



Your Doctors

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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.

EASTER CLOSURES

Friday 29th MARCH

Monday 1st APRIL

SPRING VACCINATIONS ARE BACK!

We are currently taking bookings for clinics being held **at Bradworthy Surgery** for the Spring Covid booster vaccinations. Please contact reception to book in. (Online bookings will not be available until text links have been sent)

Patients who are eligible are:

- Anyone over 75
- People living in a care home for older people
- Anyone under 75 who is SEVERELY IMMUNOSUPPRESSED. Guidance on conditions that mean someone is severely immunosuppressed can be found on the **gov.uk** website or by using the QR code. *Please note: normal 'at risk' patients, not immunosuppressed, are not eligible for the Spring Boosters.*



DATES

Friday 3rd May—all day

Tuesday 21st May—limited slots

If you are unable to make either of these dates, and are eligible for a booster vaccination, please contact us for any additional local availability. We have also been advised that some clinics will be being held at local community venues later in June. The National Booking Service is not offering bookings in practices, or locally at the moment.

You can have your booster around 6 months after your last dose, but you can have it as soon as 3 months after your last dose.

If you are turning 75 years of age between April and June, you do not have to wait until your birthday, you can attend when you are called for vaccination.

If you have had a severe reaction to a previous dose of the vaccine, you should discuss this with your doctor.

If you are unwell on the day of your vaccination, wait until you have recovered to have your vaccine. You should not attend an appointment if you have a fever or think you might be infectious to others.

UK Health Security Agency | **NHS**

Top up+ your immunity this spring

If you're in one of the following groups, you can take up the **spring COVID-19 Booster offer**

Adults 75 years and over	People aged 5-74 with a weakened immune system	Residents in care homes
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Please wait to be contacted by the NHS if you're eligible

YOUNG CARER?

Are you a Young Carer?
Or do you know someone who is?

A young carer is someone under 18 years of age who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

What might a young carer do?

- *** Practical tasks, like cooking, housework and shopping.
- *** Physical care, such as helping someone out of bed.
- *** Emotional support, including talking to someone who is distressed.
- *** Personal care, such as helping someone dress.
- *** Managing the family budget and collecting prescriptions.
- *** Helping to give medicine.
- *** Helping someone communicate.
- *** Looking after brothers and sisters.

If you're a young carer, **please let the surgery know** so we can add this to your medical record. You may then be eligible for additional support.

Check out information about Young Carers here:
<https://carers.org/about-caring/about-caring>



Notes from the Dispensary...

Just another polite reminder to patients with **prescription exemption certificates**: please ensure that we have your certificate recorded (with dates) on our system. It is your responsibility to ensure that the certificate is in-date and valid before ordering medication. We don't want anyone to have an unwelcome fine.

Our **dispensary text messaging service** notifies patients when their medication is ready for collection. If you haven't already given us consent to use your mobile number for texts, please do so. Patients are telling us how helpful this service is, and we'd like you all to be able to take advantage of it!



Support Awareness Survival

Supporting Men with Testicular Cancer in the South West

April is testicular cancer awareness month, so we want to raising the profile of this cancer across our patient population, and not just with the men.

With a UK treatment cure rate of above 98%, it's great to have a South West support agency working alongside the clinicians to support our menfolk, offering upbeat information on how to check your testicles, diagnosis, support during treatment, and how to manage wellbeing after a cancer diagnosis. There's also a whole supportive online community available as well, through social media platforms: Facebook, X and Instagram.

Have a look at their great website:

<https://itsinthebag.org.uk/about/about-us/>

Spreading knowledge promotes earlier diagnosis, which often means simpler, more effective treatment and better chances of a cure. It's far too important to be embarrassed about.

If you are at all concerned about testicular lumps and bumps, or changes that are not usual for you, please contact us at the surgery.

We will be closed for the Easter break on
Friday 29th March and Monday 1st April.
Please ensure you have ordered your repeat medication in plenty of time.



WANTED!

BLOOD PRESSURE MONITORS

Please return our blood pressure monitors once you have finished using them. Other people will be waiting to borrow them! Thank you.



KEEP UP TO DATE!

BRADWORTHY
SURGERY is on
FACEBOOK



Wishing everyone a very happy Easter!

