



Your Doctors

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Practice Manager

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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.

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.

EASTER CLOSURES AHEAD

Friday 18th April

Monday 21st April

MAY BANK HOLIDAYS

Monday 5th May

Monday 26th May



GET BOOKED!

Texts and letter have now gone out inviting people in the eligible groups to take up their invitation to book into one of our vaccination clinics. By the time you read this many of the clinics will already have passed. We started on the first day of the national campaign on April 1st.

After so many years of vaccinations, it is understandable that people may feel they have had enough but Covid is very much still with us and continues to cause health problems, affecting families and health services across the country. The vaccination programmes have helped people most at risk from severe illness from the complications that the Covid 19 virus can bring. We would not be doing our job properly if we didn't encourage those who are eligible to book into one of the April clinics.

Those who are eligible this spring are:

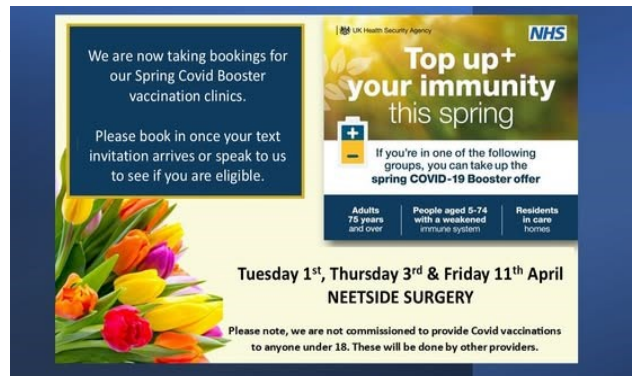
- Anyone aged 75 and over
- People living in a care home for older people
- Anyone 18 to 74 who is SEVERELY IMMUNOSUPPRESSED.

Guidance on conditions that mean someone is severely immunosuppressed can be found on the gov.uk website or by typing **COVID SPRING BOOSTERS** into your browser.

Please note: medically 'at risk' patients who are not immunosuppressed, are NOT eligible for the Spring Boosters.

If you are turning 75 years of age between April and June this year, you do not have to wait until your birthday to get your vaccination. For any young person under 18 who is eligible, please contact 119 for options, or speak to your hospital team.

All this information may be found on our website: <https://neetsidesurgery.nhs.uk/patient-care-support/what-support-do-i-need/vaccinations> or by typing **SPRING VACCINATIONS** into the search tool.



Practices will also be closed all day for the May Bank Holidays on **Monday May 5th** and **Monday May 26th**. Community Pharmacy opening hours will also be affected.

Tips



FROM THE TEAM

WEIGHT LOSS INJECTION TREATMENTS

We are seeing an increasing number of requests or enquiries about weight loss injections and medication. Because these injections are not yet available for prescription by the NHS for weight loss purposes, we will have to reject such requests.

As a licensed diabetic medication, we are not able to prescribe it privately. Many patients are obtaining these medications via private clinics. We cannot endorse or recommend any non-NHS suppliers, nor can we give advice on these drugs. However, for your own safety, due to the effects they can have on other medications, we do advise you make the Surgery aware if you are on any of these injections / pills!. Safety first please.

DENTAL ISSUES

Please remember our GPs and clinical team are not able to treat any dental issue as they are not trained to do so, and also not insured for this. Whilst we appreciate the difficulties of getting dental treatment in our area, if you do not have a dentist, we must always direct you to the emergency dental team, which can be accessed using NHS 111. Team members who have needed to use it themselves, speak very highly of the service for any dental emergencies.



As mentioned in our March newsletter, **Dr Mike Dowling**, our founding Partner GP, will be retiring at the end of August 2025, after 20 years at Neetside Surgery.

Full information may be found in our March newsletter which is available on our website homepage, or by asking for a copy at reception.

We know you will want to join with us in wishing him a long and very happy retirement.

He will of course be here for you all, doctoring as usual, until then!



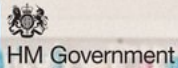
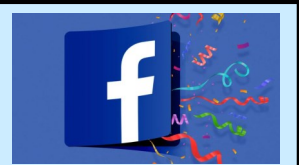
A large and bright thank you to all our patients for working with us over the last 6 months as we have all introduced a new way of getting GP and Urgent Care Treatment appointments using TOTAL TRIAGE.

Working together has meant we are seeing very positive results from changing this process. Feedback is very encouraging and a few small tweaks have proved very useful. It really helps everyone, if you fill out the online form yourself, if able to do so, rather than asking us to do it for you. This slows things down considerably. We will of course continue to help anyone who isn't connected, or who struggles with forms.

Just for extra info...we may signpost you to a pharmacy, using the **Pharmacy First** scheme on occasion (see left), and when it is appropriate. Information from these consultations will always be shared with your GP.

NEETSIDE SURGERY IS AVAILABLE ON FACEBOOK

Get all the latest!



PHARMACY FIRST services available without a prescription

For patients in eligible age ranges

Earache
1 to 17 years

Impetigo
1 year and over

Infected insect bites
1 year and over

Shingles
18 years and over

Sinusitis
12 years and over

Sore throat
5 years and over

Uncomplicated urinary tract infections
Women 16-64 years

Wishing everyone a very happy Easter!

BOWEL CANCER AWARENESS MONTH

No-one likes talking about the subject, but did you know that bowel cancer is one of the most common cancers in the UK, so it's important that we do keep talking about it and know when to get help with unusual bowel symptoms.

If you have any of the symptoms in the image, we want you to get in touch. Early detection of anything that needs treating will almost certainly lead to a better outcome and more treatment options.

