

## 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**



## Looking back & looking forward

Despite how busy every practice is and the pressures we are all under in primary care nationally, there is still time during the course of a year to develop and improve the services we offer to our patients. We are grateful that, at Neetside Surgery, our patients continue to be supportive, flexible and understanding with the various changes in service provision, and during those occasionally overwhelmingly challenging weeks, when team members and patients alike are struggling.

We look back on 2024 with a sense of thankfulness at the number of improvements we have been able to make, with your help.

- **A new digital telephony phone system**, allowing you to get through to the practice more easily, for us to better manage the increasing demands being made on our phone lines and for you to get an automatic callback when lines are particularly busy. You can now cancel an appointment this way too, without having to wait in a queue.
- **A new booking system using TOTAL TRIAGE** and online consultations to request an appointment, which, although still in its infancy, is allowing those patients who need to be contacted or seen, to be done so in a medically appropriate way—those with more urgent concerns are able to be booked in sooner, based on clinical need. The 8am and 2pm telephone scramble is, we hope, a thing of the past. Our team are available to help anyone who isn't able to complete an online form and try to make things as easy as possible for ALL patients.
- **A new GP Standardised Practice website**, allowing easier patient access to information and services. This is one of the newest examples of website design for practices that is hoped will be rolled out nationally. We are delighted to be included at the beginning of the NHSE project, allowing our patients to benefit from a nationally approved and endorsed website. The team worked incredibly hard to ensure a smooth transition from the old website to the new one and we have been delighted with its reception.

It's definitely been a busy year!

We wish to thank our patients and team for getting through each change and challenge with understanding, determination and large dollops of patience and good humour. It's always a collaborative effort. Our commitment to our patients is unwavering as we move on and into 2025. Let's see what happens!

Don't wait to be called in ...

**POP INTO THE POD**

BEFORE YOUR APPOINTMENT

**CHECK:**

- Blood Pressure
- Height
- Weight
- Health questionnaires

**RESULTS STRAIGHT TO YOUR RECORD**

IF YOU NEED HELP USING THE EQUIPMENT, PLEASE ASK AT RECEPTION. HAPPY TO HELP!

Make it part of your regular health routine.

# LOOK AFTER YOURSELF this WINTER

## Your Mental Health

Take time out every day to focus on yourself. Remember that you matter.

**Talking and socialising** – helps a lot of people; sharing troubles can help keep things in perspective. Listening to and supporting friends can help get “outside of yourself”.

If you feel lonely, maybe try to make friends with a neighbour, volunteer for a charity, or join local groups in your area. Learning something new or keeping our minds active with quizzes and cross-words. Looking after indoor plants may even help to raise your mood levels.

**Daily affirmations** – take time out of every day to say something positive about yourself out loud. This can help us feel more confident and comfortable in our own skin. It can help us to move away from that critical self-talk.

**Social Media** – comparison is the thief of joy. If you are having a low day, take some time away from social media.

**No matter how many self-care tips you read, if you don't spend the time focusing on what it means to you, you'll never get the relaxation you crave.**

## Your Physical Health

- Keep warm and try to keep your heating at 18°C (living rooms) and 16°C (bedrooms).
- Keep moving regularly to help to stay warm.
- Have regular hot meal and drinks.
- Protect yourself against infections: ensure you have had your flu, Covid, RSV, shingles and other vaccinations, once you are eligible.
- Call your local Council for advice on grants and ways to stay warm for less.  
**Cornwall: 0800 954 1956**  
**Devon: 0345 155 1015**
- Join the Priority Services Register with your service provider (water, gas, electricity) if you are eligible.
- Insulate and draught-proof your home to keep the warmth in. Your Council may be able to help with this.
- Get a free home fire-safety check:  
**Cornwall: 0800 358 1999**  
**Devon: 0800 050 2999 (if urgent)**

## Where to go for warmth

With heating costs being a considerable part of most people's budgets, it can be helpful to go out to find safe, warm spaces locally. Avoid being cold, if you can. Here are a few local options. Please check each venue for activities and opening times.

<b>LIBRARIES</b>	<b>HOLSWORTHY</b>	With Community Fridge
	<b>BUDE</b>	With Community Larder
	<b>LAUNCESTON</b>	Lots of activities throughout the week and some Saturdays.
	<b>OKEHAMPTON</b>	
<b>COMMUNITY VENUES</b>	<b>OKEHAMPTON</b>	Wellbeing Café, St James' Street
	<b>OKEHAMPTON</b>	Ockment Centre, North Street
	<b>BUDE</b>	Berries Community Café, Berries Av.
	<b>BUDE</b>	Neetside Community Centre, Leven Rd.
<b>CHURCH SETTINGS</b>	<b>HOLSWORTHY</b>	Methodist Church, Bodmin Street
	<b>BUDE</b>	Neetside Methodist Church Hall
	<b>BRADWORTHY</b>	St John Baptist Church, Bradworthy—safe space. Call Rectory on 01409 251015.





