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Sign-up to Newsletter

Visit <http://po.st/hldgSk> or ask at Reception for this Newsletter to be emailed to you.

Contact Us

Tel: 01769 573101

Web:

<http://www.southmoltonmedicalcentre.co.uk>

Email:

d_ccg.southmoltonmedicalcentre@nhs.net

Opening Times:

8.30am – 6pm Monday to Friday

6.30pm – 8pm Monday and Tuesday evenings

We are closed Saturdays, Sundays and Bank Holidays

P3 Group - Patient Practice Partnership

We are always interested in recruiting new members. If you would like to join this group please contact the surgery and ask for more details on **01769 573101**, or ask at reception for further details. Go to <http://po.st/cZs4uU> for information on our website.

Merry Christmas & a Happy New Year to all of our patients



FROM ALL OF THE PRACTICE TEAM

Repeat Prescriptions

Avoid being left without vital medication over the holidays. Please let us have your repeat medicine requests as soon as possible. Thank you.

The Practice will be closed on

Wednesday 25th December 2019 (Christmas Day)

Thursday 26th December 2019 (Boxing Day)

Wednesday 1st January 2020 (New Year's Day)

If you need a doctor urgently over the Christmas period when we are closed, please ring the 'Out of Hours Service' on 111. You can also call 111 for information/advice on any health matters.

Click [here](#) to see North Devon pharmacies' festive opening times.

Seasonal Flu Vaccine

We have free appointments in our flu vaccination clinics during December for:

- All healthy children aged 2 and 3 but not yet reached the age of 4 on 31/08/2019
- Those aged 6 months to under 65 in the following 'at risk' groups:

Chronic respiratory disease	Diabetes
Chronic heart disease	Immunosuppressed
Chronic kidney disease	Splenic dysfunction
Chronic liver disease	Morbid obesity
Chronic neurological disease	

**Call us now to arrange your free flu vaccination on
01769 573101**

Useful Contacts:

- Day Lewis Chemist
01769 572528
- Boots Chemist
01769 572576
- NEW Devon CCG, Crown
Yealm House, Pathfields
Business Park, South
Molton, EX36 3LH
Tel: 01769 575100
- Age Concern Pop-in
Centre, Broad Street,
South Molton
Open Mon – Sat (except
Wed) 9.30am – 12.30am
for advice, tea and coffee
- South Molton Volunteer
Bureau – provides car
service at a small charge
for those without
transport Tel: 01769
573167
- NDDC Office + South
Molton Town Council –
open 9.00am – 5.00pm,
Mon – Fri for all general
Council queries plus
specialist advice.
Tel: 01769 572501
- Patient Advice & Liaison
Service (PALS), Level 2,
NDDH. Tel:
01271 314090 Email:
ndht.PALS@nhs.net
- Patient Transport 01271
314332
- South Molton Community
Hospital 01769 572164
- North Devon District
Hospital 01271
322577
- Devon Primary Care Trust
01392 205205
- Care Direct 0845
155 1007
www.devon.gov.uk/caredi
rect
- Byrnes & Byrnes
Opticians 01769
579670

New Build Update



Phase 1, the new build of the two storey extension at the rear of the practice is completed. This has provided 12 new consulting and treatment rooms across a ground and first floor as well as two new waiting areas.

Phase 2 of the extension should be completed at the end of December 2019. The new lift to the first floor will be operational and the South Molton Medical Centre main entrance will reopen. The main entrance will have automatic doors providing easy access for wheelchairs, disability scooters and prams.

Phase 3, refurbishment will commence on the East Wing in the New Year and the temporary access via the old East Street entrance will be closed.

This is the final phase of the new build and we are working towards a completion date of April 2020 which will provide our patients with a practice which is fit for purpose and can accommodate the growing needs of our population in South Molton and surrounding area.

All the staff at the South Molton Medical Centre appreciates your patience and co-operation during this difficult period.

Staff News

We welcome four new members of staff.

Dr Elly Lesser joined the practice earlier this year as a salaried GP. Dr Lesser's working days are Monday, Wednesday, and Thursday.

Dr Amanda Dickson will be joining our practice for the next four months as a Foundation Year 2 Junior Doctor.

Two new receptionists have also joined the Practice, **Sara Holland** and **Abi Jenkins**.

Seated exercise classes in South Molton

Earlier this year as part of the South Molton Library's 'Active Mind, Active Body' launch, walking classes were held over several weeks which proved to be popular.

In January next year Seated Exercises Classes will take place on **Wednesday 22nd January** and **Thursday 30th January**, both running from **11am to 12 noon**. There is no charge for them as they are taster sessions.

The classes will be closely based on the NHS guidelines in their 'Gym-free workouts'. These sessions will be aimed at older people or those who might feel intimidated by a conventional gym class.

Roger Warren is the organiser for these events. His plan is to offer an enjoyable, sociable experience while also giving advice and guidance on simple steps that people can take to improve their overall fitness. People recovering from illness or injury will also be welcome.

If you have any questions please email fitness4livingnd@hotmail.com

For further South Molton Library Health and Wellbeing ideas please click [here](#)

Have you applied for online services?

South Molton Medical Centre offer online services which allow you to:

- book or cancel appointments online with a GP
- order repeat prescriptions online
- view parts of your GP record, including information about medication, allergies, vaccinations, previous illnesses and test results
- The service is free and available to everyone who is registered with the practice

To access this service please download the online application form on our website by clicking on the link Patient Online Access / or request a form from our reception team. **Please bring two forms of identification with your application form; one photo ID and one recent address ID when registering for this service.**

facebook

Do you follow us on Facebook?

Our page has regular medical information covering all sorts of health concerns.

It also has urgent Practice news such as flu jab information or if there is a problem with the phone lines.

Sign up at

<https://www.facebook.com/southmoltonmedicalcentre>

