

Neetside
Surgery
Bude



ISSUE 5

Your Doctors

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OPENING TIMES

8.30am—1 every day
2pm—8pm (Monday)
2pm—6pm (Tues-Fri)
Closed Saturday & Sunday

ENHANCED ACCESS

If you need access to GP services in the evenings, or at weekends, there are now improvements to where, when and how appointments can happen.

Remote, pre-bookable GP appointments are available to all patients through LIVI, every weekday, 4-8pm and at weekends. To pre-book an appointment, please call the surgery.

Monday evening appointments at Neetside Surgery are available up to 8pm

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

MAY CLOSURES

We will be closed all day on **Monday May 6th** and **Monday May 27th** for the two May Bank Holidays, plus **Wednesday May 15th from 1pm** for staff training.

Right care, first time!

Get the right
care, first time



GPs nationally are asking for your help. Our Neetside GPs are too. Because General Practice is struggling with the level of need being placed on its services, we are adapting services to help ensure that you receive the right care, at the right time, by the right person. Just imagine...

"I'm struggling with stabilising my diabetes. I think I need to see a GP."

Our PRACTICE NURSE is available to take that appointment.

"I've got a very chesty cough and have to see a GP for some antibiotics?"

Our NURSE PRACTITIONER will be able to see you for that condition, and, if appropriate, prescribe medication for you.

"I need the dose of my regular medication changing. I'll need book in with a GP, won't I?"

You don't need to see a GP. You can book in with one of our CLINICAL PHARMACISTS to discuss medication concerns.

"I want some exercise advice. May I see a GP please?"

If you are generally fit and well, our SOCIAL PRESCRIBERS can talk to you about local exercise options. If you have a long-term condition, our HEALTH & WELLBEING COACHES would be the right people to talk to.

"I've found a lump in my breast."

We'll book you in to see a GP.

RIGHT CARE; FIRST TIME.

As you can see, a GP is often not the best person for you to see. Imagine if the GPs had to see all those people, how overloaded everything would get.

We are here to help you by asking you to explain what is wrong with you so we can navigate you to the most appropriate member of the surgery team.

Here's some of the other team members or services we might suggest: **PARAMEDIC, MENTAL HEALTH PRACTITIONER, PHARMACY, FRAILTY CARE COORDINATOR, DIABETES CARE COORDINATOR, CANCER CARE COORDINATOR ...** and there are more! Please help us to help you.

www.neetsidesurgery.co.uk

Tips



FROM THE TEAM

TRAVELLING OVERSEAS

If you suffer from flight anxiety and are travelling abroad by air, please note that GPs are not able to prescribe medication for this purpose any longer. Details about this and useful information about ways to manage flight anxiety can be found on our website - in both the PRESCRIPTIONS section and in the TRAVEL section.



If you need to have travel vaccinations for an overseas visit, please ensure you leave plenty of time to get these in place before you go. You will need to fill in a travel questionnaire at least **8 weeks prior to travel** (downloadable from the website or available from reception), and, should you need any vaccinations, these will need to be ordered in and administered by a Practice Nurse. If you are travelling in less than 8 weeks, we will not be able to administer the vaccination and will need to refer you to other private providers of this service.

Vaccinations Update

We are holding Covid booster vaccination clinics for patients in the eligible groups at Neetside Surgery. Please book in.

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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**2nd MAY, 7th May,
9th May and 16th MAY**

Please note, we are not commissioned to provide Covid vaccinations to anyone under 18. These will be done by other providers.

Just a reminder of the dates of our spring Covid booster vaccination clinics, **being held at the surgery** this time.

If you haven't been able to book in, are in one of the eligible groups and would like a vaccination, you are now able to use the National Booking Service (NBS), either online or by calling 119. Please note, you will not be able to book into the surgery clinics using NBS or 119.

The dates of other clinics being held locally and run by other NHS providers, will be posted on our website's Vaccination Update page as we are made aware of them.

