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## Sign-up to Newsletter

Visit <http://po.st/hldgSk> or ask at Reception for this Newsletter to be emailed to you.

## Contact Us

Tel: 01769 573101

Web:

<http://www.southmoltonmedicalcentre.co.uk>

Email:

[d-ccg.southmoltonmedicalcentre@nhs.net](mailto:d-ccg.southmoltonmedicalcentre@nhs.net)

## Opening Times:

**8.30am – 6pm Monday to Friday**

**6.30pm – 8pm Monday and Tuesday evenings**

We are closed Saturdays, Sundays and Bank Holidays

## P3 Group - Patient Practice Partnership

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. Go to <http://po.st/cZs4uU> for information on our website.

## New Build Update



Completion of our phase 1 extension is due to be completed towards the end of March 2019. This will provide 12 new consulting and treatment rooms across a ground and first floor as well as two new waiting areas. Phase 2 and 3 renovation will then commence with patients and staff moving between the phases as they are completed.

Unfortunately during the refurbishment of phase 2, our main entrance will close and temporary access will be via the old East Street entrance.

During this phase we will not have access to the lift, and you may be asked if you can manage the stairs to see a GP. **Please inform the reception staff at the time of booking if this won't be possible**, and you will be offered an alternative appointment in a ground floor room. All the Doctors and Nurses will be offering appointments on the ground floor and first floor at various times throughout the week.

**All staff at the South Molton Medical Centre would appreciate your patience and co-operation during this difficult period.**

By the end of 2019 we hope to be completely finished and offer our patients a practice which is fit for purpose and can accommodate the growing needs of our population in South Molton and surrounding area.

## Staff News

- Dr David Burton has now left the practice to continue his training, as have two members of our Reception Team, Marie Cottle has taken another post within the NHS and Kirsty Penno is now on maternity leave we wish them both well.
- Dr Karan Arora is joining us on the 6<sup>th</sup> February as a GP Registrar for a period of 6 months.
- Chrissie Eve, a Specialist Paramedic, will be joining the practice on 25<sup>th</sup> February. Chrissie will be working with the Same Day Team to assist with emergency enquiries on the day and GP home visits.
- A new Practice Nurse, Jenny Barnham, will be joining our Nursing Team at the beginning of March.
- Maddie Leeds, will join the practice this month as a receptionist trainee.

### Useful Contacts:

- Day Lewis Chemist  
01769 572528
- Boots Chemist  
01769 572576
- NEW Devon CCG, Crown  
Yealm House, Pathfields  
Business Park, South  
Molton, EX36 3LH  
Tel: 01769 575100
- Age Concern Pop-in  
Centre, Broad Street,  
South Molton  
Open Mon – Sat (except  
Wed) 9.30am – 12.30am  
for advice, tea and coffee
- South Molton Volunteer  
Bureau – provides car  
service at a small charge  
for those without  
transport Tel: 01769  
573167
- NDDC Office + South  
Molton Town Council –  
open 9.00am – 5.00pm,  
Mon – Fri for all general  
Council queries plus  
specialist advice.  
Tel: 01769 572501
- Patient Advice & Liaison  
Service (PALS), Level 2,  
NDDH. Tel:  
01271 314090 Email:  
ndht.PALS@nhs.net
- Patient Transport 01271  
314332
- South Molton Community  
Hospital 01769 572164
- North Devon District  
Hospital 01271  
322577
- Devon Primary Care Trust  
01392 205205
- Care Direct 0845  
155 1007  
www.devon.gov.uk/caredi  
rect
- Byrnes & Byrnes  
Opticians 01769  
579670

## How to beat the winter blues

Keep active. A daily walk in the middle of the day could be as helpful as light treatment for coping with the winter blues.

