

## In This Issue

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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

## Seasonal Flu Vaccine

### **FLU VACCINATION CLINICS FOR OVER 65's ONLY:**

**Saturday 28<sup>th</sup> September 2019 & Tuesday evenings on the 1<sup>st</sup> and 8<sup>th</sup> October 2019**

### **FLU VACCINATION CLINICS FOR ALL ADULTS:**

**Saturday 12<sup>th</sup> October 2019**

#### **Additional Clinics Will Follow At A Later Date**

The best way to avoid catching and spreading the flu virus is by having the vaccination before the flu season starts.

Some people are more susceptible to the effects of flu. For them, it can increase the risk of developing more serious illnesses such as bronchitis and pneumonia, or can make existing conditions worse.

You should have the free flu vaccine if you are:

- Aged 65 or over
- All healthy children aged 2 and 3 but not yet reached the age of 4 on 31/08/2019
- Everyone living in a residential or nursing home
- Everyone who is the main carer for an older or disabled person
- Household contacts of anyone who is immunocompromised
- Pregnant, at any stage of pregnancy
- Those aged 6 months to under 65 in the following 'at risk' groups:
  - Chronic respiratory disease
  - Chronic heart disease
  - Chronic kidney disease
  - Chronic liver disease
  - Chronic neurological disease
  - Diabetes
  - Immunosuppressed
  - Splenic dysfunction
  - Morbid obesity

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### 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/caredirect
- Byrnes & Byrnes Opticians 01769 579670

## Seasonal Flu Vaccine cont'd

The flu vaccine is offered free of charge on the NHS to people who are at risk. This is to ensure they are protected against catching flu and developing serious complications.

**If you are in one of the above categories, call us now on 01769 573101 to arrange a flu jab at one of our Saturday or evening clinics.**

### Prescribing of over the counter medication

NHS England published prescribing guidance in relation to self-care medication; these are items which can be bought over the counter at your local pharmacy. The full guidance can be found here: <https://www.england.nhs.uk/medicines/over-the-counter-items-which-should-not-routinely-be-prescribed/>.

Patients can help by checking their medicine cabinet and make sure you have the following basics to hand when you need them. Any out-of-date medicines should be returned to your pharmacy.

- Painkillers (tablets and liquids), such as paracetamol or ibuprofen
- Antihistamines for allergies
- Rub-on painkilling gel
- Oral rehydration sachets
- Indigestion remedies
- Laxatives
- Anti-diarrhoea medicine
- Cream or spray to treat insect bites, stings, cuts and grazes
- Plasters and dressings

By keeping a selection of essential medications at home you can treat common conditions in a timely manner, avoid unnecessary trips to see your doctor or visits to A&E. For more information visit the NHS website [www.nhs.uk/OTCmedicines](http://www.nhs.uk/OTCmedicines).

We encourage patients to self-care, when treatments are available to purchase over the counter (OTC) and/or considered to be medicines of limited clinical value. The practice will not routinely prescribe items to treat these conditions unless it is deemed to be appropriate by the prescriber.



## Thinking about your own health and wellbeing?

OneSmallStep can help you to quit smoking, cut down on alcohol, manage a healthy weight and move more.

Take your first small step to a healthier you.  
[onesmallstep.org.uk](http://onesmallstep.org.uk) / [hello@onesmallstep.org.uk](mailto:hello@onesmallstep.org.uk)

## Contact us

Web: [onesmallstep.org.uk](http://onesmallstep.org.uk)

Freephone: 0800 298 2654

Local number: 01392 908 139

Email: [hello@onesmallstep.org.uk](mailto:hello@onesmallstep.org.uk)

Find us at

@stephealthy

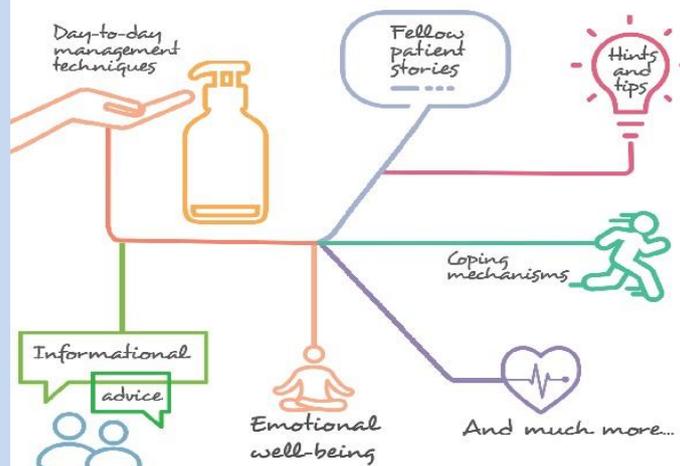
One Small Step

talkhealth  
PARTNERSHIP

FREE support programmes

## Helping you self-manage chronic illnesses & conditions

Our **FREE** support programmes are written and developed by experts to provide additional support and guidance, and include:



Sign up today at [talkhealthpartnership.com](http://talkhealthpartnership.com)

## Self care is the best choice to treat common ailments and minor illnesses



If treatment is needed, a wide range of medications can be purchased from community pharmacies and supermarkets. These medications are usually cheaper than a prescription and you can get them without seeing your doctor.

Hay fever



Antihistamine tablets and syrup;  
 Steroid nasal sprays;  
 Eye drops;  
 Decongestants;  
 Simple pain relief, e.g. paracetamol

Indigestion



or heartburn

Antacid medicines and alginates reduce the symptoms of heartburn and relieve pain.

Pain



Simple pain relief, e.g. paracetamol and anti-inflammatory drugs, e.g. ibuprofen.

Coughs and colds



Simple pain relief, e.g. paracetamol or ibuprofen;  
 Cough mixtures (may contain paracetamol);  
 Cold remedies (may contain paracetamol);  
 Decongestants.

Piles (Haemorrhoids)



and constipation

Creams, ointments or suppositories can help soothe;  
 Local anaesthetics may relieve pain, burning and itching;  
 Laxatives can make it easier to go to the toilet and reduce straining.



Pharmacists are an expert source of advice and will use their professional judgement to decide with you what the best course of action is for your condition.  
 Speak to a local pharmacist to get advice on the best treatment for your symptoms.  
 Always read the patient information leaflet that is included with the medicine.



**NHS**  
Devon Partnership  
NHS Trust

# DO YOU WANT TO SLEEP BETTER?

A good night's sleep can make all the difference and is important for health, wellbeing, work and family life.

Learn all about sleep and proven techniques to help you sleep better.

**FREE NHS SLEEP WORKSHOP**  
Wednesday 16 October 2019  
5pm - 8pm at Chivenor

To book a place please call or email us and provide a few details to register with the service

t: 0300 555 3344  
e: [dpt.talkworks.northdevon@nhs.net](mailto:dpt.talkworks.northdevon@nhs.net)

**TALKWORKS**  
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

[www.TALKWORKS.dpt.nhs.uk](http://www.TALKWORKS.dpt.nhs.uk)  
@DPT\_TALKWORKS

## NHS SPECIAL BULLETIN

Patient information - Getting your medicines if there's a 'no-deal' Brexit

Please keep ordering your repeat prescriptions and taking your medicines as normal. It is unnecessary to change how you order and take your medicines.

It's important you don't ask for more medicines than you normally need, doing so risks pressure on availability of medicines for other people.

The information for patients on [nhs.uk](https://www.nhs.uk) around continuity of medicines supply if there is a no-deal EU exit has been updated.

Please click on the link for further information: <https://www.nhs.uk/conditions/medicines-information/getting-your-medicines-if-theres-no-deal-eu-exit/>

## 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.**