

Newsletter Date: Mar 2015

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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



PATIENT ONLINE ACCESS

Patients at this practice can currently book appointments and order repeat prescriptions. Patients will soon be able to access their medical records online. Our plan is to provide online access for patients to view their list of repeat prescriptions and order what they want, book appointments and also view summary information on their medical records. This will eventually extend to the ability to view the full record and see their test results.

It is very important that we ensure good security. When the time comes everyone who wishes to use online services will be provided with a new username and password. Even patients who already use our current system will be given new



log-in details. We are sorry that this means some people will have to get used to new log-in details but the new system will be much better and give you much more extensive access. Initially we planned to offer this service from 1 April 2015 but as we are in the process of moving to a new clinical system we have a delay in implementation.

If everything goes to plan, patients will have the new access from mid May 2015.

This will mean you can:

- Book appointments online
- View your prescriptions and order what you need and track progress
- View your summary medical record.

New clinical system

We are moving to a new clinical system! This should be a seamless and invisible change for patients but for us it enables much greater collaboration with other GP practices. We hope it will lead to us being able to work with other practices to deliver new services.

We will keep you informed about when the changes are happening, so watch this space!



On Tuesday 4th November 2014, the Health Centre had a comprehensive inspection by the CQC.

Their report shows they found the practice to be promoting **“safe working practices energetically and systematically,**

and was very responsive to patients' needs.” They also found the Health Centre to be **“effective, caring and well led.”**

View the complete report on our Website on the [CQC REPORT](#) page.

Get to know the staff...!!!

This week's brave member of staff to face the questioning, Carole Hill – Reception Manager

How long have you worked at South Molton Health Centre? 31 years this summer.

What is your proudest achievement? Producing my three boys.

What is your biggest regret? Not had one yet.

Which famous people, dead or alive, would you like to meet? My teenage pop idol, David Cassidy.

What are your pastimes/hobbies? Spending time with my family, reading and, of course, shopping!!

If you could sing one song on Britain's Got Talent, what would it be? It would have to be Dancing Queen by Abba.

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

1. A Kindle so I wouldn't run out of books to read
2. A supply of red wine
3. Some lovely designer flip flops



If there was a film made about your life, who would play you? Oh Goldie Hawn of course

Choose a superpower; why that one? I'm a Mum – I need all of them! But if I had to choose one it would be being able to be in 2 places at once at the same time. Then, when I'm at work I can be doing all the things I need or want to do!

More foods to add to your diet this year!

Diversify your diet and become a healthier, better you!

1) Black beans

Canned or fresh black beans are a great source of plant protein and folate to promote long-term health.

2) Turmeric

This ground yellow spice has been used for homeopathic remedies and was linked to a decreased risk for inflammatory diseases like cancer.

3) Capers

With its high level of plant-based iron, this salty condiment can be added to a dish to supplement your diet.

4) Avocado

Adding avocado to a meal increases your consumption of heart-healthy fats and blood pressure controlling potassium.

5) Peaches

Either fresh or frozen, peaches are high in "good" cholesterol promoting niacin and vitamin C.



6) Garlic

Garlic is used as a homeopathic immune system booster and has been linked to reducing the growth of abnormal cells.

7) Sesame seed oil

This oil is a great substitute for canola (rapeseed) oil due to its high level of vitamin E which reduces free radicals in the body.

8) Thyme

This fresh herb is easy to grow at home and is a great source of vitamins A and C.

9) Apple cider vinegar

Vinegar has a natural acidity which gives meals a kick that can have a positive impact on your heart.

10) Tomatoes

This versatile ingredient is full of lycopene, a powerful antioxidant which can reduce risk for various cancers.