



Neetside
Surgery
Bude



Thank you, Dr. Dowling!

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

hello
March



We know this will come as a bit of a surprise to many of you, but we felt it right to let you know that Dr. Mike Dowling, our founding Partner GP, will be retiring at the end of August.

In 2005, the NHS PCT, decided that there was the need for another GP Practice in Bude and asked Dr. Dowling to set the surgery up. This was a brave undertaking and the first time a new GP surgery had been started in Cornwall for almost 30 years. "Plans for Neetside Surgery started on our living room floor," says wife, Mel, "and it wasn't a small thing, juggling 5 children under the age of 9 between us, AND the start of a new surgery!"



It has been a journey of dedication, determination and optimism. Starting originally at Neetside Community Centre with just 4 members of staff: Dr. Dowling, Practice Manager Mel, Nurse Suzanne, and Admin/Receptionist Suzanne (all of whom are still at the practice) and no patients, the surgery quickly grew. It moved to its current building in 2007 and now has 6,500+ patients.

One of the main characteristics of the surgery is it's family feel. That was always one of the most important things for Dr. Dowling—that patients were people, felt listened to and known by those caring for them. You don't have to be in the surgery for long to know this is true. With Dr. Julia Bloemertz joining in 2010 as additional Surgery Partner, this friendly atmosphere has definitely been maintained. The two GPs have made a strong surgery partnership—a rare find—culminating in the practice being given the highest award of 'Outstanding' for its CQC inspection in 2015.

Mike's enduring interest in palliative care, extended to so many people at the end of their lives, has been distinctive and invaluable. We see him go the extra mile time and time again, just when it is needed, at the most important times in a life.

For people to have had the same GP for 20 years is quite unusual too, and a testament to Mike's dedication to his patients and team, especially when travelling from his home near St Austell every day! When talking to his team the words kind, compassionate, dedicated, inspirational, considerate, knowledgeable, professional, understanding, courteous all come up. He's all those things and more; we have been really lucky to have him as our GP.

The decision to retire has not been easy for Mike, having invested so much of himself into caring for the people of Bude, but it's a decision he knows is the right one for him this year.

We thank Dr. Dowling for a job well done, for the legacy of excellent healthcare he has left behind to the people of Bude, and for being such a brilliant person to work with.

Happy retirement, Mike!



WHAT'S ON

AT THE PEARL EXCHANGE

MARCH

BOOK HERE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 RUN CLUB 10AM EASY SUNDAY + THE PEARL JAM 11-3PM
3 COLD WATER DIP 9-11:30AM YOGA 10-11:30AM 5: 6:30-8PM	4 RESET YOUR MINDSET 6-7:30PM	5 CO-WORKING 10-6PM OPEN MIC 6-9PM	6 DJ EXCHANGE 6-8PM	7 FEEL GOOD COOKING 10-11PM CO-WORKING 10-11PM ARTY FRIDAY: STAMPED BRASS KEYRING 1-2:30PM	8 STOMP 'N' CHOMP 11-2PM	9 EASY SUNDAY 11-3PM
10 YOGA 10-11:30AM 5: 6:30-8PM	11 RESET YOUR MINDSET 6-7:30PM	12 CO-WORKING 10AM-6PM CREATIVE SUITE: INDESIGN PT 1 9-9PM	13	14 CO-WORKING 10-11PM ARTY FRIDAY: CLAY JEWELLERY PT 1 2-3PM	15	16 RUN CLUB 10AM EASY SUNDAY 11-3PM
17 YOGA 10-11:30AM 5: 6:30-8PM	18 RESET YOUR MINDSET 6-7:30PM	19 CO-WORKING 10AM-6PM CREATIVE SUITE: INDESIGN PT 2 9-9PM	20 DJ EXCHANGE 6-8PM	21 CO-WORKING 10-11PM ARTY FRIDAY: CLAY JEWELLERY PT 2 2-3PM	22	23 EASY SUNDAY 11-3PM
24 YOGA 10-11:30AM 5: 6:30-8PM	25 RESET YOUR MINDSET 6-7:30PM	26 CO-WORKING 10AM-6PM CREATIVE SUITE: OPEN SESSION 6-8PM	27 BUSINESS Q+A 6-8PM	28 CO-WORKING 10-11PM ARTY FRIDAY: LEATHERWORK 2-3PM	29	30 RUN CLUB 10AM EASY SUNDAY 11-3PM

