

CHERITON BISHOP & TEIGN VALLEY PRACTICE NEWSLETTER SEPTEMBER 2017

Flu Clinics

It's that time of year again! and our Flu Clinics are due to commence on Monday 2 October. If you consider yourself to be in the following group of Patients, please telephone the Surgery on 01647 24272 to make an appointment to receive a flu vaccination:

Over 65 (Born on or before 31 March 1952)

Chronic long term Respiratory Diseases – Asthma and COPD which required an inhaled or tablet steroid treatment or has led to hospital treatment

Chronic Heart Disease

Chronic Kidney Disease

Chronic Liver Disease

Chronic Neurological conditions such as Parkinson's or Motor Neurone Disease

Diabetic

Problems with your spleen – for example, sickle cell disease or if you had your spleen removed

A weakened immune system – ie chemotherapy treatment

Pregnant Ladies

Carers in receipt of Carer's Allowance

Children age six months or over who are in a Clinical Risk Group

Coast to Coast Run

Dr Hayter and Friends completed the 110mile relay run across the two moors. Setting off at night to arrive 20 hours later on Bigbury Beach. Thank you to all those who helped raise money for Acorn and we are heading to over £600 but late contributions are still welcome!

One Small Step

Devon County Council have set up an organisation to help people make positive changes in their lives with a focus on Smoking, Weight and Activity and Alcohol. They will help signpost people to services that are available and also be able to provide one to one support.

Contact: 0800 298 2654

Carers

We continue to have Jane Ashby doing session at the Practice providing support to carers. If you are having to care and support a loved one but need a chance to talk things through and also learn about resources available, please request an appointment at Reception or via your GP

Drinkwise Age Well

Pin Point – <http://www.pinpointdevon.co.uk/>

This website acts as a great link to a wide range of services and support available across Devon. It is well worth having a look at to see what's out there!

Physio Appointments

Unfortunately our waiting time for physio has gradually crept up. Adam is providing a great service but we are only allocated half the time we once had. We appreciate that by the time appointments have come around some conditions have improved and we would really appreciate these appointments being cancelled to enable us to offer them to other Patients on our waiting list

Surgery Wellbeing Gardening Project

Do you fancy doing a spot of easy Gardening?

The Surgery have joined with the Tedburn Allotment Committee and have taken on three raised beds to offer our Patients to enjoy the outdoors and have pleasure in growing their own vegetables

Please contact Julia at the surgery (01647 24272) if you are interested in taking part

Lunch with Donna and Lynda

On the last Monday of each month these two lovely ladies are offering to cook a three course meal for a group of between 6 and 8 people at a cost of £6 each.

If you are interested in having a nice meal and a chat with good company, please contact us at the Surgery and we can put you in touch with Donna and Lynda who will be very happy to hear from you