



**Budleigh Salterton Medical Centre**

# Patient Group

## NEWSLETTER: WINTER 2017 – ISSUE 50

**OPENING HOURS:** Monday to Friday, 8.30am to 6.00pm, Tel: 01395 441212

**OUT OF HOURS:** Dial **999** for life-threatening problems and Dial **111** for non-urgent advice

**WEBSITE:** [www.budleighsaltertonmedicalcentre.co.uk](http://www.budleighsaltertonmedicalcentre.co.uk)

**IN THIS ISSUE:** Chairperson's News; New Time-Tables for Doctors; Retirement of Dr Simon Franklin; Diabetic Study; Budleigh Hub; Flu Vaccination; Memory Café Information, Christmas and New Year Bank Holidays

### CHAIRPERSON'S NEWS

We are very pleased to announce that the raffle your PPG held during the Flu Vaccination clinics was very successful and raised £430.00.

Our sincere thanks to everyone who bought tickets.

You will see inside this edition a full page about the Budleigh Community Hospital Health and Wellbeing Hub. This facility, being run from the cottage hospital, is not just for Budleigh but for ALL the residents of the Woodbury, Exmouth and Budleigh area. It will work in conjunction with the NHS and many voluntary organisations to provide support for residents of all ages. We know that it has been some time in coming but we can be proud that the community has a leading-edge resource which is proving to be an example to others across the country about how they may, not only save a valuable local resource, but provide local care for local people, enriching their lives and helping them to stay out of hospital.

I do hope you will call into the Hub and see for yourselves what a great facility we have (and the Café is open to all)!

Sue Lake  
Chairperson, Budleigh Salterton PPG

### PATIENT GROUP COMMITTEE

Sue Lake  
Chairperson

Maureen Tregurtha  
Vice Chairperson

Peter Frean  
Robert Harland  
Chris Kitson  
Mark McGlade  
Lynette Oram  
Michael Rice  
Richard Waller  
Veronica White

Trudy Carter  
Richard Mejzner

Deborah Mitchell  
(Secretary)

### NEW TIME-TABLES FOR DOCTORS

As from 1<sup>st</sup> December 2017, Dr Mejzner, Dr Davis and Dr Heaney will be increasing their sessions at the practice. The new time-table is as follows:

Dr Richard Mejzner	Wednesday, Thursday, Friday
Dr Tania Davis	Monday, Tuesday, Wednesday
Dr Karen Heaney	Monday Wednesday, Thursday
Dr Ben Hallmark	Monday, Tuesday, Wednesday, Friday
Dr Brian Taylor	Monday, Tuesday, Thursday
Dr Helen Parkes	Monday, Tuesday, Wednesday (am), Friday

### CONTACT US

Either by post to:  
Budleigh Salterton  
Medical Centre, 1 The  
Lawn, Budleigh  
Salterton, EX9 6LS

Or by hand to:  
Patient Participation  
Group post-box in the  
Medical Centre



## DR SIMON FRANKLIN GP Partner



“As many of you may know, one year ago I woke to find I could not move my left side and was diagnosed with a stroke. For three weeks I had difficulty swallowing and was unable to walk without support for about six weeks. I have spent the last year learning how to do things without the aid of my left hand and improving my mobility and stamina. I continue to improve but my hand remains pretty useless.

After a lot of deliberation, I felt that I would not be able to pull my weight in the practice were I to return, and I did not want to end my time as a partner underperforming. Taking blood and other procedures would have proved impossible with one hand and there was concern that it would not be safe for me to return to work. Despite the full support of all my partners I therefore took the painful decision to take early retirement.

I have seen a lot of changes over the last 28 years in Budleigh Salterton. I was tasked to oversee the introduction of computers in the practice, initially just to print prescriptions then in every consulting room. Back in those days I even spent a weekend building units and worktops in reception to provide somewhere for the computers to go.