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 YOGA 10-11:30AM 5: 6:30-8PM	1 EXPRESS YOURSELF 6-7:30PM	2 CO-WORKING 10-4PM OPEN MIC 6-9PM	3 DJ EXCHANGE 6-8PM	4 FEEL GOOD COOKING 10-11PM CO-WORKING 10-11PM ARTY FRIDAY: MONOPRINTING 2-3PM	5	6 EASY SUNDAY + THE PEARL JAM 11-3PM
7 COLD WATER DIP 9-11:30AM YOGA 10-11:30AM 5: 6:30-8PM	8 EXPRESS YOURSELF 6-7:30PM	9 CO-WORKING 10-4PM	10	11 CO-WORKING 10-11PM ARTY FRIDAY: MARK MAKING 2-3PM	12 WALK + SKETCH 11AM-1PM	13 RUN CLUB 10AM EASY SUNDAY 11-3PM
14 YOGA 10-11:30AM 5: 6:30-8PM	15 EXPRESS YOURSELF 6-7:30PM	16 CO-WORKING 10-4PM	17 DJ EXCHANGE 6-8PM	18 CO-WORKING 10-11PM ARTY FRIDAY: SKETCHBOOK CLUB 2-3PM	19	20
21 YOGA 10-11:30AM 5: 6:30-8PM	22 EXPRESS YOURSELF 6-7:30PM	23 CO-WORKING 10-4PM	24 LIFE DRAWING 6-8PM	25 CO-WORKING 10-11PM ARTY FRIDAY: DRY POINT PRINTING 2-3PM	26	27 RUN CLUB 10AM EASY SUNDAY 11-3PM
28 YOGA 10-11:30AM 5: 6:30-8PM	29	30 CO-WORKING 10-4PM				

ALL WORKSHOPS AND EVENTS ARE FREE FOR 18-35 YEAR OLDS IN CORNWALL & DEVON
www.thepearlexchange.org.uk Registered Charity No: 1203240



Our wonderful Social Prescriber, **Louise Birch**, left us on Wednesday 5th March to start a new role as a Social Prescriber in Barnstaple, nearer to her home.

Louise has been working with patients at the Stratton and Neetside practices since January 2022. Along with others, she helped start the very popular Cuppa Companions at Berries Community Café, working on Photography for Wellbeing workshops, Winter Wellness and attending many Bude community events to promote Social Prescribing and our Primary Care Network. She will be missed by all the team, as well as many of our patients. Thank you, Louise.

Delighted to be sharing the new March & April calendar from The Pearl Exchange in Bude.

Meg tells us "We're now hosting Feel Good Cooking workshops with Kit Davies each first Friday of the month, and our Easy Sunday sessions are now on every Sunday. Lots of exciting one-off sessions as well, including a Business Q&A and Life Drawing."

If you're between 18 and 35 why not go along to sample a session...or more!

FREE counselling sessions are also available.

Go to: <https://thepearlexchange.org.uk/>

THE PEARL EXCHANGE
BROADCLOSE HILL
BUDE, EX23 8EQ



NEETSIDE SURGERY IS AVAILABLE ON FACEBOOK

Get all the latest!



We are now taking bookings for our Spring Covid Booster vaccination clinics.

Please book in once your text invitation arrives or speak to us to see if you are eligible.

UK Health Security Agency



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

Tuesday 1st, Thursday 3rd & Friday 11th April
NEETSIDE SURGERY

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



MARCH 12th NO SMOKING DAY MARCH 12th

Every time you smoke a cigarette, your body is flooded with thousands of chemicals, many of which are poisonous.

