

Newsletter Date: May 2016

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9-10 East Street, South Molton, Devon, EX36 3BZ Tel: 01769 573101 Web: 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



Shingles can be a very unpleasant condition that for some can cause debilitating pain and disruption to daily life. Shingles occurs more frequently in older people as the incidence of shingles increases with age.

The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once.

The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter.

It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks.

Who can have the shingles vaccination?

If your age on 1st September 2015 was **70, 71 or 72** you are eligible. You are also eligible if you were aged **78 or 79**, although patients lose their eligibility on the day of their 80th birthday. It's important that you don't leave it too late to have the vaccination, as your GP may only be able to give it to you before 31 August 2016.

Link Centre drop-in clinic for people with Mental Health issues

Barnstaple Link Centre are currently planning a drop in at South Molton for people with Mental Health issues; starting on **Monday June 6th from 2pm - 3.30pm** at **Griffin's Yard** in the café upstairs.

A member of the [Barnstaple Link Centre Team](#) will be there each week. Link Centre staff, known as support workers, are experienced in working with people with a wide range of mental health needs. They recognise that people's needs may change so are sensitive and flexible about how they can give support. For further info please contact Rosie Boundy or any of the team on **01271 322943**

How long have you worked at South Molton Health Centre?

Since June 8th 2015.

What is your proudest achievement?

Acquiring an NVQ 3 in record time.

What is your biggest regret?

Not doing my nurse training.

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

Freddy Mercury

Choose a superpower; why that one?

To be able to mind read so I could know where my partner has put his tools when he loses them and expects me to find them!!!

If you could sing one song

Get to know the staff...!!!

Under the spotlight this month is Healthcare Assistant **Suzanne Clarke.**

Ruby Wax to star as Suzanne Clarke!!!



Cyndi Lauper/Suzanne Clarke singing 'Girls Just Wanna Have Fun'

on Britain's Got Talent, what would it be?

"Girls Just Wanna Have Fun"

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

1. Good tool kit and wood work equipment
2. DIY manual
3. Snorkel and flippers

What are your pastimes/hobbies?

Updating the cottage. It's Grade II so lots to do. And travelling this country and abroad.

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

Ruby Wax



South Molton Community Connections was formed in 2015, in response to the local authority cuts in services. It was realised that many people, especially older or isolated people, didn't know what voluntary and community support services are available to them.

With projects and organisations coming and going, it was evident that there was a need for clear information about the huge range of services that are available to people, particularly older people, living in the town.

What do we do? We help people and organisations get together to help people get the support they need.

For example, if you are a carer and need information about help you can get we can give you details of organisations who can help you. If you are unable to get out, we can give you information about groups who can help you at home. If you are newly diagnosed with an illness or disease, we can link you with a support group. In fact anything you need help to find out information about.

You can contact Community Connections:

- by telephone, on **01769 572501** and leave a message
- by email, at smconnect@mail.com
- on facebook at South Molton Community Connections
- in person between 10am and 1pm on Mondays at The Amory Centre, East Street, South Molton, EX36 3BU
- or visit <http://smconnect.weebly.com> for further information

We're here to help you, so please get in touch. Please note this project is staffed by volunteers and we may not be able to respond quickly.

If you are in an emergency situation please dial **999** and ask for the emergency services you require.

With thanks to South Molton Town Council, the Rotary Club of South Molton and North Devon Voluntary Services for their support in helping set up this voluntary led group.



The Health Benefits of Lemons

They are the perfect all-around fruit! Filled with vitamins C and B, iron, magnesium, calcium and even potassium. After a long night of sleep your body is in need of vitamins and nutrients, and by simply placing a chopped slice of lemon in warm water you will be energised.

But why should you swap your daily morning coffee or tea for lemon water? Well here are five health benefits of eating lemons that won't leave you bitter.



1. It boosts your immune system and your brain

Lemons have a high concentration of potassium and vitamin C, both are key to your health. Potassium is able to improve and stimulate your nervous system and brain health, which before work or school will be really beneficial.

2. Clear skin

As well as keeping your insides happy, drinking lemon water can improve your skin. The antioxidants found in the vitamin C help fight free radicals in the skin. This helps form collagen in the skin which will promote fewer wrinkles.

People often use lemons to detox their body and skin, because it helps flush out toxins, leaving them feeling fresher and rejuvenated.



3. Reduces stress

We can all get stressed sometimes, and quite often we go to bed feeling anxiety about something we needed to do. When your body feels anxious or stressed vitamin C is one of the first vitamins to drop in your body. So by taking a sip of lemon water, you will be able to boost your vitamin C levels and reduce your stress by doing so. It has also been stated that the fresh clean smell of lemons can help calm your nervous system.



4. Fill up on fibre

Lemons are full of fibre, and the best thing about fibre is its ability to fill you up and reduce your hunger cravings. By drinking lemon water in the morning or between meals you reduce your desire to snack on bad foods, which in turn can help you lose weight.

5. Ease indigestion

If you have indigestion heartburn, lemons are great at flushing out toxins in the body, they are able to ease and reduce pain in the digestive system.