

Newsletter Date: Mar 2016

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9-10 East Street, South Molton, Devon, EX36 3BZ Tel: 01769 573101 Web: www.southmoltonhealthcentre.co.uk



Telephone Numbers

Boots Chemist - 01769 572576
Care Direct - 0345 155 1007
Citizens Advice Bureau - 01769 572342
Day Lewis (formerly Curries) Chemist - 01769 572528
District Nurses 01769 57310
Health Visitor - 01769 575176
Health Visitor Ansaphone - 01769 575189
Midwife (Clinic @ SMCH) - 01769 579154
Midwife (Messages) - 01769 573101
NEW Devon CCG - 01769 575100
NHS Helpline - 111
North Devon District Hospital - 01271 322577
Opticians - Byrnes & Byrnes - 01769 599670
Opticians - Mr. Donner - 01769 572064
Patient Transport - 01271 314332
Police - 101
Rural Outreach Advice Project - 07971 824911
Samaritans - 01271 374343
South Molton Community Hospital - 01769 572164
Volunteer Bureau (Car Transport) - 01769 573167



HELP AND ADVICE WITH PATIENT TRANSPORT FOR YOUR HOSPITAL APPOINTMENT



From 1 February 2016, some ENT services will not be delivered at North Devon District Hospital and you may need to travel to the Royal Devon and Exeter Hospital or another hospital in the area for your procedure. Patients who are experiencing problems with travelling to their hospital appointments can contact either of the numbers listed below for help and advice.

Contact your NHS Single Point of Contact (SPOC) office on: **01271 314332**. There is more information available on www.newdevonccg.nhs.uk/information-for-patients select patient transport information.

Or

The South Molton and District Volunteer Bureau can provide transport to your hospital/medical, optician, dentist and chiropody appointments.

Please contact them on: **01769 573167** and leave your name and telephone number on their answering machine and a volunteer will contact you to help you with transport. There is a small charge for this service @ 45p per mile.

RIGHT NURSE - RIGHT TIME



When booking your appointment it would be helpful if you could advise the receptionist staff what the appointment is for, this enables them to book your appointment with the appropriate member of our Nursing Team and the length of time required.

This not only helps our Nursing Team but also ensures that the correct amount of time is allocated and you see the appropriate nurse for your treatment. Knowing what the patient is coming in for helps the nursing staff prepare beforehand and ensures the appointments are kept to time and that the clinics run smoothly.

Your co-operation is appreciated. Thank you.

Practice Staff News

You may have seen **Dr Aaron Mills** at the Health Centre. He is now a salaried GP and will be with us on a permanent basis.

Sister Lindsey Duncan is leaving the Practice to enable her to work solely as a Nurse Prescriber, which we were not able to offer her on a full-time basis. We wish her all the best.

We have appointed **Sister Tracy Steele** as her replacement. She is a very experienced Practice Nurse who will now take on the Lead Practice role here.

Healthcare Assistants **Paula Charles** and **Suzanne Clarke** are available at the late evening session once a week for appointments and blood tests.

How long have you worked at South Molton Health Centre?

Seven months.

What is your proudest achievement?

Moving back to Devon from Scotland after being away for 24 years and starting over again.

What is your biggest regret?

None.

Which people, dead or alive, would you like to meet?

Elvis Presley

What are your pastimes/hobbies?

Spending as much time as possible with my son.

Get to know the staff...!!!

This month's member of staff to be put under the spotlight is **Lindsey McMurtrie**.



This next one's for you Lindsey!



Altogether now: "Na, na, na, na-na- na, na-na- na, Hey jude"

If you could sing one song on Britain's Got Talent, what would it be?

Hey Jude by The Beatles!

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

1. Shampoo
2. Mobile
3. Comfy shoes

If there was a film made about your life, who would play you?

No idea!

Choose a superpower; why that one?

X-Ray vision, so I could see what goes on behind closed doors.



Did you know as much as £5.5 million is wasted each year in Devon on unused medicines?

The same amount could pay for approximately:

- 730 heart bypass operations
- or 1,000 hip replacements
- or 2,235 knee replacements
- or 10,720 cataract operations

You can help us use this NHS money in Devon more wisely:

Check	Look at your supplies – order only the items that you need.
Listen	Listen to the advice from your doctor, nurse or pharmacist and take all medicines as instructed on the label.
Tell	Tell your doctor, nurse or pharmacist if your medicines are not agreeing with you or you have stopped taking them.
Tick	Using the counterfoil of the prescription, tick only the medicines you need, and remember “tick in haste – medicines waste.”
Open	Open your bag of medication while at the pharmacy. If you have item(s) not requested, or surplus to your needs for the next month, please return these before leaving.