



Your Doctors

Dr C. Carey (f)
Dr J. Wood (m)
Dr M. D'Ambrogio (f)

Telephone

01409 241215

Practice Manager

Sue McLaren

OPENING TIMES

8am—6.00pm

Dispensary 9am-5pm

Closed Saturday & Sunday

Enhanced Access

Monday & Tuesday evening, by pre-booked appointment only.

Call 111 for medical advice & direction: 999 for life-threatening emergencies.

When to call 999?

You should always call 999 in a life-threatening emergency: heavy bleeding, chest pain, collapse or losing consciousness, extensive/major burns, sudden facial or limb weakness, seizures, spinal injury, floppy unwell infant, severe allergic reaction, poisoning or overdose, headache with loss of consciousness **all need 999.**

If you are unsure what to do, dial 111 to be directed.



WHAT'S BEEN HAPPENING



We are delighted to welcome **GEORGIA CHIPPERFIELD** to our staff. Georgia is part of our reception team so many of you will see her on a Thursday and Friday at the moment.

TRACEY WEYMOUTH, one of our PCN Mental Health Practitioner Nurses, left our wider staff team at the beginning of November. Along with Philippa, Tracey

helped to set up the Mental Health Practitioner Team for the Primary Care Network, and she has made a big impact on mental health provision locally, with many patients across the 5 practices benefiting from her kind and compassionate care and expertise. We wish her all the very best for the future.

DISPENSARY THANKS

Many thanks to all patients using the Dispensary, for opening their medication bags before leaving the surgery building to check the contents. We have been concentrating on this as part of our Dispensary audit, but would like to ask everyone to continue this good practice to help avoid unnecessary medicines waste.

3 good tips:

- Only order the medication that you need.
- Check your medication before leaving the surgery building—once a medication has been taken OUT of the surgery building we have to destroy it if returned.
- If you have any expired, unwanted medication, return it to us to be disposed of properly and to protect the environment.

Here are three things you can do to reduce medicines waste.

We want you to benefit from all of your medicines. If you don't need them or can't use them, let us know.



Open the bag before you leave. Medicines that leave the Dispensary have to be discarded.



Only order what you need. Medicines you don't take away this time, will be available in the future.



Return unwanted and expired medicines to us. This protects the local waterways, wildlife and the environment.

Help us to improve your care, NHS finances and protect the environment by reducing medicines waste.

Open the bag We can all play a part to stop prescription waste.



REMEMBER REMEMBER... to cancel any appointments as soon as you know you are unable to attend. If you have online access don't forget you can also cancel appointments using NHS App or SystemOne Online.



PROSTATE CANCER UK



Check Your Risk In 30 Seconds

Holsworthy Monthly Hub

FOR PEOPLE LIVING WITH AND BEYOND CANCER

Wednesday 13 November 2024

2-4pm

Holsworthy Hospital, Dobles Lane, Holsworthy, EX22 6JQ

*support*coffee*help*tea*advice*cake*chat*company*



Lifestyle and Wellbeing Fair
For people living with and beyond cancer
Thursday November 28
10.00am - 2.30pm
Cedars Inn, Bickington Road, Barnstaple, EX31 2HE



Next hub on Wednesday 11 December

Please pop in and find out how we can help you!



For more information contact Holly or Tara on 01271 311855 or email rduh.theferncentre@nhs.net



Shingles Vaccinations

How old are you?

Eligible	50+ with a severely weakened immune system* (severely immunocompromised) You're eligible now ✓	Turning 65 You'll be eligible from your 65th birthday ✓	70 to 79 You're eligible now ✓
	Not eligible Under 50 with a severely weakened immune system	Under 64, turned 65 before 1st Sept or currently 66 to 69	Over 80

All you need to know about prostate problems in one place. Check your risk in 30 seconds.

<https://prostatecanceruk.org/>

Did you know?

*** 1 in 8 men will get prostate cancer.

*** If you're over 50, or you're black, or your dad or brother had it, you're at higher risk.

*** Prostate cancer is not always life-threatening, so the earlier you catch it the more likely it is to be cured.

It's surely worth 30 seconds and 3 quick questions to check your risk!

<https://prostatecanceruk.org/risk-checker>

VACCINATIONS UPDATE

Thank you to everyone for the excellent response to our autumn/winter call-up for vaccinations: Covid, Flu, RSV, Shingles and Pneumovax.

Every vaccination given helps you (and those around you) from serious infection—including all of us at Bradworthy Surgery! With our main flu and Covid vaccination clinics almost complete, we will be contacting patients about their other vaccinations, once eligible. We have several RSV vaccination clinics already being booked into in November. This is a year-long programme so no-one will miss out, unless they wish to.

Shingles vaccination and Pneumovax vaccination can also be taken up, once eligibility has been reached. Contact us if you are unsure.



UK Health Security Agency

You'll be offered the RSV vaccine once you turn 75

RSV can cause pneumonia and other **life-threatening conditions in older adults**, with thousands needing hospital care every year.

From Sep 2024 the vaccine will be offered to adults when they turn 75. There will be a one-off catch-up programme for those already aged 75-79.

KEEP UP TO DATE!
BRADWORTHY SURGERY is on FACEBOOK