

**Newsletter Date: February 2017**

Issue 25

East Street, South Molton, Devon, EX36 3BU Tel: 01769 573811 Web: [d-ccg.eaststreetsurgery@nhs.net](mailto:d-ccg.eaststreetsurgery@nhs.net)



## 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



## Press release - from

## South Molton Health Centre and East Street Surgery

Following our patient survey, discussions with the North, East and West Devon Clinical Commissioning Group, our patient groups, and NHS England we are pleased to confirm that we will be merging our practices from 1st April 2017 and we will be known as South Molton Medical Centre.

Thank you to all our patients who contributed to our patient survey regarding the opportunity for us to become one practice. The outcome of the survey has been really positive and has given us the information we required to focus on patient concerns going forward. The main concern from patients was the ability to be able to see their usual GP. We can confirm that all patients will still be able to make appointments with their usual GP if they choose and we hope the changes to the way we work should enable this to be even easier.

As part of this exciting development to be one practice providing the primary care needs of the population of South Molton we have been lucky to secure some NHS funding to redevelop our current site in East Street into a modern general practice. This will be a four stage approach, the first stage (called enabling phase) will physically join the buildings on the ground floor via the waiting rooms, and the first floor through two offices. Once this is done you may be asked to see a GP or Nurse in a part of the building you have not currently used, but the reception staff will be on hand to help and guide you.

During the merger we anticipate that other than the physical changes mentioned above, patients will notice little change other than we will be giving all patients the opportunity to consult our Same Day Team for anything which needs to be dealt with on that day, this will include a Nurse Practitioner, possibly a Pharmacist and a Duty Doctor, this may be over the telephone or face to face if more appropriate. Our reception team will play a key role in this process, so please do be prepared to give as much information to them as possible to enable them to sign post you so you get the best possible treatment.

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You may also encounter doctors and nurses who you are not familiar with, but please be assured that your full medical records are available to them, informing them of previous medical conditions and medications you may have previously taken. We aim over time to combine our telephone systems and streamline to one number, but patients will be kept informed of these changes as they happen.

We are working with David Wilson Partnership in Barnstaple to deliver a facility which is designed to deliver modern day primary care to you. The build project is planned in three additional stages and we look forward to meeting with you soon to share this vision for South Molton Medical Centre. **This meeting is scheduled for Thursday 23<sup>rd</sup> February between 3pm and 7pm at The Amory Centre, South Molton.** During this event we plan to have the building drawings and plans on display for your comments, as well as members of the clinical and reception team for you to talk to.

Whilst we are in the construction phase as it is our plan not to move out but to work around the build project which we realise will be challenging for everyone. At every stage we will be considering the safety of patient and staff and are working with a team of people to deliver this scheme.

We want to thank all our patients in anticipation for the disruption this will cause and want to ensure you all that we will work our hardest to create the least disruption to our services as possible.

24.01.2017

**GPs and Staff of South Molton Health Centre and East Street Surgery**

**HOW TO CONTACT US: Our Reception Team will be happy to help with any queries at: East Street Surgery, East Street, South Molton, Devon, EX39 3BU. Tel: 01769 573811 Fax: 01769 574088 or for further information visit our website: [www.eaststreetsurgery.co.uk](http://www.eaststreetsurgery.co.uk). Practice Manager: Marie Hosegood**

## Walk 1000 Miles in a Year!

# 10 REASONS TO WALK 1000 MILES IN 2017

- 1 It's 2.74 miles a day
- 2 You can do that in your lunch hour
- 3 You'll feel brilliant
- 4 You'll look amazing
- 5 It's free, fun & flexible
- 6 ...and that's just how you'll feel
- 7 It's cheaper than the gym
- 8 The views are better
- 9 The aches soon fade
- 10 The achievement never will

Sign up **FREE** to join the community, get advice, get a progress chart, enter competitions and share your pics  
[www.livefortheoutdoors.com/walk1000miles](http://www.livefortheoutdoors.com/walk1000miles)



### Patient Participation Group

We are always striving to improve our service to you, so obviously we are keen to hear your views and how you perceive our surgery and staff. To help with this, why not join our active **Patient Participation Group** which meets regularly. For more details call 01769 573811 or ask at Reception.



## 5 awesome tips for ultimate winter health



Follow these easy do-it-yourself tips for staying healthy until spring reappears...

### 1. Boost your vitamin C

Whilst we all know that fresh orange juice will boost your vitamin C levels, eating green veg such as broccoli or kale will help your immune system more as they are actually higher in vitamin C per gram than citrus fruits. So they'll really help stave off winter colds. Why not try a warming creamy broccoli and cheese soup? It's not just delicious - it's brilliant for your health too.

### 2. Get more sleep

Embrace the shorter days and get yourself and your kids to bed earlier. Getting adequate sleep keeps your immune system ticking over, so you're less likely to succumb to those nasty winter bugs - and fight them off more quickly if you do catch them. People who get enough sleep have also been proven to manage their weight better and to worry less.

### 3. Have a hearty breakfast

It's important to breakfast like kings in winter time but don't give in to the temptation to gobble a full fry-up every morning. If you find porridge every day can get a bit monotonous, why not try making fluffy pumpkin pancakes - just add mashed up pumpkin, cinnamon and a dash of sugar to your usual pancake mix. If you fancy something you can make in two minutes flat, mash a banana on top of a slice of wholemeal toast. Delicious and a great source of fibre and potassium and vitamin B - and your children are guaranteed to love it!

Cont'd...



## Awesome Tips for Ultimate Winter Health cont'd...

### 4. Soak up some winter sunshine

Although it's tempting to hibernate under a duvet all winter, venturing out in to the (cold) fresh air for a family walk will do you all the world of good. According to research, a third of adults spend less than an hour outdoors these days. But getting out in the winter sunshine with your children means that you're boosting your Vitamin D intake, which is needed for the absorption of calcium - essential for maintaining healthy bones. Having a stomp through the frost and snow with the kids is so much fun and also a brilliant workout - just make sure that you all put on sensible footwear, snuggly coats and hats to prevent heat loss.

### 5. Enjoy a healthy sweet treat

When it's cold we often crave sugary puddings but there is a way of enjoying a sweet winter treat and boosting your health. Why not try [yummy chocolate brownies](#) with a surprise added ingredient - beetroot! Amazingly, you can't taste the beetroot in the brownies but it adds an interesting texture and a richer flavour. Beetroots are an excellent source of potassium and it means you're getting your kids to eat one of their five-a-day without even noticing! Or you could try scrumptious carrot and apple muffins without any added sugar - and you know what they say about an apple a day!

