

Newsletter Date: Nov 2015

Volume 1, Issue 6

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



## Practice Closed for Team Training afternoon on 9th December!

The practice will close at 12.30 on 9 December in order that all the GPs, Nurses and staff can join together for lunch and team training. This is an important annual opportunity to get the whole team together.

Extra appointments are made available to patients for the morning before and after. Patients who have a problem during the afternoon that cannot wait until 10 December will still have access to a GP. East St Surgery will see any patients with Minor Injuries. East St Surgery can be contacted on **01769 573811**.

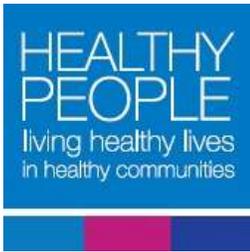
For other urgent problems our practice ansaphone will advise patients to dial 111 and from there they will be directed to an on call GP or other services as required.

**Melanie Cullen**, Practice Manager, is leaving at the end of December and going to manage two Barnstaple Practices. Melanie will be saying farewell and a huge thanks to the patient group on 17th December at the P3 meeting. From 1 January 2016 **Maria Hosegood**, Practice Manager from East St Surgery will be providing practice management to the Health Centre. The two practices are looking at ways of collaborative working for the future that will ensure resilient sustainable primary care services for South Molton.

Have you used our new Monday **Same Day Team Service**? We are currently surveying users of the service and the initial feedback is extremely positive. Everyone who uses the service is given on 23rd and 30th November is being given or sent a questionnaire to complete.

The plan is to extend the service across the whole week from 1 January 2016, so your comments are really useful to us in helping us shape the service.

Don't forget that many issues can be sorted quite easily over the phone so do ask for a telephone consultation if you don't think you need to come in!



**Local Shared Care Record project**

- You can let people looking after you know about your health by letting them see the notes your GP writes about you
- If you see a hospital doctor they can ask you if they can look at your GP notes.
- Knowing more about your health will mean they will be able to treat you more effectively.

- This will also save time and mean more time will be made available for treatment.
- Having all of your medical information available will help them treat you in a safer way.
- Doctors will ask before accessing any of your notes and will need your permission to do so.
- If at any time you decide you would not like to share your medical record with your doctor all you have to do is say so.
- Nobody except your GP will be able to edit your notes.
- Patients can **opt out** of this project if they so wish. Please contact us to let us know.

**How long have you worked at South Molton Health Centre?**

Nearly 12 months

**What is your proudest achievement?**

My 4 year old boy Raef. Before him, skydiving from 15,000 feet for charity.

**What is your biggest regret?**

Not sure I have one. What appears to be a regret one day, seems to resolve itself.

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

Alec Guinness, Duke of Wellington and the Queen!

**Choose a superpower; why that one?**

To send people to sleep, including myself, when needed.

**Get to know the staff...!!!**

**Ben Dixon** is the focus of this month's Q&A.

*"Every Breath you take, every..."* Why are you all covering your ears?!



The name's Dixon...  
**Ben** Dixon.

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

Never watch it, but I think I'm good at singing Every Breath You Take by The Police. Others disagree!

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

1. My SAS: Survival book.
2. Swiss Army knife
3. A Su Doku book

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

After seeing the latest Bond film, I think Daniel Craig would make a great Ben Dixon! If he grew a beard, wore glasses, dyed his hair, and grew taller. And lost some muscle!

## Must know facts about lowering your *blood pressure* with exercise



If your doctor has recently told you that your blood pressure is too high, they may well have included regular, gentle exercise as part of their advice to you to help bring it down. Exercise can help to strengthen your cardiovascular system, improve your blood pressure control and help you to lose any excess weight.

- 1) **The best forms of exercise.** The most effective type of exercise is generally light, prolonged aerobic exercises maintained at a moderate level to prevent blood pressure from becoming too high during your work-out.

Activities such as brisk walking, light cycling and swimming, gardening and active housework can be very effective at helping to reduce your blood pressure. They can also help provide a wide range of other health benefits, which include good weight control, improved energy, mood and concentration as well as a reduced risk of stroke and type-2 diabetes, and certain cancers.

At the same time, however, you should avoid lifting heavy weights in the gym, sprinting or sports such as squash, as these may put your heart under undue stress, which may raise your blood pressure too much.

- 2) **How to exercise more often on a daily basis.** Adults should generally be active for thirty minutes a day five times a week, but modern life has made it difficult for some people to find time for exercise in their busy schedules. However, being active doesn't just mean hitting the gym, and you can break that 30-minute requirement down into smaller chunks too. By making just a few small changes to your lifestyle, you can easily build that 30-minute period into your daily routine.

If you see exercise as being a chore, the chances are you are doing the wrong type of exercise. Instead you



should find something you enjoy. Speak to your family and friends about exercising together or even just invite a friend on a wander with the dog.

Adding more walking to your day will help you naturally get the exercise you need without even trying, so try to walk wherever you can. Leave the car at home when you go to the shops, or get off the bus a stop or two early on the journey to work. Try to avoid using escalators and lifts and take the stairs instead.

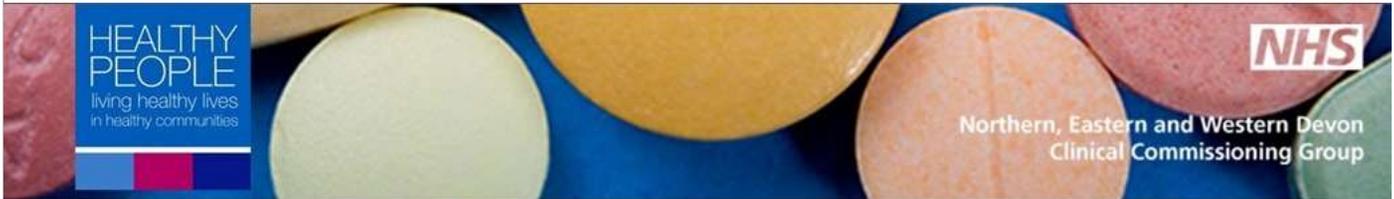
- 3) **The immediate benefits of regular exercise** While you may want to become more physically active for the longer-term health benefits, it's the immediate improvements in wellbeing that will keep you motivated on a daily basis;

**Relax, revitalise and energise:** physical activity reduces mental and muscular tension whilst at the same time increasing concentration and energy levels.

**De-stress:** physical activity provides a complete break and distraction from the anxieties and stresses of the day, leaving you re-charged and ready to start again afresh.

**Feel good about yourself:** physical activity, and being physically fit, can really enhance your self-esteem, self-confidence and sense of achievement.

# Did you know...?



## 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:

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