Prescription charges are increasing

FROM 1st MAY 2024 prices will be ...



£9.90 per item

Prepayment Certificates:

32.05 for 3 months

114.50 for 12 months

£19.90 for specific HRT medications

MAY CLOSURES AHEAD

We will be closed in May on

MONDAY May 6th (Bank Hol): all day

WEDNESDAY May 15th (staff training): from 1pm

MONDAY May 27th (Bank Hol): all day

IF YOU NEED URGENT MEDICAL HELP WHEN WE ARE CLOSED
On Bank Holidays please call 111 or visit our website for options.
On training afternoon please call the usual practice number to be advised.

Despite a short reprieve during April only, the Department of Health and Social Care (DHSC) has announced that **from 1st May 2024**, the NHS prescription charge will increase to **£9.90** per item.

The cost of prescription prepayment certificates (PPCs) will also rise to:

£32.05 for a 3 month PPC

£114.50 for a 12 month PPC

£19.90 for an HRT PPC

PPCs offer savings for those needing any 4 or more prescription items in 3 months, or 12 or more items in a year. Please visit our website for more information on exemptions and PPCs.



We will be closed on **Wednesday 15th May** from 1pm onwards

for staff training.

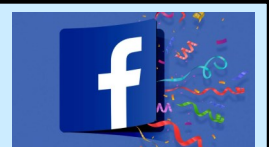
For life-threatening emergencies call 999.

For urgent medical advice call 01288 270580 so you can be directed.

NEETSIDE SURGERY

NEETSIDE SURGERY IS AVAILABLE ON FACEBOOK

Get all the latest!



Neetside Surgery: 01288 270580

MENTAL HEALTH AWARENESS WEEK

NHS
Cornwall and Isles of Scilly
Talking Therapies



Free, confidential therapy for anyone over 16 experiencing anxiety and depression.

To self-refer, call **01208 871 905** or visit cornwallft.nhs.uk/talking-therapies



for anxiety and depression

56%



of UK adults said exercising regularly helped them to manage stress, and therefore burnout

IF YOU ARE STRUGGLING ...

If you are struggling and don't know where to go for support please:

- talk to one of the team or talk to one of our experienced mental health practitioners
- talk to a friend, share your worries
- go to <https://www.nhs.uk/every-mind-matters/>

IF YOU NEED HELP NOW ...

- **Samaritans** 116 123 (free from mobile or landline)
- **SHOUT** - 24/7 text service - (Text Shout to 85258)
- **SANE** 4.30pm-10.30pm - 0300 304 7000
- **Papyrus** - for young adults 0800 068 4141
- **Childline** – 0800 1111

**MENTAL HEALTH CONNECT CORNWALL:
0800 038 5300 (Crisis Service)**

Mental Health Awareness Week runs from 13th to 19th May, a chance to increase people's understanding of Mental Health Conditions and to encourage everyone to take stock of their own wellbeing, to stay healthy of mind as well as healthy of body. You can't separate the two.

This years theme is "Movement: Moving more for our Mental Health".

Movement is important for our mental health and yet so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

Research has shown that regular physical activity can make us feel happier and healthier. Our bodies release feel-good hormones when we're active, which can reduce anxiety and stress and help us sleep better. By building movement into our working day, we can have a positive impact on productivity and focus. It could be just one small thing, done regularly that will make a huge difference.

Physical activity helps our mental health by:

- Managing stress
- Improving our mood by triggering chemical changes in the brain
- Improving sleep
- Improving self-esteem
- Reducing anxiety by making our "fight or flight" response less reactive
- Encourages us to set and achieve goals
- Meeting new people and spending time with others
- Slowing cognitive (brain function) decline

If you'd like help exploring some of the activity options available to you, please ask to speak to one of our PCN Social Prescribers, or, if you have a long-term condition, speak to one of the Health & Wellbeing Coaches. But remember, it doesn't have to be anything big...small steps can take us a long way.

