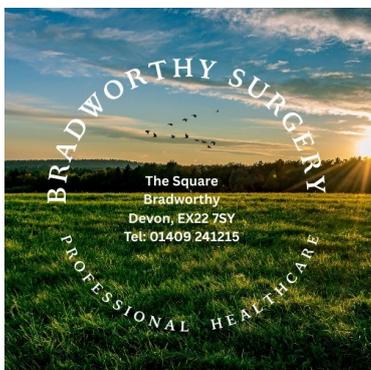


PLEASE CALL AFTER 10am FOR NON-URGENT QUERIES or Bookings



Early Summer News

Bradworthy Surgery 2025

Your Doctors

Dr C. Carey (f)
Dr J. Wood (m)
Dr M. D'Ambrogio (f)

Telephone

01409 241215

Practice Manager

Sue McLaren

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.

Type 2 Diabetes Prevention Campaign

This National campaign during May and June, is aimed to raise awareness of type 2 diabetes, how to prevent it, the complication risks and the groups at high-risk of developing the condition.

KNOW YOUR RISK!

If you are at risk of developing Type 2 diabetes then making some straightforward lifestyle changes can significantly improve your long-term health outcomes.

You can check your personal risk online if you know your height, weight and waist measurement:

<https://riskscore.diabetes.org.uk/start>

Or contact Rowena, the PCN Diabetes Care Coordinator, and pop in for a fifteen minute check. No needles involved!

TYPE 2 DIABETES
KNOW YOUR RISK

High risk of type 2 diabetes? Find out in 2 minutes.

Take the test today and reduce your risk.

Scan the QR code to learn more

TYPE 2
DIABETES PREVENTION WEEK

Our Diabetes Care Coordinator is an integral part of a multidisciplinary team, supporting people with a diabetes diagnosis or helping them with steps towards diabetes prevention.

We offer one-to-one clinics for patients with raised blood glucose levels to help them manage their condition, improve glucose control, choose healthier foods and build the new habits that create a healthier, happier lifestyle.

STAFF NEWS

Our dispenser Aimee Ashley left us on 6th June, we wish her well.

Hollie Pennell, PCN HCA will be doing clinics on Fridays ongoing, with support from Phil Cordy PCN HCA when she is on annual leave.

TYPE 2 DIABETES
KNOW YOUR RISK

If you've hit the big 4-0, it's time to check for the big type 2.

If you're white and over 40, you're at higher risk of type 2 diabetes.

TYPE 2
DIABETES PREVENTION WEEK

Prescriptions



There are 3 ways you can order your prescription :

- 1) Ordering your prescription via your online login account or the NHS App.
- 2) By filling out your repeat prescription form / writing a letter and posting or delivering to the post box in our surgery entrance hall.

Prescriptions are ready for collection within 3 working days - please be mindful of Bank holidays/weekends



We kindly ask that repeat prescriptions are ordered a week in advance before running out.

Please state in writing if your prescription is being ordered early due to a holiday for example.



From the 1st July 2025, the routine childhood immunisation schedule is changing.

Some minor changes will take place for the 8-, 12- and 16-week vaccinations.

The vaccines are being given in a slightly different order, which might mean your child's red book is printed incorrectly.

The major change will impact the 1-year and preschool vaccines. The plan is to reduce the number of vaccines given at 1 year and to introduce a booster vaccine at 18 months, as well as the 3-year 4-month vaccines.

There will be a period of transition between July 2025 and January 2026, and we will be in contact with you if your child is affected by the changes.



Cervical Cancer Screening

June 17th to 23rd June 2025

The week aims to highlight the importance of regular cervical screening for women's health.

Cervical cancer is the most common form of cancer in women under 35 with two women in the UK per day dying from the disease.

Regular cervical screening appointments can prevent up to 75% of instances of cervical cancer, saving 5000 lives per year.

Nearly 1 in 3 don't attend their cervical screening test.

What to do if you are worried about cervical screening :

Share your feelings - It can be helpful to share any worries you have with people you know, a friend or family member you can trust.

Ask your GP or nurse any questions you have and let them know if you are worried about the appointment.

<https://www.macmillan.org.uk/cancer-awareness/cervical-screening-awareness-week>

<https://www.nhs.uk/tests-and-treatments/cervical-screening/>



We kindly remind our patients to return the blood pressure machine provided by the surgery.

Your cooperation in this matter is greatly appreciated.

NHS

Don't ignore your cervical screening invite

Two women die every day from cervical cancer, but getting your screening can help stop it before it starts.

So remember, if you missed your last one, book an appointment with your GP practice now.

To find out more visit nhs.uk/cervicalscreening

Help Us Help You - Screening saves lives

Information from the NHS.

Screening saves lives. Help us help you.

For more information

Cervical Screening Awareness Week

Cervical screening - NHS

Fern Centre

The Fern Centre from North Devon Hospital will be holding a regular information & support group in Holsworthy Memorial Hall

First Meeting- 12th June 2pm-4pm

Open to all cancer patients, family & carers

Every 2nd Thursday of the Month

Men's Health Week

Join us in ensuring mental health and physical health are equally valued

Mates in Mind

9 - 15 JUNE

Samaritans: Call Samaritans for free 24/7 on 116 123

Be A Mate: Text "BEAMATE" for free 24/7 support at 83258

Scan for more information

support@matesinmind.org | www.matesinmind.org | [@matesinmind](https://twitter.com/matesinmind)

Holsworthy

Fortnightly on a MONDAY

7:00 pm - 9:00 pm

[//warned.owner.motoring](https://warned.owner.motoring)

Google Maps Directions

Next Meeting

Monday, June 23rd

THRIVING TOGETHER

A COMMUNITY HEALTH AND WELLBEING DAY

HOLSWORTHY LEISURE CENTRE

SATURDAY 2nd AUGUST 10:00 AM - 01:00PM

- VISIT THE NEWLY REFURBISHED CENTRE!
- CHAT TO LOCAL ORGANISATIONS
- FREE REFRESHMENTS
- FIND OUT WHAT TAKES PLACE IN AND AROUND HOLSWORTHY!
- FREE SWIMS AND MEMBERSHIP OFFERS AVAILABLE
- FREE BOUNCY CASTLE FOR CHILDREN!

ALL WELCOME - COME ALONG AND SUPPORT YOUR LOCAL COMMUNITY!

Enquiries: alisons@ttvs.org.uk

ACTIVE CORRIDGE WELL PARK, WESTERN ROAD, EX22 6BH