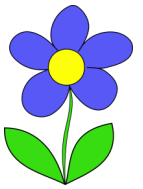


# CAEN MEDICAL CENTRE NEWSLETTER

## Summer 2019



Our aim is to help you use the services at Caen efficiently and to inform our patients of any changes taking place. We hope you find this newsletter helpful. Any feedback about the services we offer would be gratefully accepted, as would any suggestions for future newsletters. Please give your written comments to the receptionists or send us an e-mail.

### CONTACT DETAILS

Address: Caen Medical Centre,  
Braunton, North Devon, EX33 1LR  
Telephone: 01271 818030  
E-mail: [d-ccg.caen@nhs.net](mailto:d-ccg.caen@nhs.net)  
Website: [www.caenmedicalcentre.nhs.uk](http://www.caenmedicalcentre.nhs.uk)

### New NHS App

If you are a patient at our practice you will soon be able to use the new NHS App, a simple and secure way to access a range of NHS services on your smartphone or tablet.

You can use the NHS App to check your symptoms and get instant advice, book appointments, order repeat prescriptions, view your GP medical record and more.

**Watch this space for our "Go Live" date.**

### GP CHANGES

**Dr Hazel Marquiss** - we are sorry to be losing Hazel from the team at the end of May 2019. Dr Marquiss has been working at the Practice since July 2017 as a salaried GP and has been a highly valued employee and it is with sadness that we see her leave us but for the moment she wants to spend more time with her young family

**Dr Simon Mathieson** - Dr Mathieson will be joining us from mid-June as a salaried GP, working on Tuesdays and Fridays each week. We know Simon well as he has been the military GP at RMB Chivenor for some time and lives in the village with his wife and young family. We look forward to welcoming him as part of our team.

*From 1<sup>st</sup> April 2019 Dr Bradford has reduced his working days to 2 a week. We have therefore had to re-allocate some of his patients to other GP Partners. If you wish to know who you are registered with please ask at reception. If you were previously registered with Dr Bradford and are not happy with your allocation please discuss your options with one of the receptionists.*

### Keep It Or Cancel It

**On average around 100 appointments a month are wasted at the practice by patients not turning up for an appointment that they did not cancel.**

We can often fill these appointments, even at short notice! This helps other patients to get an appointment with a nurse or doctor.

### How To Cancel Your Appointment

**Online Via Patient Access**

Call Us On: 01271 818030

**Email Us: [d-ccg.caen@nhs.net](mailto:d-ccg.caen@nhs.net)**

Or pop in to the reception desk



## Cervical screening saves lives.

All women over 25, are invited to have regular smear tests.

It's important to attend when invited.

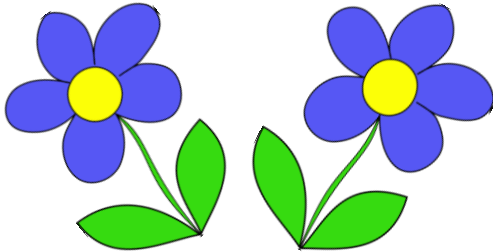


## Prescribing of over the counter medicines is changing

Your GP or Nurse will not generally give you a prescription for over the counter medicines for a range of minor health concerns. Instead, these are available to buy in a pharmacy or supermarket in your local community. The qualified health professionals at your local pharmacy can offer clinical advice to safely and effectively manage minor health concerns.

### **THIS INCLUDES:**

Acute Sore Throat	Conjunctivitis	Coughs and Colds
Diarrhoea	Dry Eyes	Ear Wax
Excessive Sweating	Haemorrhoids	Head Lice
Indigestion and Heartburn	Colic	Coldsores
Constipation	Migraine	Bites and Stings
Burns	Cystitis	Hayfever
Mouth ulcers	Nappy Rash	Thrush
Ringworm	Sunburn	Threadworms
Warts and Verrucas	Dry Skin	Mild Acne



## MMR VACCINE

### Is your child up to date?

MMR is a safe and effective combined vaccine that protects against 3 separate illnesses – measles, mumps and rubella (German measles) – in a single injection. The full course of MMR vaccination requires 2 doses.

Measles, mumps and rubella are highly infectious conditions that can have serious, potentially fatal complications, including meningitis, swelling of the brain (encephalitis) and deafness.

Since the MMR vaccine was introduced in 1988, it is rare for children in the UK to develop these serious conditions, but outbreaks happen and there have been cases of measles in recent years, so it's important to make sure that you and your children are up-to-date with the MMR vaccination.

## **SHINGLES VACCINATION**

If you are aged between 70 and 80 and have not had your shingles vaccination, please ask at reception to see if you are eligible to have this.

## USEFUL CONTACT DETAILS

### **Alzheimer's Society**

Questions or concerns about dementia?

Call the National Dementia Helpline 0300 222 1122 or go to : [www.devon@alzheimers.org.uk](http://www.devon@alzheimers.org.uk)

### **Coeliac UK**

Help and advice for anyone who needs to live gluten free - 0333 332 2033

[www.coeliac.org.uk](http://www.coeliac.org.uk)