- Get outside
- Keep warm
- Eat healthily
- See the light
- Take up a new hobby
- See your friends and family
- Talk it through
- Join a Support Group
- Seek Help



**Starting  
Wednesday  
20th March**

# FEEL FABBS

**AT LAST, A CLASS I LOVE!**

**FABS is the new fun and easy way to keep  
TRIM - FLEXIBLE - STRONG AND STEADY**

"It's everything I need, makes me feel great. I've made  
so many new friends" *Jacqui age 64*

Come and meet your friendly instructor and see what **FABS** can do for you

**Wednesday Mornings  
9:30-10:30 at South Molton Methodist Church Hall**  
Please come and join us your first session is free  
For more information call Sarah - 01598 711850  
Sarah.stone@moveitorloseit.co.uk



**Flexibility** This is a specialist fitness class for the over 60's comprising of  
**Aerobic** the key components older adults need to stay fit for life. All  
**Balance** the activities have been designed to be safe for older adults  
**Strength** to participate in with a variety of levels to meet many needs.

## **New walking classes in South Molton**

Last month as part of the South Molton Library's 'Active Mind, Active Body' launch, walking classes were held over several weeks which proved to be popular. Each walk was approximately 2-3 miles and aimed at people who wish to take up or return to exercise.

Roger Warren is the organiser for these events. His plan is to offer an enjoyable, sociable experience while also giving advice and guidance on simple steps that people can take to improve their overall fitness. People recovering from illness or injury will also be welcome.

If you have any questions please email [fitness4livingnd@hotmail.com](mailto:fitness4livingnd@hotmail.com)

**The next walk will be on Tuesday 26<sup>th</sup> February starting from the Library in South Molton at 9.00 am**

Refreshments will be available for a small contribution after the walk.



## **Ready to make a change?**

OneSmallStep is a free service to support you to improve your health and wellbeing. They can help you maintain a healthy weight, get more active, cut down on alcohol and quit smoking. They offer telephone coaching, online support and a free mobile app, Rally:



Telephone: 01392 908 139 or email [hello@onesmallstep.org.uk](mailto:hello@onesmallstep.org.uk) or visit [www.onesmallstep.org.uk](http://www.onesmallstep.org.uk) for further information.

## **18 years and over - are you feeling low in mood, anxious, or depressed?**

If you would like help please contact the:

DAS Depression and Anxiety Service on 01271 335041

or email: [dpn-tr.NorthDevonDAS@nhs.net](mailto:dpn-tr.NorthDevonDAS@nhs.net)

This service is for people who are 18 years and over who are feeling stressed, anxious, low in mood or depressed.

Your contact with DAS will be confidential in the same way as it is with your GP. A secure database is used for only their service.

**CYP-AcCEPT Clinic** – Offers help and support to children, young people and their families, who are experiencing mild to moderate worries or anxiety, low mood or depression. This service is for children and young people aged 5 – 18 and their families.

If you are 13 or over you can ask for help and support yourself. Please check out the website: [www.cypaccept.co.uk](http://www.cypaccept.co.uk)

Telephone: 01392 726449 or email [cyp.accept.clinic@exeter.ac.uk](mailto:cyp.accept.clinic@exeter.ac.uk)

## **Are you worried about your drug or alcohol use?**

**Together Drug & Alcohol Service** supports adults living in Devon to address their drug and/or alcohol use.

If you would like to speak to someone regarding your drug and/or alcohol use please contact:

0800 233 5444

For general enquires regarding Together Drug & Alcohol Service please visit:

<https://www.edp.org.uk/together-drug-alcohol-service/>

Or email:

[info@together-devon.org.uk](mailto:info@together-devon.org.uk)

## **IMPROVED ACCESS TO GP SERVICES**

Evening and weekend appointments are now available at participating North Devon GP Practices. You can now see a GP or another healthcare professional on:

- weekday evenings between 6.30pm and 8pm
- Saturdays and Sundays

You may be offered an appointment at:

- your GP surgery
- another local GP surgery
- another local NHS service, such as a General Practice Hub

This is not a walk in or urgent service and patients must consent to share their clinical records at the time of booking the appointment. Please ask our reception team if you require evening or weekend appointments and they will inform you what appointments are available locally.

## **Have you applied for online services?**

South Molton Medical Centre offer online services which allow you to:

- book or cancel appointments online with a GP
- order repeat prescriptions online
- view parts of your GP record, including information about medication, allergies, vaccinations, previous illnesses and test results
- The service is free and available to everyone who is registered with the practice

To access this service please download the online application form on our website by clicking on the link Patient Online Access / or request a form from our reception team. **Please bring two forms of identification with your application form; one photo ID and one recent address ID when registering for this service.**