



Your Doctors

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OPENING TIMES

8.am—6.30pm

Closed Saturday & Sunday

Extended hours Tuesday
evening, by appointment only

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



Delighted to introduce **Lana Keenan**, who has joined our dispensary team and **Charlotte Stevens** who has now joined our nursing team. Nice to have you with us! Welcome.

We say a fond farewell to **Elaine Sluggett** who has retired after 31 years working as a dispenser and medical secretary at the practice. She will be greatly missed.



RUNNING INTO SUMMER

On our marks, get set, go! Almost every member of the surgery staff (plus some juniors!) will be lacing up running shoes and getting race-ready in time for the **RACE FOR LIFE** on June 19th. We will be running to raise funds for Cancer Research, in memory of dear friend and colleague, Linda Raffe, who sadly passed away earlier this year.

If you would like to encourage the Brad Girls team by making a donation, then go to our **Just Giving** page at:

<https://fundraise.cancerresearchuk.org/team/brad-girls>



or pop into the surgery where you can make a donation towards the fund.

The Race for Life is a series of routes (usually 5K in length) around the country that give people of all ages, backgrounds and abilities the chance to come together and help beat cancer. They're strictly non-competitive, and you can

take it at your own pace. If you want to find out more about Race for Life go to:

<https://raceforlife.cancerresearchuk.org/about-us/about-the-race-for-life>



SPRING BOOSTERS

The national Spring Booster programme, for Covid Vaccination booster doses, has now started, with local dates and venues being available on our website homepage. This is for:

- Anyone aged 75 and above
- Anyone aged 12 and above who is immunocompromised

The vaccinations are not being delivered by our PCN or our surgeries, allowing us to focus on already incredibly busy clinics, stretched even further by inevitable staff absence due to Covid-related illness. Good local providers (such as Devon County Council) are offering walk-in clinics at the usual local venues in Holsworthy and Bude throughout April, May, and beyond. For local dates and venues please go to our website where we post information as we are given it.

As none of the clinics are being run by ourselves, can we ask that you **do not call your surgery about the booster programme**. 119 will be able to answer queries and advise about clinic locations. As a guide:

- Those aged 12 and above, who are immunocompromised, must have a gap of 3 months since their last dose.
- Those aged 75 and above must have a gap of 6 months since their last dose.

PRESCRIPTIONS—GOOD NEWS!

The NHS prescription charge is reviewed annually with changes usually made on 1st April, but this year the charge of **£9.35** per item, set by the government, will not be increasing as yet, until 'further consideration can be made'. Pre-payment charges will also remain the same.

People aged 60 and above continue to be eligible for free prescriptions, although we are aware that the government have been considering changing this at some point, with people only qualifying for free prescriptions once they reach state pension age. This has not been brought into effect as yet. We will let everyone know if we hear anything more when/if we do. For all information about prescription charges go to:

<https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/nhs-prescription-charges/>



NHS HEALTH CHECKS

Everyone between the ages of 40 and 74 who do not have any previously diagnosed Long Term Condition (LTC), is entitled to a free NHS Health Check.

It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.

If you would like to have a health check, please **book online** or call us after 10am to book in with the nursing team. Each appointment is approximately 20 minutes in length.

Welcome to

**NHS
HEALTH
CHECK**

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

PLEASE

BE A CONSIDERATE CALLER

Our phone lines are getting **VERY** busy. If you have a general query that can't be answered by using our website or NHS online, and you feel you need to call us, please can we ask you to do this after 10am. This leaves our early morning lines free for people with urgent queries, bookings or cancellations.



Thank you!



NHS

If you've ever been
raped, sexually assaulted
or abused

Turn to us

We are here

Sexual assault referral centres 'SARCs'
provide a safe space,
specialist care and support 24/7

Go to nhs.uk/SARCs

USEFUL INFO!

Sick note requests should be made online via the website online accuRx system, whenever possible. Just go to the homepage and it's right there! This frees up the phone lines for more urgent matters.

Nurse **Rachael Pomeroy** is now a prescriber! This means she will be dealing with more chronic disease management—diabetes, heart disease etc. Patients will now be contacted for reviews on their **BIRTH MONTH**, which will, hopefully, make it much easier for everyone.

NHS

Contact us online

If you need help with a non-urgent medical or admin request, you can now contact us online.

[Submit a new request](#)

IT'S TIME TO GET ON-LINE!

There are so many reasons we want to encourage our patients to get on-line:

- Booking appointments
- Ordering prescriptions
- Accessing your medical information, test results, allergies, vaccination status etc.
- Accessing support tools (information Apps, NHS111 online, self-care information, hospital information, long-term condition support etc.)
- Staying up-to-date—feeling part of the supportive patient community through our regular social media posts on Facebook
- Contacting your surgery non-urgently for admin queries, health queries, sick notes, reports etc.

There are two ways you can do this at Bradworthy Surgery:

- Get **NHS App**— <https://www.nhs.uk/nhs-app/>
- Get **SystemOnline** online log-in details, available when registering with us, or, if you've been with us a while, call at reception with 2 forms of official ID to get access—one form of photo ID if possible.

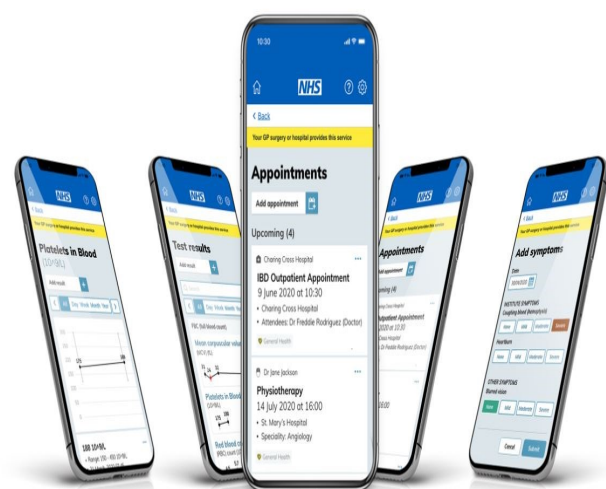


We know this may not be easy for everyone, but free help is available to all, if computer-keen family members aren't around to help. Here are just a few of the free providers:

- **Library Service**— free IT support classes at local libraries, contact your local library
- **Pluss/Positive People**—Devon and Cornwall service offering help to people wanting to get online. Call **01844 235095** or <https://pluss.org.uk/positive-people/>
- **AbilityNet**—for older people and those with disabilities. Call **0800 048 7642 (freephone)** to talk to an adviser and arrange a home visit. <https://abilitynet.org.uk/at-home/request-free-it-support-home>



If you'd like to know what other options are available to you, please book a call with Jean-Paul, our Social Prescriber, who can go through options with you in detail.



systemonline
PATIENT ONLINE SERVICE

AND FINALLY...

EASTER & MAY BANK HOLIDAY CLOSURES

We will be closed on Friday **15th April** and Monday **18th April** for the Easter break, as well as on Monday **2nd May** for the early May Bank Holiday. Please check our website for additional information about what to do when we are closed,

Call 111 for urgent medical advice and direction. Go to <https://111.nhs.uk/> for online medical help. ALWAYS call 999 for a life-threatening emergency.



Happy Easter everyone!