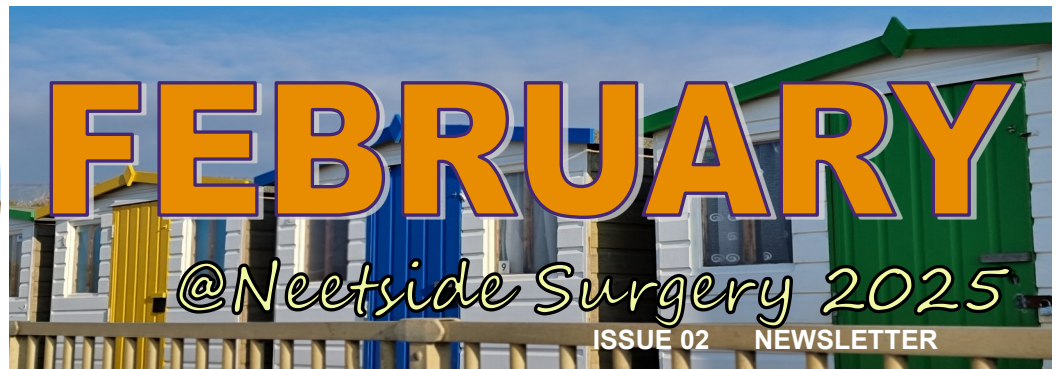


Neetside
Surgery
Bude



UP, OFF & AWAY! Get travel savvy.

Your Doctors

Dr M. Dowling (m)
Dr J. Bloemertz (f)
Dr. C. Jones (m)
Dr. P. Anthony(f)

Telephone
01288 270580

Practice Manager

Melanie Chenoweth

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.

Monday evening appointments at Neetside Surgery are available up to 8pm. Please contact us for details.

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

TRAINING AFTERNOON CLOSURE AHEAD

TUESDAY 11th March



If you're planning either a winter or summer break, or somewhere in between, you may need to get travel vaccinations. Sadly, it is one of those vital parts of a holiday that is often left until the last minute, or even worse, forgotten altogether.

Don't jeopardise your holiday by not being travel savvy.



WHAT DO I NEED?

If you are unsure whether you need travel vaccinations go to our new website, type **TRAVEL QUESTIONNAIRE** into the search box and it will take you to all the information you need. Click on this box on the webpage to find current information by country.

[Find travel health advice for destinations worldwide and a wealth of useful resources here](#)

It is always best to check the Foreign Office advice for each country you will be visiting. Click on this box on the webpage to get this information.

[Always check the UK Foreign Office advice to travellers prior to travelling abroad here](#)

WHEN DO I NEED IT?

Most vaccines take a little while to get into your system to be effective enough to travel. Because of this; as we have to order most travel vaccine in; and as travel vaccinations have to be administered by our very busy Practice Nurses, we like to have as much notice as we can. **We ask for at least 8 weeks prior to travelling.**

You will need to fill out the Travel Questionnaire first, so we can see what vaccination/s is/are appropriate for each country visited and also for you. We will then contact you to book an appointment or appointments. Sometimes more than one is required. Your last vaccination needs to be two weeks before you are travelling.

PLAN B! IF I'VE FORGOTTEN TO BOOK

If you are travelling in less than 8 weeks we are unable to give travel vaccinations to our patients. Unfortunately you will have to go to other private travel vaccination providers, where higher fees may be charged. Please be aware that charges do apply when having your travel vaccination with us as well. You will be advised of this when booking in.

If you are travelling in less than 8 weeks, you can contact The MASTA Travel Clinic in Exeter on **0330 100 4200** for advice and booking options, or visit: <https://www.masta-travel-health.com/>

Other travel vaccination providers are available.



NEW! www.neetsidesurgery.nhs.uk NEW!

Your record. Your access.

As your surgery we want to ensure that your personal health information is kept safe and secure, and only accessed by either yourself or someone you may choose to nominate, as well as healthcare providers when there is a clinical reason to do so. We take confidentiality very seriously and are governed, and held accountable, quite rightly, by NHS England and the law.

From 1st November 2023, all patients aged 16 and above, registered with a general practitioner have the ability to automatically view information added to their electronic GP record from that date onwards. They can do this via SystemOnline (using their unique login details) or by using NHS App. You can also use these access points to view some appointment details, check vaccinations and test results, order medication etc.



