



## Useful Telephone Numbers

**South Molton Community Hospital** - 01769 572164

**North Devon District Hospital** - 01271 322577  
**Boots Chemist** - 01769 572576

**Day Lewis (formerly Curries) Chemist** - 01769 572528

**Opticians - Mr. Donner** - 01769 572064

**Opticians - Byrnes & Byrnes** - 01769 599670

**Police** - 101

**NHS Helpline** - 111

**Care Direct** - 0345 155 1007  
**Citizens Advice Bureau** - 01769 572342

**District Nurses** 01769 57310  
**Midwife (Messages)** - 01769 573101

**Midwife (Clinic @ SMCH)** - 01769 579154

**Health Visitor** - 01769 575176

**Health Visitor Ansaphone** - 01769 575189

**Samaritans** - 01271 374343  
**NEW Devon CCG** - 01769 575100

**Volunteer Bureau (Car Transport)** - 01769 573167  
**Patient Transport** - 01271 314332



## PHLEBOTOMY SERVICES IN SOUTH MOLTON – PATIENTS WHO NEED BLOOD TESTS

Patients will have their blood tests carried out in the health centre from 2 February 2015 rather than having to go to the Community hospital.

The GPs in South Molton have decided to develop new phlebotomy services in their surgeries in early 2015. The aim is to deliver a better more integrated service for patients.

The three day service which has been at South Molton Community Hospital will no longer be available. The Health Centre services will be every day, mostly by appointment and may include other elements of a

health check where required.

In the practices GPs and nurses will be available to support the phlebotomists when required.

Our patient group (P3) asked if we can save patients having to return for another appointment by carrying out blood tests before they leave. We have tried to put in enough extra slots throughout the day so that if a patient comes in to see a doctor and the doctor wants them to have a blood test, we will be able to carry out the blood test before they leave, saving them another



We do not yet know exactly what the workload will be, so the service will need to adapt as it goes along. Some patients will need to return at another time, particularly if other checks such as BP, weight and height are required.

Patients can still choose to have their bloods done at North Devon District Hospital if that is easier for them.

## Partnership changes



Dr Helena Murch and Dr Jonathan Gillard are leaving the Health Centre during 2015 to pursue different activities.

This spring we will be busy recruiting new GPs to come and join us.

Our aim will be to find enthusiastic doctors with a passion for general practice who will share our commitment to delivering best quality services to patients.

## Would you recommend our practice to your Friends & Family?

The Friends and Family Test (FFT) is an important feedback tool that supports the fundamental principle that people who use NHS services should have the opportunity to provide feedback on their experience.

It asks people if they would recommend the services they have used and provides a mechanism to highlight both good and poor patient experience. If you would like to give your feedback, click [here](#) or visit [southmoltonhealthcentre.co.uk](http://southmoltonhealthcentre.co.uk) and click on Patient Survey towards bottom of screen.



## Happy, Healthy New Year!



### 5 healthy New Year's resolutions:

Alcohol – time to face up. Many patients give up alcohol for January but think this means they can safely drink what they like for the rest of the year. Sadly, while the newspaper headlines are all about young binge drinkers, older people often put themselves at risk without realising it - in fact, the cost to the NHS of treating alcohol-related problems for 55-74 year-olds is an eye-watering 13 times higher than the cost for 16-24 year-olds. Visit [MyDrinkaware.co.uk](http://MyDrinkaware.co.uk) and track your drinking levels for a couple of weeks (no cheating!). If you're drinking above safe levels, please book an appointment with your GP.

Weight-loss heaven! Most of us have been on a 'successful' diet - or two - or three, but the weight creeps back on within months. Yet if you're overweight, losing 10% of your body weight can lower your blood pressure, cholesterol and risk of heart attack, stroke, type 2 diabetes and arthritis. Your practice nurse can help tailor a diet and exercise plan which offers the best chance of long-term success - just keep a food and drink diary for a week or two and make an appointment with the nurse.

Malnutrition - the other end of the food spectrum. Scarily, the health care costs of malnutrition in the UK dwarf the costs of obesity-related health conditions. It's estimated that three million people in the UK are at high risk of malnutrition, and you don't necessarily need

to be underweight to be at risk. Not surprisingly, it's more of a risk for older people - being malnourished puts older loved ones at higher risk of hospital admissions, pressure sores and infections. If you have an elderly or frail relative or neighbour, make it a New Year's resolution to keep an eye out for signs they're not eating properly or have lost weight in the last three to six months. Your doctor can assess them for risk of malnutrition and arrange a full nutritional assessment if they are.

The eyes have it. We all mean to get our eyes checked regularly. But how often does this vital health check get put off because we're too busy? Everyone should have a full eye check at least every two years with a high street optician. One of the most important checks is for glaucoma, which affects about one in 50 over-40s and one in 10 over-75s (more if glaucoma runs in your family). Glaucoma causes raised pressure inside your eyes, but without checks you may not get symptoms until damage has already been done. If your optician picks up early warning symptoms, your GP can refer you for highly effective treatment and monitoring

Make this the Year you quit smoking! The benefits are endless - for your lungs, your heart and your wallet. Your GP knows how addictive smoking is, but it really is never too late to quit. Please book an appointment with Paula to discuss this. This is free on the NHS, and this service offers the best chance of ditching the cigarettes for good.

### More foods to add to your diet this year!

*Diversify your diet and become a healthier, better you!*

#### 1) Whole milk yogurt

Not only is yogurt full of probiotics, full-fat yogurt has been shown to increase satiety during meals, which can prevent future weight gain.

#### 2) Brussels sprouts

Dark green vegetables like Brussels sprouts are high in antioxidants that can reduce oxidative stress within the body.

#### 3) Cloves

This spice is not just for holiday treats. Use it in hot breakfast cereal to add vitamin K to your diet to promote healthy bones.

#### 4) Parsley

Leafy herbs like parsley are great to add to a meal or green smoothie to spike it with essential vitamins E and A.

#### 5) Olive oil

Adding this oil while cooking or dressing a salad adds heart-healthy monounsaturated fats to your diet along with lots of flavour.



#### 6) Bulgur

This grain adds fibre to your diet, is low in cholesterol, and is a great to have as a side dish to any meal.

#### 7) Wheatgerm

By adding this to smoothies or breads, you can get an extra boost from its high levels of zinc to improve your immune system.

#### 8) Brazil nuts

These nuts are an easy snack that adds essential minerals selenium and phosphorus that promote overall health.

#### 9) Peppers

Either sweet or spicy, adding peppers to your diet increases your consumption of capsaicin. Eating this phytochemical can lower risk for type 2 diabetes.

#### 10) Grapefruit

This forgotten citrus packs a huge punch with lots of vitamin C.