

Newsletter Date: May 2015

Volume 1, Issue 3

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



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

ALL CHANGE!!!

We look forward to welcoming Dr Wayne Sturley to the practice on 1st July as our new partner.

Dr Helena Murch and Dr Jonathan Gillard leave on 30th June. Dr Chris Gibb is reducing his sessions and Dr Rebecca Geary will be working an extra day.



Dr Wayne Sturley

We will be reallocating some patients accordingly to ensure all the GPs have a manageable workload. Most of Dr Murch's and Dr Gillard's patients will be transferred to Dr Sturley.

All the GPs are assisted by Dr Kirsty Britten, our GP registrars and Foundation Doctors.

Improvements to online services

Coming soon!

The practice has just been through a huge piece of work to change the clinical system which will enable you to access a wider range of online services.

You will be able to view your medical records, view your repeat prescriptions and order your repeats and book appointments with a GP. We are now on the same system as 20 other practices in North Devon and having one shared system will enable us to work more collaboratively and offer better services.

Our new system could enable us to offer exciting new services like Skype consultations! We apologise if you experienced any problems getting an appointment or a repeat prescription during the transition, thank you for your patience.

Patients who use existing online services will be notified when attempting to log on and asked to contact the surgery for new log in details,

Evening appointments in Barnstaple and Bideford

Did you know that as well as our own late evening surgeries here at the Health Centre, it is also possible to book an evening appointment to see a GP in Barnstaple or Bideford?!

Patients are seen at Barnstaple or Bideford treatment centre - Monday to Friday 6-8pm.

Call Devon Primary Link on 01392 269486 to make an appointment!

1. How long have you worked at South Molton Health Centre? Just over 1 year

2. What is your proudest achievement? Having my 3 children – each occasion

3. What is your biggest regret? Not going to medical school

4. Which famous people, dead or alive, would you like to meet? I'm not really into Famous people – I believe we are all equal and would love to meet others who are not necessarily famous!

5. What are your pastimes/hobbies? Studying, having fun with my children.

Get to know the staff...!!!

This week's brave member of staff to face the questioning is Sister Linsey Duncan.



Linsey would have Kate Winslet play her on screen.



Linsey's BGT tune.

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

- A Good Book
- Extremely large bottle of water!
- A Blanket

7. If there was a film made about your life, who would play you? Kate Winslet

8. Choose a superpower; why that one? To make everyone silent so I have the chance to think.

9. If you could sing one song on Britain's Got Talent, what would it be? Sitting on The Dock of the Bay

Patient - Practice - Participation Group - P3

The re-arranged **P3 meeting** will be held on **10th June** at **1pm – 2pm**.



12 Foods or Drinks to Help You Sleep



Are you having trouble sleeping at night? Sleep difficulties could be caused by your diet. Here are 12 foods that are scientifically proven to promote rest and help you get a bit of much-needed shut eye:

1. Chicken - contains Vitamin B6 which produces tryptophan that encourages secretion of serotonin. This is a natural sedative, increasing tiredness, making it easier to get to sleep.

2. Warm milk - not just an old wives' tale, warm milk may have psychological benefits, reminding you of your childhood and providing a calming effect.

3. Salmon - contains Vitamin B12, which scientists have found 'exerts a direct influence on melatonin. Melatonin supplementation is often used as a treatment for insomnia.

4. Mushrooms - are full of Vitamin D which affects the diencephalon - the region of the brain that controls the sleep/wake cycles. According to researchers, Vitamin D deficiencies are a major cause of sleep disorders.

5. Spinach
Dark leafy greens like spinach are good sources of magnesium. Magnesium has been found to increase total length of sleep because it promotes the production of melatonin in the body, balancing the sleep/wake cycle.

6. Tuna
Tuna contains Nicotinamide (niacin) - a Vitamin B3 that has been shown to increase rapid eye movement (REM) sleep and encourages a good night's rest. Other oily and fatty fishes like salmon, mackerel, and sardines are also good choices.



7. Pumpkin seeds

If you suffer from restless leg syndrome - a common cause of night disturbances - you may have an iron deficiency. Increased iron intake, from pumpkin seeds for example, can increase sleep efficiency in restless leg sufferers.

8. Tonic water

Quinine has been claimed to reduce legs cramps during the night which can affect sleep. Quinine is found in tonic water, but stick to just a small glass before bed as giant quantities could have some unpleasant side effects such as diarrhoea.

9. Herbals teas

Some ingredients of herbal teas, like valerian and kava, are believed to target GABA_A receptors in the body which transmit data to the brain acting mild sedatives.

10. Bananas

Potassium, found in large quantities in bananas, has been seen to quickly relax muscles in animals, and although research on humans is limited, it is expected to have similar results.

11. Egg white omelette

Egg whites are chock full of serine which regulates blood sugar and provides mild sedative effects. In studies, ability to get to sleep, and duration of sleep, are better with serine