

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

If you think you have symptoms or been exposed to Coronavirus, please DO NOT come to surgery.

Visit NHS 111 online or call NHS 111 for expert advice.



COVID-19 VACCINATION

Following extensive trials, the COVID-19 vaccine has been approved in the UK and is now available to anyone aged 12 and over. 12-15 year olds will require consent by either a parent or guardian prior to getting their vaccination. The vaccinations are taking place at local vaccination centres. Walk in Pfizer clinics are available at North Devon Leisure Centre for those aged 16+ requiring 1st & 2nd doses ONLY. 3rd doses for clinically vulnerable, booster and 12-15 year old doses must be booked.

To book your appointment please visit [National Booking Service](#) or call 119.

Once you have had your vaccine, you still need to;
♦ Wash your hands regularly ♦ Cover your face ♦ Keep your distance

PATIENTS COMING TO SURGERY

We ask not to make any unnecessary trips to the surgery and if you need to come into the surgery for a pre-booked appointment to be considerate towards our staff and other patients. We are continuing with a one-way system through our premises with entry through the front door and exit through the rear door. If you have any queries or are required to drop off specimens or other items ring our receptionists and they will arrange this with you. This should help us increase the number of patients we can see face to face without increasing the overall number of patients coming to the surgery, keeping our patients and staff safe.

If you have a prescription query please call **01271 314222**. You can order any medication via email to d-cg.prescriptionbrannam@nhs.net or if you are a [SystemOnline](#) user please access your account.

If you need hearing aid batteries please call audiology at NDDH on **01271 322475** or visit Barnstaple Health Centre at Vicarage Street or call **01271 371761**.

Thank you once again for your co-operation during these busy times, we really do appreciate it!

GREEN IMPACT AWARD

Brannam Medical Centre is proud to announce that we have achieved the highly regarded RCGP Gold Green Impact Award and the RCGP Active Practice Award.

Our core purpose is to 'support your health', which includes supporting the environment in which we all live and work. Sustainability is one of the core values that we are implementing to achieve this purpose. We are committed to making changes and improvements that will help reduce our carbon footprint, as well as improving health and wellbeing of patients and our own staff. For more information please visit [Brannam Medical Centre](#)

GP CONTACT DETAILS

Our GPs operate personal lists to ensure continuity of care, and each list is supported by a personal receptionist. You can make an appointment by calling your doctor's receptionist directly:

Dr Bond / Dr Smit	01271 314208
Dr Chesworth	01271 314205
Dr Cormack	01271 314204
Dr Deacon / Dr Coberman	01271 314201
Dr Hassall	01271 314216
Dr Shuhaiber	01271 314202
Dr Matthews	01271 314204
Dr Parkinson	01271 314207
Dr Stewart / Dr Carlino	01271 314209
Dr Tolhurst / Dr Street	01271 314206

GIVE THE WORLD A SHOT

Help Brannam help UNICEF help the world.

In low income countries less than 4% of the population have been vaccinated against COVID-19 compared to 61% in high income countries.

Please donate whatever you can using the QR code located on our posters or alternatively you can donate in our buckets at the flu clinics in surgery.

NOT GETTING A COVID VACCINE WILL NOT HELP!

Thank you for your help and support!

To donate please click [here](#).

LLOYDS PHARMACY CHANGES

Due to the recruitment challenges that the community pharmacy sector is facing at present, LloydsPharmacy have made the decision to reduce the trading hours in Sainsbury's pharmacies to ensure they can minimise the number of part/full closures which have been prevalent of late.

From Monday 8th November LloydsPharmacy at Sainsburys, Roundswell will now only open 09:00 - 21:00 Mon to Sat, Sunday hours remain the same. This will remain until 29th January 2022.

COVID PASS

You can now get proof of your coronavirus (COVID-19) vaccination details using the NHS COVID Pass service.

If you have full access to the NHS App, and are registered at a GP surgery in England, you can view and share your COVID Pass for event trails and travel abroad. If you do not have full access to the NHS App, you can still get your COVID Pass.

For more information on the NHS COVID Pass service please visit the [NHS COVID Pass for travel and events page](#) on the NHS website.



[One Small Step](#) are running face to face / 1 to 1 Health Trainer clinics at The Castle Centre, Castle Street in Barnstaple on Fridays 10am-4pm from now until Christmas. Telephone health Trainer support is still available if you prefer.

FREE PARKING AT NDDH

Northern Devon Healthcare NHS Trust are providing free car parking for parents or guardians who are resident at North Devon District Hospital as a result of their child being an inpatient or parents whose baby is being cared for in the Special Care Baby Unit (SCBU).

Please click [here](#) to see full details on their website.

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)

Self-care	Pharmacy	GP	Minor Injuries	A&E/999
<p>Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.</p>	<p>Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.</p>	<p>Arthritis. Asthma. Back pain. Vomiting. Stomach ache.</p>	<p>Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.</p>	<p>Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.</p>
<p>Self-care is the best choice to treat minor illnesses and injuries.</p> <p>A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.</p>	<p>Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time.</p> <p>No appointment is needed and most pharmacies have private consulting areas.</p>	<p>GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.</p>	<p>Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions.</p> <p>They are usually led by nurses and an appointment is not necessary.</p>	<p>A&E or 999 are best used in an emergency for serious or life-threatening situations.</p>

RAPID LATERAL FLOW TESTING IN DEVON

You can get rapid lateral flow tests if you do not have symptoms of COVID-19. If you have symptoms of COVID-19, you need a different test called a PCR test.

