meningococcal bacteria, which is usually spread through prolonged close contact.



As the vaccine will also boost your protection against MenC, it replaces the "Freshers'" MenC programme which has been in place for the past year.

If you decide not to have the vaccination please let us know so we can enter this on your medical records.

Further information on the vaccination programme and meningococcal disease can be found on NHS Choices at:

<http://www.nhs.uk/Conditions/vaccinations/Pages/men-acwy-vaccine.aspx>

## Join our Patient Participation Group (PPG)



*Have a voice for the Patients in the Practice*

**We are appealing for NEW MEMBERS**

**South Molton Health Centre** has an active Patient Participation Group that meets regularly with members of the Health Centre Staff.

The purpose of this group is to communicate and work with the Health Centre in order to enhance the patient experience.

We are always interested in recruiting new members. If you would like to join this group please contact the surgery and ask for more details on 01769 573101, or ask at reception for further details.

The date of the next P3 Group meeting has been scheduled for **Wednesday 14 September at 1.00pm** at the Health Centre.

**Our 'Get to Know the Staff' feature will return in the next Newsletter.**

## Simple steps for reducing stress



In the 21st century it is often hard to avoid feeling stressed. It can stem from a whole host of sources, be it work, a significant life event, or pressure placed on yourself to do more than you are able. Maybe it's a whole host of smaller problems that have built up over time and tipped you to boiling point.

With social media often displaying the highlights of our friends' lives without revealing any of the negatives, it's hard to stop comparing yourself and take stock of all that you have. Start with these simple stress-reducing steps and you may just notice a positive change.

- 1. Identify the source of your stress** - by working out where the problem lies it's easier to implement stress management strategies. Is it the same situation repeatedly affecting you? Are you doing too much, saying yes more often than you say no? Start by reflecting on the past week and see if there's a pattern.
- 2. Reach out to a friend or colleague** - whether it's in the form of a cup of tea and a 'no holds barred' vent or a glass of wine and a giggle, turn to someone you can talk to and catch up. It's probably not just you feeling this way, and after all ... as your Nan has almost certainly reminded you (more than once) ... a problem shared is a problem halved.
- 3. Preparation is key** - make a list and prioritise. Establish what needs to be done and get the most stress-inducing task out the way first. The rest of the day will feel brighter if you know the worst is behind you.
- 4. Mindfully relax in the tub** - take half an hour for yourself and bathe mindfully. I'm not suggesting lighting candles and cranking up the Enya (unless that's your thing) but just that you concentrate on the experience and let go of any unwanted niggles. Try to stay in the moment and let your worries wash away. We may not always have complete control over our lives but by embracing the present we can learn to appreciate what we have right now rather than being consumed by situations we can't always change.
- 5. Exercise** - you've heard it before, but it really is true. Exercise is wonderful at boosting mood and letting off steam. Choose an activity that suits you and (gasp) you might actually enjoy it. Walk, run, cartwheel ... dealer's choice, just get sweaty. With all those endorphins coursing through your veins, you may just forget what was bothering you in the first place.