# WINTER PROTECTION



**With lots of winter viruses doing the rounds at the moment, it's always useful to know where else you can find medical advice and direction. Our Community pharmacies offer an increasing number of services to work alongside our own.**

## What can your Community Pharmacist do?

- offer advice to patients about minor illnesses
- supply NHS medicines where clinically appropriate (including some prescription-only medicines under Patient Group Directions), to treat 7 common health conditions:
  - sinusitis (12 years and over)
  - sore throat (5 years and over)
  - earache and middle ear infections (1 to 17 years old)
  - infected insect bites (1 year and over)
  - Impetigo (1 year and over)
  - shingles (18 years and over)
  - uncomplicated urinary tract infections in women (16 to 64 years old)



## What other services do pharmacies offer?

Your community pharmacy may also offer some, if not all of the following:

- chlamydia screening and treatment
- safe disposal of unwanted or expired medications
- advice and help on how to stop smoking
- cholesterol and blood sugar testing
- the substance misuse service, including needle and syringe exchange schemes
- advice and help on how to manage your weight
- emergency contraception

For more information type:

**NHS PHARMACIES** into your browser



Think pharmacy first

See your pharmacist  
Help us help you

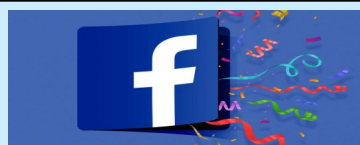
And if you can't find the help you need, please contact us!

*The Neetside Team*



NEETSIDE SURGERY IS AVAILABLE ON FACEBOOK

Get all the latest!



## STILL NEED A FLU JAB?

We've still got some vaccine left.

If you're in one of the eligible groups for a free jab, then please get in touch. We'll book you in with one of our nurses.

There's still time!



# Neetside Surgery: 01288 270580

# COMING UP SOON, COMMUNITY WIDE

Accessible!!

## COMMUNITY EVENT

**22 FEB 2025**

The Parkhouse Centre  
Ergue-Gaberic Way  
Bude EX23 8LD

We are holding our 4th event to showcase all that the wonderful Bude Community has to offer, we will be offering activities, stalls and information.

Please let me know if you would like a booking form.

Lorraine Corrigan-Turner - Community Partner  
budewellbeingevent@gmail.com  
07890 400253

mencap

## step into wellness

A FREE wellbeing coaching programme for adults, that's designed around you!  
A fun and unique approach to improving your Mental, Physical and Emotional Wellness.

7 weekly sessions for over 18's  
Monday 3rd February - 10th March  
10.30 - 12.00 Berries Community Cafe, Bude. EX23 8QE

To book your place & start your wellness journey call us on  
**01872 266383**  
Or email: stepintowellness@ageukcornwall.org.uk and a member of our team will call you back.

Live better at every age!

01872 266383 | stepintowellness@ageukcornwall.org.uk

POWERED BY  
Cornwall & The Isles of Scilly  
ageUK

## Bude Cancer Support Cancer Café



Every 2nd  
and 4th  
Monday of  
each  
month

1:30-  
3:30pm

Room 1  
The  
Parkhouse  
Centre  
Bude

Bude  
Cancer  
Support

# JANUARY

AT THE PEARL EXCHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8	7	8	9	10	11	12
			DJ EXCHANGE 6-8PM	CO-WORKING 10-12PM ARTY FRIDAY: MAKE A JOURNAL 12-2PM	RESET WEEKEND TIMINGS ONLINE	
13	14	15	16	17	18	19
YOGA 10-11AM 6-7:30PM	RESET YOUR MINDSET 6-7:30PM	CO-WORKING 10AM-12PM OPEN MIC 6-9PM		CO-WORKING 10-12PM ARTY FRIDAY: LINO PRINTING 12-2PM		RUN CLUB 10AM
20	21	22	23	24	25	26
YOGA 10-11AM 6-7:30PM	RESET YOUR MINDSET 6-7:30PM	CO-WORKING 10AM-12PM CREATIVE SUITE: PHOTOSHOP PT 1 8-9PM	DJ EXCHANGE 6-8PM	CO-WORKING 10-12PM ARTY FRIDAY: SCREEN PRINTING 12-2PM		
27	28	29	30	31		
YOGA 10-11AM 6-7:30PM	RESET YOUR MINDSET 6-7:30PM	CO-WORKING 10AM-12PM CREATIVE SUITE: PHOTOSHOP PT 2 8-9PM		CO-WORKING 10-12PM ARTY FRIDAY: BADGE MAKING 12-2PM		

ALL WORKSHOPS AND EVENTS ARE FREE FOR 18-35 YEAR OLDS IN CORNWALL & DEVON

Wishing everyone a very happy & healthy

# 2025