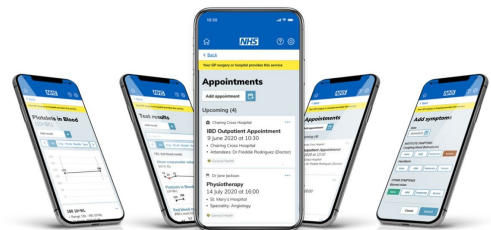
As soon as anyone aged 16 and above signs up to the NHS App or SystemOnline, they will automatically be able to view information added to their GP record after 1st November 2023. Young people who have been given an NHS App login, will automatically get independent record access once they turn 16.

Access for children aged under 11 will be given to their parent or legal guardian upon request. This is known as "proxy access". Record access is granted through the parent or guardian's online record. This access will automatically stop when the child turns 11. If further access to a young person's record is required by a parent or guardian, this has to be requested from the practice.

Proxy Access for patients aged 11 – 15, to allow parents/guardians to access to their child's online record, is limited. Parents/guardians will be able to request medication only. Proxy access will stop on the patient's 16th birthday, when they can request an online account themselves.

Young people aged 11-16 may apply to the practice for independent record access. This is not automatically given.

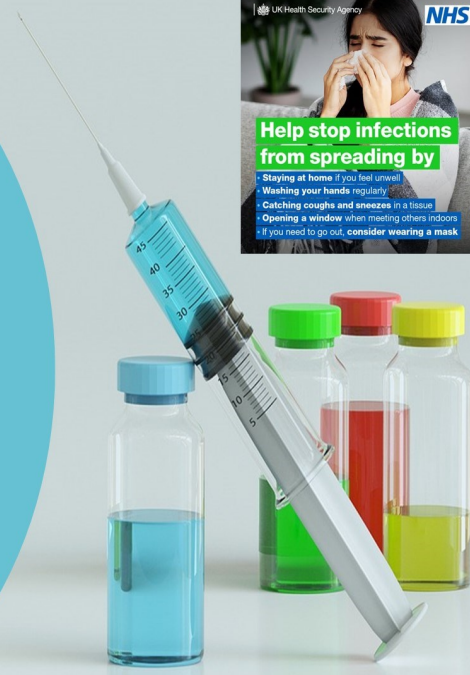
We know this is complicated, so please feel free to talk to us about any aspect of record access so you understand the level of access available to you.



FLU VACCS...still available!

If you're in one of the eligible groups and would still like a flu jab, we still have vaccine available.

Please call or speak to us at reception and we'll get you booked in!



For more information please visit: <https://www.nhs.uk/vaccinations/flu-vaccine/>

SILVER CLOUD

If you're feeling stressed, worried or overwhelmed a lot of the time, Silver Cloud might be something to consider. It's an online mental health and wellbeing digital support programme using iCBT (internet Cognitive Behavioural Therapy).

Silver Cloud is FREE to anyone registered at one of the Coast&Country practices: Bradworthy, Hatherleigh, Holsworthy, Stratton and Neetside surgeries and is for any adult who would like some support with:

- improving sleep
- managing stress
- building resilience
- supporting an anxious child or teen

Stressed, worried or overwhelmed?

From finances to family, isolation to injury, there are lots of things that can affect your mental wellbeing.

Feel Better, Faster

Ask about our free, confidential online mental wellbeing programmes which can help you to understand how you're feeling, and why, and support you to take back control and cope better.

- Easy to use – online or on your phone, when and where you choose.
- Proven to work – Already used by over 1 million people. Most feel better within 3 months.

Find out more about [SilverCloud's](https://dpt.silvercloudhealth.com/signup/) online mental wellbeing programmes: <https://dpt.silvercloudhealth.com/signup/>
Use sign up code: **CCPCN** (for Coast & Country PCN practices)

Supporting you to live well



This has given me a different look at my emotions and feelings. Helps me to feel better and calmer.

- Susan, 48

"It is reassuring to know that I have the strength to deal with whatever lies ahead."

Jo, SilverCloud® user



<https://dpt.silvercloudhealth.com/signup/>

The programme is FREE and confidential. Please use code **CCPCN** for FREE access from any of our Primary Care Network, Coast&Country Practices.

TOTAL TRIAGE UPDATE

Thank you to everyone for the way you have worked with us since introducing TOTAL TRIAGE in October. There's been a lot of fine-tuning and a lot of learning going on, but we feel we are beginning to get there and see some improvement in access to appointments.

TOP TIPS

If you think you need an appointment either routinely or urgently, for a clinical condition, please use the **accuRXonline** form on our website if you are able. Click **APPOINTMENTS** on the website homepage. It's easy to find.