The day you stop, your body starts clearing itself of all those nasty toxins and the repair process begins.

You'll notice some benefits within days or weeks:

- your senses of taste and smell improve
- you start to breathe more easily
- you have more energy

Other benefits will follow, including:

- better blood circulation to your heart and muscles, which will make physical activity easier
- improved lung function, leading to reductions in any cough, wheezing or other breathing problems

Many people try to quit smoking with willpower alone, but it's much easier to go smoke-free with the right help.

What options are available to me?

There are lots of support options available to help you on your quitting journey. Support agencies like Healthy Cornwall or StopForLife Devon can offer tailored support (see below for details).

If you prefer apps and the 'DIY' approach, have a look at the Better Health Quit Smoking App. Talk to one of the healthcare team at your local practice who can refer you onwards. There's a whole range of support available.

You might want to consider the cost of different aids and the side-effects. If you've tried to quit before, think about what methods worked for you and what you might want to do differently.

The key is not to give up the attempt. Try all options until you find the one that works for you.

MAKE THIS YOUR STOP.

Make today the day you commit to quit.

For free support to quit smoking visit healthycornwall.org.uk/smokefree
Email: healthy.cornwall@cornwall.gov.uk
or call 01872 324200

MAKE THIS YOUR STOP.

Make today the day you commit to quit.

For free support to quit smoking visit healthycornwall.org.uk/smokefree
Email: healthy.cornwall@cornwall.gov.uk
or call 01872 324200

Better Health Smoke free NHS

“Since quitting, I'm enjoying cooking more as my sense of taste has improved.”

March 12 Take back your life this No Smoking Day.

Better Health Smoke free NHS

“Since quitting, I've got more energy to keep up with the kids.”

March 12 Take back your life this No Smoking Day.

Better Health Smoke free NHS

“Since quitting, I've got extra money to put towards a trip away.”

March 12 Take back your life this No Smoking Day.

Better Health Smoke free NHS

“Since quitting, I've started playing football with my mates again.”

March 12 Take back your life this No Smoking Day.

NEETSIDE SURGERY IS AVAILABLE ON FACEBOOK

Get all the latest!



GOOD LUCK!

Neetside Surgery: 01288 270580

What's happening in Bude!



BUDE PAIN CAFE

A well-being space to learn to live well with pain
Neetside Community Centre, Leven Road,
Bude EX23 8LB

Thursday 13th March - 10-12pm

Thursday 10th April - 10-12pm

Thursday 8th May - 10-12pm

Thursday 12th June - 10-12pm

Thursday 10th July - 10-12pm

Thursday 14th August - 10-12pm

IMPROVING HEALTH AND WELLBEING IN THE BUDE AREA Monthly relaxation session. Refreshments provided. Booking not required For more details contact Stuartsocialprescribing@pcnh <https://www.facebook.com/CornwallandDevonPainCafes/>



BRAND NEW group in Bude, for people affected by Parkinson's

Your family members and carers are welcome to come along too

There will be tea and cake and the group will be supported by Kate from Parkinson's UK. Make new friends and get support from your community. Please do come and join us!

At the Parkhouse Centre, Bude, EX23 8LD

Meets on the last Wednesday of every month, 2-4pm

Contact Kate on **020 7963 9242**

<https://localsupport.parkinsons.org.uk/activity/bude-group-meeting>



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197) and in Scotland (SC037554).



Starting Monday 17th March 2025



We will be walking the beautiful coastline of Cornwall from Crackington Haven to Hartland in easy/moderate sections with Coast path Connectors

Mindfulness Monday walks

every 3rd Monday of the month

11am-1pm

Free tea/coffee and car park contact

huw.davies@southwestcoastpath.org.uk

for more info and walk list

Are you an unpaid carer or just looking to improve your wellbeing? Come along and join us



Home solutions

Handyperson Service

The Handyperson Service provides help with household maintenance and repairs for people in Cornwall who are over 60 or have a disability.



For the Handyperson Service call **01872 224707** or email handyperson@cornwall.gov.uk