Find moments for movement every day

Why not use the time you spend waiting to move? Like when the kettle's boiling!

MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
13-19 MAY 2024





OUT & ABOUT IN MAY



Bude Cancer Support
email: hello@budecancersupport.org



Bude Cancer Support

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 All's Wellness Hub	2	3	4	5
6 Bank Holiday	7	8 Holworthy Hub 2pm Holworthy Hospital	9	10 E4M 9:30 Parkhouse Centre	11	12
13 Exercise for Mobility (E4M) 9:30 and 11am Parkhouse Centre Cancer Cafe 1:30-3:30pm Parkhouse Centre - Visit from Stuart Lord, social prescriber Crochet Taster session 3:30-5:00pm	14	15 E4M 2:00 and 3:30pm Parkhouse Centre	16	17 E4M 9:30 Parkhouse Centre	18	19
20 E4M 9:30 and 11am Parkhouse Centre	21	22 E4M 2:00 and 3:30pm Parkhouse Centre	23	24 E4M 9:30 Parkhouse Centre	25	26
27 Bank Holiday	28	29	30	31		

All's Wellness Hub, phone 07901 748351 to see if places are available
To attend E4M there is no need to book, just state you are with Bude Cancer support when attending. For further information phone 07562 251878 or visit exercising4mobility.co.uk
Crochet workshop with Heather – learn basic stitches to make a granny square. Book through the Whatsapp group – 12 places available

We are really fortunate to have a very supportive community in the Bude area, with community groups and venues hosting important services that help hugely with our health and wellbeing.

The new Berries Community Café is now hosting many of these groups, bringing a lot of the well-being groups together. Please check your group's venue from May onwards, in case it has changed.

If you'd like a little more involvement in your community and don't know where to start and would like to know what's available locally, please speak to one of our PCN Social Prescribers.

Social Prescribers help people to connect to community groups and services, aiming to make life a little easier or more interesting, for better health outcomes. This may include:

- Improving physical health
- Meeting new people
- Learning a new skill or activity
- Finding ways to improve your self-confidence or self-esteem
- Improving your lifestyle
- Getting involved with your community

Please ask at reception.



COMMUNITY HUB WEEKLY SESSIONS



TUESDAY
BERRIES

BUDE VOLUNTEER BUREAU

10am - 2pm ~ Free ~ Drop in

Find out about local volunteering opportunities

THURSDAY
BERRIES

BUDE STROKE SUPPORT

1st & 3rd Thursday 2.30 - 4.30pm

Free ~ Drop in **From 18/4**

TUESDAY
BERRIES

CRAFT & WELLBEING SESSIONS

2.30 - 4.30pm ~ Free ~ Drop in

See Facebook for weekly updates

THURSDAY
BERRIES

CUPPA COMPANIONS

1st & 3rd Thursday 10 - 12noon

Free ~ Drop in **From 2/5**

WEDNESDAY
NEETSIDE

CORNWALL MIND PEER SUPPORT

2nd & 4th Wednesday 10am - 12noon

24/4, 8/5, 22/5

THURSDAY
NEETSIDE

SILC COUNSELLING

9am - 1pm ~ Free # Booking**

Until end-May



SATURDAY
BERRIES

BUDE VOLUNTEER BUREAU

REPAIR CAFE

COMMUNITY LARDER

10.30am - 1pm ~ Free ~ Drop in

At Berries from April 27th 2024

Last Saturday
of the month

** To find out more please phone 01288 270900

Cuppa Companions



Cuppa Companions is now at
Berries Community Cafe!

From Thursday May 2nd & 16th
1st & 3rd Thursday of the month

10 - 12noon

All very welcome!



01288 353403

Want to get active?

It's time to get **Healthy Cornwall**

We can help you make changes to
lead a happier, healthier lifestyle.



www.healthycornwall.org.uk



Healthy
Cornwall