If you don't have online access, continue to call us and we'll fill in the form for you. This takes a little longer.

Practice Nurse, Phlebotomy and Healthcare Assistant appointments are **NOT** booked using TOTAL TRIAGE. Book in as you used to.

NEETSIDE SURGERY IS AVAILABLE ON FACEBOOK

Get all the latest!



RESTORE YOUR BALANCE

FREE MINDFULNESS COURSE FOR MEN

Introductory taster session
Wednesday 12th February
18:30 - 20:30
Grenville Rooms, Kilkhampton, EX23 9QT

COURSE INFO

- ✓ **Learn Mindfulness Techniques**
Mindfulness encourages us to relate differently to our experiences, thoughts, and emotions. This means observing them with an attitude of openness, without judgment or resistance.
- ✓ **MBCT Mindfulness Course**
Based on the MBCT course taught in the NHS it is designed for the effective and proven treatment of anxiety and depression.
- ✓ **8 weekly sessions**
Held every Wednesday evening from the 12th February until 2nd April, 18:30 to 20:30 at The Grenville Rooms, Kilkhampton, EX23 9QT.
- ✓ **Learning Materials Provided**
You will be given guidance notes and access to guided meditations as well as a home practice of up to 40 mins per day each week.
- ✓ **Benefits of Mindfulness**
Reduced anxiety and depression, mood stabilisation, increased self awareness and emotional intelligence, improved sleep, focus and productivity, less procrastination and impulsive behaviour and more positive outlook on life.
- ✓ **Registration**
To book your place find us on Facebook and Instagram, email budewellnesswarriors@hotmail.com or contact Steve Hudson on 07736907503
- ✓ **Voluntary Donation**
To help cover the cost of the venue and refreshments there will be a collection box and suggested donation of £5 per session

ABOUT US

The Bude Wellness Warriors provide a supportive and non judgemental forum where men can come together to improve their physical and mental health. By providing opportunities to connect with likeminded warriors and learn about life enhancing techniques, we aim to support those that want to live a happier, healthier and more fulfilling life.

THE TEAM

Jem Shackleford is a fully-trained mindfulness teacher registered with the British Association of Mindfulness-Based Approaches. He has been practising meditation for 25 years and teaching for 13.

Steve Hudson is on a healing journey himself, creating the Bude Wellness Warriors in 2023 and is the coordinator of all things health and wellbeing.



Neetside Surgery: 01288 270580

COMING UP SOON IN BUDE

Accessible!!

Winter Wellbeing event



NHS Health checks

Lots of fun activities to try!

FREE Facepainting

Information

Stalls

We are holding another event to showcase all that the wonderful Bude Community has to offer.

We will also again be joined by the NHS and they will be offering FREE blood pressure, blood glucose and cholesterol tests, plus much more!

The NHS will also be doing the 10 year plan survey, so please come along and have your say!

The Parkhouse Centre, Ergue-Gaberic Way, Bude EX23 8LD

Please email lorraine.corrigan-turner@mencap.org.uk

Department of Health & Social Care

NHS

HELP BUILD
a health service fit for the future



CHANGE

Get involved now:

www.cios.icb.nhs.uk/get-involved/nhs-10-year-health-plan/

How do you feel about NHS Services in Cornwall?

The NHS is planning for the next 10 years, and they want to hear from you. This is your chance to say what works, what doesn't, and what needs to change.



Complete the survey by Friday 14th February : <https://www.surveymonkey.com/r/webCIOS>



Give your feedback in person. Drop in at the Wellbeing event at the Parkhouse Centre, Bude, on **Saturday 22nd February**, from 11am to 3pm.



ONLINE PAIN CAFE

A well-being space to learn to live well with pain
No pain café in your area? Unable to join us in person but want to experience the pain café? Join us online every last Thursday of the month

Thursday 30th January 12pm
Thursday 27th February 12pm
Thursday 27th March 12pm
Thursday 24th April 12pm
Thursday 29th May 12pm
Thursday 26th June 12pm

No booking required - Free service

Contact - libby.huddy@imagineif.net

<https://pain.cafe/> - Link can be found on Website

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



SCAMMERS are at work in the South West. Please be vigilant.

Even if the caller says they are from a medical centre, or arranging a visit, if you don't recognise the name or the number of your caller, hang up and call us back to check it's us.

If in any doubt, end the call and call us back.

CONNECTED
By Pain

imagineif

