

## In This Issue

- The *new* SMMC Newsletter
- Our Doctors
- Make a pledge
- Office-friendly workout

## Sign-up to Newsletter

Visit <http://ow.ly/TpQn30bqk9f> or ask at Reception for this Newsletter to be emailed to you.

## Contact Us

Tel: 01769 573101

Fax: 01769 574371

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



Welcome to Volume 1 Issue 1 of the new **South Molton Medical Centre** Newsletter. In this bi-monthly newsletter you will discover important news from the Medical Centre, re-introduce the GPs and Nursing staff, health updates and useful healthy tips.

## A few words from the GPs and staff of South Molton Medical Centre:

From 1<sup>st</sup> April 2017, we are officially known as South Molton Medical Centre. As many of you will have seen, the building works to make us into one building have been completed on the ground floor and the old entrance to East Street Surgery is no longer operational. We wish to thank all our patients for their patience and understanding whilst this work has been ongoing.

We hope you like the new style reception and waiting area; we are looking at the entrance currently and hoping to make this easier to access. When checking in at the reception desk you will be asked to take a seat in one of the designated waiting areas, depending on where the doctor, nurse or HCA you are seeing is located within the practice. If you could take a seat where requested, this will help us enormously, thank you.

Our reception team are on hand to help with any questions you may have, and we have a suggestion box on the reception desk for your comments and concerns. We would value your thoughts, so please take a moment to fill in message and leave for us.

As well as the physical changes to the premises, we have introduced our Same Day Team, giving patients the opportunity to find help in the form of face to face appointments and over the telephone...

*For a full transcript of this press release please visit our [website](#).*

## Useful Contacts

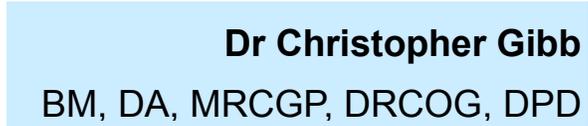
- Day Lewis Chemist  
01769 572528
- Boots Chemist  
01769 572576
- NEW Devon CCG, Crown  
Yealm House, Pathfields  
Business Park, South  
Molton, EX36 3LH  
Tel: 01769 575100
- Age Concern Pop-in  
Centre, Broad Street,  
South Molton  
Open Mon – Sat (except  
Wed) 9.30am – 12.30am  
for advice, tea 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](http://www.devon.gov.uk/caredirect)
- Mr P Donner Optician  
01769 572064
- Byrnes & Byrnes  
Opticians 01769  
579670

## Our Doctors



**Dr Mike Payne**

MBBS, MRCGP, DCH



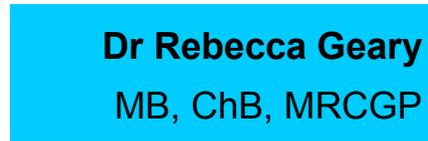
**Dr Christopher Gibb**

BM, DA, MRCGP, DRCOG, DPD



**Dr Jonathan Pike**

BM, BS, B MED Sci, MRCP, MRCGP



**Dr Rebecca Geary**

MB, ChB, MRCGP



**Dr. Alissa Mihai**

MB, BS, MRCGP, DFSRH



**Dr Justin Bowyer**

MBBS, MRCGP, MRCP



**Dr Peter Miller**

MRCGP, MFHom, DCH



**Dr Simon Chappell**

MB, ChB, MRCGP, DRCOG, DFSRH



**Dr Kirsty Britten**

BM, BSc, DFFP, MRCGP

## Useful Contacts cont'd

- Samaritans 01271 374343
- Cruse Bereavement Care 0808 808 1677
- South Molton Community College 01769 572129
- Sexual Health Advice 01271 341562 [www.thecentresexualhealth.org/clinics/barnstaple](http://www.thecentresexualhealth.org/clinics/barnstaple)
- Police – South Molton 101

## Patient Participation Group (PPG)

The Medical Centre has an active PPG 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.

## Cannot make your GP appointment or no longer need it...

Please let us know if you no longer need your appointment so someone else can use it. Simply call us on **01769 573101** to cancel or re-book.



# Make a pledge to help reduce medicines waste

£5.5 million is wasted each year in Devon on unused medicines



We pledge to always **look at existing supplies** of medicines and **only order what we need**



I pledge to **tell my GP, nurse or pharmacist** if my medicines are **not agreeing with me** or I have **stopped taking them**



I pledge to **only tick the items** on the prescription counterfoil **that I need**



We pledge to **listen to advice** from our GP, nurse or pharmacist and **take all medicines as instructed**



I pledge to always **open my bag of medication** while at the pharmacy or dispensary and **return any items not ordered or needed**

Tick the pledges most relevant to you

## Help us to make the most of your NHS

NHS Northern, Eastern and Western Devon Clinical Commissioning Group



**A pile of wasted medication recovered from one patient**

Photo taken from an article from the North Devon Journal.

“ Patients may stockpile medicines ‘just in case’ and may order medications even if they are not needed. It’s important that patients talk to their doctor or pharmacist if they are not sure whether they are taking their prescribed medicines properly. ”

Dr Darunee Whiting

## Changed your address?

Or telephone number? If you have changed any of your contact details, please let us know either by telephone on **01769 573101** or by email at [d-ccg.southmoltonmedicalcentre@nhs.net](mailto:d-ccg.southmoltonmedicalcentre@nhs.net) Thank you.

## Friends & Family Test

Did you know you can give feedback on NHS care? Whether you're seen in hospital, by a GP. By a dentist or by a paramedic, you can have your say on your care.

The Friends & Family Test gives you the chance to give feedback on your care and treatment experience.

How likely are you to recommend our GP practice to friends and family if they needed similar care or treatment?

Visit the Friends & Family Test on our website at <http://ow.ly/aIPj30banQ>

A

## Office-friendly workout

There is increasing evidence that we need to spend less time sitting down. Break up long periods of sitting time with this seated yoga workout.

Follow this link <http://ow.ly/BH8J30bfNQ1> for illustrated guides designed to help make your workouts effective and easy to follow.

Created with busy people in mind, these routines from fitness expert Neila Rey, now known as Darebee, can be done anywhere, at any time.

Many of these routines count towards your recommended 150 minutes a week of exercise and muscle-strengthening activity.

Below is a 3-minute seated yoga guide to help release tension in your limbs which you can do throughout the day, including at work at your desk. Perform each move slowly and smoothly, and breathe deeply and regularly.

**3-minute**  
**seated**  
**Yoga**

www.nhs.uk  
**NHS**  
choices

OFFICE-FRIENDLY WORKOUT  
@ darebee.com  
30 seconds each

body fold

stretch up

alternating side stretch

alternating lotus twist

alternating lift & reach

alternating half lotus