BOWEL SCREENING

Nation bowel cancer screening has now been extended to include anyone aged 50 to 74 years, with call-ups every 2 years. You will be sent a FREE at-home test which is easy to do. Once completed, you then post this back to the service for testing.

The test is called a faecal immunochemical test (FIT) to look for blood in a sample of your poo. This could be a sign of bowel cancer.

If blood is found in your poo, it does not always mean you have cancer. There are more common and less serious causes of blood in your poo, such as an anal fissure or bowel polyps.

If you're aged 75 or over, you can ask for a home test kit every 2 years by calling the bowel cancer screening helpline on **0800 707 6060**.

You'll usually get the results of your bowel cancer screening home test (FIT kit) within 2 weeks after sending your poo sample. Sometimes it can take longer. You will get a letter telling you the results.

Sometimes you may be asked to do the test again. This is usually to make sure the test has been done properly and gives the correct result.

If you do not get your results within 2 weeks, you can call the free bowel cancer screening helpline on **0800 707 6060**.

Information from www.nhs.uk and Bowel Cancer UK

Know the symptoms of bowel cancer



Bleeding from your bottom



Blood in your poo



A change in how often you poo, or regularly having diarrhoea or constipation



Losing weight but you're not sure why




Feeling very tired all the time but you're not sure why



A pain or lump in your tummy

If you have any of these symptoms, talk to your GP and ask about an at-home test.



The most important post you'll receive

The bowel cancer screening programme now includes everyone over the age of 50. You'll automatically be sent an NHS Bowel Screening Kit when you become eligible. Regular screening can detect early signs of bowel cancer, even before symptoms appear.

NHS

peninsulacanceralliance.nhs.uk/bowel-cancer-screening

MORE INFORMATION

BOWEL CANCER UK

<https://www.bowelcanceruk.org.uk/>

Tel: 020 7940 1760

MACMILLAN

<https://www.macmillan.org.uk/cancer-information-and-support>

Tel 0808 808 0000

SCREENING HELPLINE

0800 707 6060

Neetside Surgery: 01288 270580

What's happening in Bude!



Benefits of Joining:

Monthly Wellness Walks:

Explore new places, reduce stress, improve mood, increase energy, and enjoy better sleep. Boost cardiovascular health, strength, circulation, and weight management.

Cold Water Therapy:

Reduce anxiety, build mental resilience, improve circulation, and strengthen your immune system.

Meet new people:

Gain support, motivation, and accountability in a non-judgmental space. Connect with others who share your values, fostering a sense of community and encouraging personal growth.

Men's Wellness Sessions:

Enhance physical and mental strength, flexibility, and relaxation. Improve mental clarity, emotional balance, and stress reduction.

Learn more at: www.budewellnesswarriors.org
or email: budewellnesswarriors@hotmail.com

Find us on:



HAVE YOU TRIED BOWLS? BOWLS, TASTER WEEKEND.

Saturday, April 26th 10 am—2 pm, open day event for all to try
Sunday, April 27th 10 am—2 pm, open day and charity challenge

Stratton Bowling Club, Poundfield, Stratton EX23 9AX
What3words location - managers. necklaces.export

We are opening our green for everyone to come and have a try at bowls in a fun and informal way. All equipment will be provided, you just need flat shoes. Stratton is a friendly, inclusive and welcoming club, so come along and have a go. What have you got to lose. You will have the opportunity to play a short fun game against other beginners, guided by some of our most experienced players.

Saturday—An informal day for anybody to turn up and have a go at bowls, with coaching from experienced players, you can arrive anytime between 10am and 2pm and stay for as long as you like.

Sunday—As well as the opportunity to turn up and have a go. There will also be a round robin tournament for teams of 3 players to compete against other inexperienced teams, with a trophy for the winners. There will be an entry fee of £10 per team with all proceeds going to local charity JAY'S AIM. To enter a team please contact Clive: clivew1962@gmail.com 07836 590413 or Geoff: grperkins62@outlook.com 07969 455424



Food and Refreshments will be available on both days, with hot drinks available from the kitchen and cold drinks from the bar.



Bude Listening Hub

healthwatch
Cornwall

Join us at the Bude Listening Hub to share your experiences with health and social care services, as well as the local circumstances that are affecting you. Your voice can help drive positive change while connecting with your local community.

We would like to hear more about:

- What changes you would like to see in the healthcare system in rural Cornwall
- How you access doctors or healthcare professionals
- Your experiences of mental health services
- How the cost-of-living crisis affects you

We want to ensure every voice in Cornwall is heard, and we are coming to you.

Please drop-in and see us:

Bude Library
Wednesday 26th March
Wednesday 23rd April
Wednesday 21st May
Wednesday 18th June
12:00pm – 2:00pm



Scan to find out more, and share your experiences online.



Image: facebook.com/BudeLibrary

www.healthwatchcornwall.co.uk
0800 038 1281



BUDE FOOD FESTIVAL

SPRING 21ST APRIL 2025
SUMMER 10TH AUGUST 2025
10AM TO 5PM
THE CASTLE, BUDE

NHS
Cornwall Partnership
NHS Foundation Trust



Options



Advice



Knowledge

Osteoarthritis of the knee OAK education sessions

Are you over 45? Do you have knee pain or want to know more about knee arthritis?

OAK is a 90-minute education session, dedicated to the management of osteoarthritis of the knee.



For more information and to book a session, call 07717 695 797 or email cft.oakcornwall@nhs.net

