

PATIENT INFORMATION



A summary of the key information displayed in the surgery, including posters, screen and leaflets



Visit our website for access to latest surgery news, our online services e.g. booking appointments and requesting repeat prescriptions, practice policies, clinics, family health, useful local contacts and meet our practice team.

www.brannammedicalcentre.com

DOCTOR'S RECEPTIONIST DIRECT LINES

| | |
|--------------------------|--------------|
| Dr Waterfall / Dr Deacon | 01271 314201 |
| Dr Hassall | 01271 314202 |
| Dr Matthews | 01271 314204 |
| Dr Chesworth | 01271 314205 |
| Dr Tolhurst / Dr Street | 01271 314206 |
| Dr Parkinson | 01271 314207 |
| Dr Bond / Dr Smit | 01271 314208 |
| Dr Stewart | 01271 314209 |
| Dr Marquiss | 01271 314216 |

MEDICAL ADVICE - OUT OF HOURS

When the surgery is closed you can get medical advice from NHS 111;

www.nhs.co.uk/111 or by calling 111

If you call 111 you will be given medical advice and they will direct you to someone who can help. 111 should be used if you need medical help fast but it's not life threatening.

ONLINE SERVICES

Would you like to book appointments online?
Would you like to request your repeat prescriptions online?

You can register for our online service in two ways:

- 1) Ask at reception for your personal registration details
or
- 2) Register online via <https://patient.emisaccess.co.uk/>



Dementia Support Café

For carers of and those living with dementia

The Dementia Support Café is open;

- First Wednesday of the month 2pm-4pm
- Third Wednesday of the month 4pm-6pm

Raleigh Gallery restaurant, Level 0,
North Devon District Hospital

For more information, please contact Angela Walter, Admiral Nurse, NDDH via angela.walter1@nhs.net or 01271 313998 or 322577

Have your contact details changed since you last visited the surgery? Please speak to Reception to check that we have your current address and contact numbers.



Follow us on

Like us on

Self-care

Hangover.
Cough. Colds.
Grazes. Small cuts.
Sore throat.



Self-care is the best choice to treat minor illnesses and injuries.

A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.

Pharmacy

Diarrhoea. Earache.
Painful cough.
Sticky eye.
Teething. Rashes.



Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time.

No appointment is needed and most pharmacies have private consulting areas.

GP

Arthritis. Asthma.
Back pain.
Vomiting.
Stomach ache.



GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.

Minor Injuries

Cuts. Sprains.
Strain. Bruises.
Itchy rash.
Minor burns.



Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions.

They are usually led by nurses and an appointment is not necessary.

A&E/999

Severe bleeding.
Breathing difficulties.
Severe chest pain.
Loss of consciousness.



A&E or 999 are best used in an emergency for serious or life-threatening situations.

PARKRUN PRACTICE

Join the Parkrun family. Parkrun is a FREE weekly timed event, where you can walk, jog, run or volunteer.

- 5k every Saturday at 9am Rock Park (4+yrs)
- 2k every Sunday at 9am Rock Park (4-14yrs)

www.parkrun.org.uk/barnstaple

WANT TO GET MORE ACTIVE?

Join Barnstaple's Walking for Health

When: Every Thursday

Time: 12.30pm start

Meeting point: Litchdon Medical Centre

Walk length: 30 minutes (plus 60 minute option)

For more information contact: Anita Griggs on 07979 475579

Clinical Research Network
Primary Care

National Institute for
Health Research

This general practice is research active

Conducting high-quality clinical research helps us to keep improving NHS care by finding out which treatments work best.

In this practice, you might be asked to take part in a clinical research study. Alternatively, ask our staff about clinical studies suitable for you.

Taking part in a clinical research study is voluntary and can be a rewarding experience.

To find out about the different ways in which you can get involved in research visit www.nihr.ac.uk/patients-and-public or scan the QR code:



Delivering research to make patients, and the NHS, better

CRN071

New Look Children's Centres

Have you heard about our exciting changes?

Our 'universal' services (groups open to everyone) will now be run by our brand-new service **Grow Devon!** There are still lots of things you can go to, including Grow Bump to Baby preparation for parenthood experience, Grow Baby Massage, Grow Parent and Baby Yoga, Grow Curious Babies, Grow Curious Toddlers and Grow Crafty Kids.

To see what's on and book yourself a place visit the Grow Devon Facebook page www.facebook.com/Grow-Devon. There is a charge for these groups.

We are always seeking to enhance our service and welcome suggestions for improvement of the practice. We offer a variety of different methods to provide feedback to us here:

- By e-mail: D-CCG.EnquiriesBrannam@nhs.net
- By telephone: **01271 329004**
- By post: **Brannam Medical Centre, Kiln Lane, Barnstaple, EX32 8GP**
- NHS Home: www.nhs.uk
- Facebook: www.facebook.com/brannammedicalcentre
- Twitter: [@BrannamMedCtr](https://twitter.com/BrannamMedCtr)

Additional evening and weekend GP appointments now available
Speak to the practice to find out more

Your NHS, here for you