[Get a PCR test if you have symptoms of COVID-19 on GOV.UK](#)

For more information on ordering your lateral flow home test kits, collecting rapid tests from the pharmacy with a 'collect code', finding a collection point or where to get a rapid lateral flow test please visit [GOV.UK](#).

DEVON RECOVERY LEARNING COMMUNITY

[Devon Recovery Learning Community](#) offers a wide range of free, open access opportunities about mental health and recovery. They provide a unique curriculum of courses delivered online, in person or through a blended approach to learning, designed to increase your knowledge and equip you with the tools to live a meaningful, productive and fulfilling life. For a full calendar of courses please click [here](#).

NHS APP

We recommend that patients self-register for the NHS App online (which connects to practice online services), where you can see your available medicines, request a new repeat prescription and choose a pharmacy for your prescriptions to be sent to. Please click the link for more details [NHS App](#).

To watch a short video all about NHS login please click the following link [NHS Login - patient journey](#)

VETERANS MENTAL HEALTH & WELLBEING SERVICE

If you or someone you know is struggling with their mental health or wellbeing, expert help is available from Op COURAGE: The Veterans Mental Health and Wellbeing Service.

If you're due to leave the Armed Forces, just left the Armed Forces or left many years ago, Op COURAGE is here to help.

For more information please visit www.nhs.uk/opcourage

HANDI APP

The HANDi app aims to provide advice and support to parents and carers when your child is unwell. The app takes you through a series of questions about the symptoms your child is experiencing and then advises on the best course of action, whether that's to treat at home, to make a GP appointment, or to head to A&E. Download the HANDi app via [Google Play](#) or [iTunes](#).

Not sure what to do when your child is unwell?

Get expert advice for common childhood illnesses.



Download the free HANDi Paediatric app



GAMCARE



Has your gambling or the gambling of someone close to you, had a negative effect on your life?

National Gambling Helpline is available 24 hours a day. Call free on **0808 80 20 133** or chat now via gamcare.org.uk

NAVIGATE THE MONEY MAZE



If you are worried about debt, or how to keep your home warm, or your family well fed, Navigate the Money Maze can help. Navigate is a small, friendly charity, run by and for people in Devon and Somerset. They offer free, practical and interactive workshops to anyone locally who wants to learn how to manage their money better. For more information please visit Navigate the Money Maze, call **01823 299050** or email ntmm@navigatecharity.org.uk

VIRTUAL MENOPAUSE SUPPORT GROUP

[Trevi Women](#) is a nationally award-winning women's and children's charity based in South West England. They are offering a Virtual Menopause Support Group every Thursday 5.45pm-6.45pm giving an opportunity to share experiences, look at current support options and realise that you are not alone. To reserve your space please visit [eventbrite](#).

FREE ARTS & CRAFTS CLASSES

FREE arts & crafts classes for Cancer patients, carers and adult family members throughout November and December. Please contact the [Fern Centre](#) on **01271 311855** or email ndht.theferncentre@nhs.net to book. Click [here](#) for the list of activities.

MINDFULNESS FOR RECURRENT DEPRESSION

The [AccePT Clinic](#) is an NHS funded psychological therapies service in Exeter offering Mindfulness-Based Cognitive Therapy (MBCT) for adults who have had depression in the past and are looking for ways to stay well. The service is FREE to all adults in the Devon catchment area and referral can be made by your GP or yourself by clicking [here](#) or email acceptclinic@nhs.net

NATIONAL DATA OPT-OUT

As you may be aware there is a lot of media attention and public uncertainty regarding what the National Data Opt-Out is and how you protect your data. We have included the information below to help make an informed choice. There are 2 key Opt-Out decisions patients need to consider, the first is the Type 1 Opt-Out which is managed via the GP surgeries and the second is the National Type 2 Opt-Out which is managed by NHS Digital.

For more information about General Practice Data for Planning and Research data collection (GPDfPR) please visit [NHS Digital](#).

What do you need to do?

If you are happy for your data to be shared as above and haven't previously Opt'd out – you do not need to do anything.

Type 1 OPT-OUT – to stop sharing your details with NHS digital (or to opt back in if you have previous opt'd out). Complete this [Opt-Out form](#) (or you can complete this to opt back in).

If you are not able to complete this form, call 0300 303 5678 for a form to be posted to you or come into the practice and we can give you a copy to complete.

Then, either;
hand the form to reception; post it to us at: Brannam Medical Centre, Kiln Lane, Barnstaple, Devon EX32 8GP or email it to us at: d-ccg.EnquiriesBrannam@nhs.net

Type 2 OPT-OUT (Also known as National Data Opt-out) – If you do not want NHS Digital to share your patient data with anyone else for purposes beyond your own care, which has been already shared with them (or to opt back in, if you have previous opt'd out) You need to, either;
Call 0300 303 5678, complete the online form via **YOUR NHS MATTERS** or, submit your sharing preference on the NHS APP.

NOTE: You can only do this via the following ways – as a GP practice we cannot opt you out of Type 2 (National Data Opt-out)

HEALTH INFORMATION IN OTHER LANGUAGES

You can translate health information on the NHS website using an online translator. For more information and to find links to health information in other languages please click [the Health information in other languages page](#) on the NHS website.

Additional evening and weekend GP appointments now available
Speak to the practice to find out more
Your NHS, here for you

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