

Chulmleigh Sports Centre

Opening Times During The Festive Period

The Sports Centre is closed from Thursday 24 December to Tuesday 29 December and also New Year's Eve and New Year's Day. Why not plan to get fit in the New Year at our superb Fitness Suite? Join one of our many clubs: tennis, badminton, table tennis, football, netball etc. and improve your social life as well as your health. Something for all ages! For more information phone 01769 581786 and leave a message.

Antibiotic Guardian

Antibiotic resistance is one of the biggest threats facing us today. Why it is relevant to you? Without effective antibiotics many routine treatments will become increasingly dangerous, such as basic operations and even chemotherapy. To slow resistance we need to cut the unnecessary use of antibiotics. We invite the public to become Antibiotic Guardians. For more information contact the dispensary at Chulmleigh or visit www.antibioticguardian.com.



Pharmacy First

Pharmacy First is a scheme which allows people with certain minor ailments and conditions to go straight to their pharmacist without needing to visit their GP to get a prescription. At your local pharmacy you can get advice on many conditions, including: runny nose, painful cough, headache, cold sores, rashes and hay fever.



The Forget-Me-Not Café, Okehampton

(for people with memory problems and their carers)

Meet the team in an accepting and friendly environment. Have a cup of tea, cake and a chat with others in a similar position. The Café meets on the last Tuesday of each month from 2-4pm at The Glen, Community Room, Castle Road, Okehampton. There is usually a complementary therapist on hand to give short therapy sessions and professionals that you can talk to if you wish. The next dates are: 26 January, 23 February and 29 March. For further information phone Lynn on 01837 53397.

Wallingbrook Health Group

Chulmleigh • Winkleigh • Okehampton

www.wallingbrook.co.uk

Winter 2015



Any questions? Telephone 01769 580295.

Okement Surgery Closing 30 April 2016

NHS England has taken the decision not to renew the time-limited contract for Okement Surgery that is currently provided by Wallingbrook Health Group. The surgery will therefore close on 30 April 2016.

The local South West team of NHS England has considered all of the options available. Given the existing capacity of GP services in the area and Okehampton Medical Centre being in easy walking distance from Okement Primary Care Centre, NHS England's decision has been that the patients registered at Okement Surgery will need to be 'dispersed' to neighbouring GP practices.

We are disappointed that we will not be able to continue to provide patients with our services however we respect the decision taken by NHS England, which is in line with the national vision for the NHS over the next five years. We have worked collaboratively with NHS England over the last seven years to provide a high quality health service offering choice which we know has been highly valued by patients in and around Okehampton.

How to register with a new practice and who to contact for further information

To find out which GP practices are near to you: Go to the NHS Choices website (www.nhs.uk) and type your postcode into the 'Find local services' search box

or

Call NHS England Customer Care Centre on 0300 311 2233.

If you need help, require further information or have problems registering with a new practice, you should contact Rachael Crawley at the NHS England South West Area Team:

- Telephone: 0113 825 1284
- Email: rachael.crawley@nhs.net

A message from your Okement Patient Participation Group (PPG) Representative, Lynn Lane: We would encourage our patients to stay with us and support our fight to keep Okement Surgery open, the more of you who stay with us the more chance we have of achieving our aim. Up until the end of April the surgery will continue to operate as usual. You will still be able to see your normal doctor and the staff will stay the same. Please stay with us and help to save our wonderful surgery.

Wallingbrook PPG Annual General Meeting (AGM)

The Wallingbrook Patient Participation Group AGM was held on Wednesday 11 November 2015 in Winkleigh. The Chair, Rosemary Rives-Roberts, gave a summary of the previous year's activities and thanked members for their efforts in supporting the PPG over the year. Wallingbrook Health Group reported that the contract for Okement was not being renewed by NHS England as from 30 April 2016, with the patient list closing on 1 December 2015. Questions from the floor were answered by Dr Sherlock and Karen Acott.

Staff Leavers

We are sorry to see Caroline Holloway leaving after three and a half years of service. We wish her the best of luck for the future.

Christmas and New Year Opening Hours

The surgeries will be closed on Friday 25 December and Monday 28 December for Christmas and closed on Friday 1 January 2016 for New Year's Day. If you need medical help when we are closed call 999 in an emergency or 111 for non-emergencies.

Flu Season 2015

Did you receive a flu vaccination invitation? If so it is not too late to book an appointment. Contact the surgery for more information.

Improve Your Wellbeing - 'Be A Clanger'

The 'Five Ways to Wellbeing' arose as part of the National Foresight Campaign which developed a set of recommendations for action. These are based on evidence from over 400 scientists worldwide of what actions people can take that are strongly associated with improved mental health and wellbeing. Wallingbrook has been promoting this under the acronym CLANG and hopes this will help everyone to incorporate the Five Ways into their daily lives.

C onnect	With people around you. Develop connections that enrich your life.
L earn	Try something new. Revive an old interest. Challenge yourself.
A ctive	Go for a walk or run. Step outside. Play a game. Have fun.
N otice	Be curious. Open your eyes to the world around you. Savour the moment.
G ive	Do something nice for a friend or stranger. Volunteer. Join a community group. Thank someone. Smile.