The trials and tribulations of having the major rebuild of the Health Centre came next, working from porta cabins in the local car park. With the amazing generosity of our patients and the dedication of the Medical Centre Charity we have since been privileged to work in a beautiful building with state of the art equipment.

In my last year that I worked we were rewarded with an ‘outstanding’ report from the CQC. This was made possible by the hard work and dedication of the entire team of nurses, receptionists, secretaries and practice manager, along with the work of the patient participation group. They have all contributed to making the medical centre such a pleasure to work in and I will miss working alongside them and my partners immensely.

I was overwhelmed by the kindness and sympathy of many patients who have written or sent cards during my illness. By the time of my discharge there was an entire wall in my room covered in cards which I will keep and treasure.

I am confident that I leave you in safe hands and wish all my patients well, the very best of health, and I will try to capitalise on the unexpected time I now have to spend with my family at home.”

Dr Simon Franklin

## WOULD YOU LIKE TO TAKE PART IN A DIABETIC MEDICAL STUDY?

**Trimaster Study: A study to inform 2nd and 3rd line treatment in Type 2 diabetes** - Current guidelines recommend patients with poor glycaemic control on one or two oral medications, have a choice of second or third-line oral medications or insulin. This study is for people taking 2 types of diabetic medication who are prepared to take a third medication in addition.

**Startright Study: A study for new newly diagnosed Type 2 diabetics aged 18-50** - This study runs over 3 years and involves four visits, two are face to face and two are telephone consultations.

Both studies have several inclusion/exclusion criteria so if you are interested in any of the above studies then please contact Kathryn Blurton for more information and eligibility on Tel: 01395 441212.

## BUDLEIGH HUB WELCOMES VISITORS



After an extensive period of renovation Budleigh Salterton Community Hospital has been transformed into a vibrant community health and wellbeing hub.

The renovation of the Budleigh Salterton Hub has been made possible due to the financial contribution from the Budleigh Salterton League of Friends. It is with thanks to them and their tireless fundraising efforts, Westbank Community Health and Care and partners are now able to welcome visitors.

Mary Nisbett, Westbank Chief Executive said: "Westbank, along with partners who have worked on this project for over four years, are all delighted to see the Budleigh Hub open. Services delivered will focus on preventing people becoming unwell, reducing loneliness and isolation and provide the local community with a health and wellbeing hub to be proud of".

The Budleigh Hub aims to promote and improve the health and wellbeing of people in the local community by providing a range of support in response to their needs.

The Hub has started offering services for the youngest to the oldest with Carousel a locally based nursery providing childcare support for 0 – 11 year olds, and Age Concern Budleigh Salterton supporting older people from the local community in the day care centre.

The Hub Café will provide a range of tasty treats including freshly prepared panini's, sandwiches and homemade cakes, along with freshly cooked meals and hot and cold drinks. The Hub Café is being run by a local social enterprise, Launchpad, who provide supported training and work experience opportunities for adults with learning disabilities and autistic spectrum conditions.

Westbanks Neighbourhoods Friends project will provide a support service that aims to help vulnerable people when they're coming out of hospital - helping people to come out and stay out by doing the kinds of things that friends and families would do.

The Westbank Healthy Neighbourhoods team will set up a range of health and wellbeing activities. The team have just launched table tennis which attracted 20 eager enthusiasts taking on the ping-pong challenge. Sessions will run twice monthly, 10am – 12noon and cost £3.

Budleigh Hub is currently taking delivery of exercise equipment to go into the Gym and our Fitness Team will be taking bookings for inductions very soon. The Fitness Team will also be offering a range of exercise programmes to increase physical activity to help participants maintain a healthy lifestyle.

Devon Partnership NHS Trust (DPT) has started to meet clients through their Depression and Anxiety Service and a counselling service has also started. NHS Outpatient services are due to launch physiotherapy and podiatry services from the beginning of November, with more services being rolled out over the coming months. The Budleigh Salterton Medical Centre will also start to provide medical services in the New Year. Chime Audiology has started to provide an audiology service to clients on Monday, Wednesday and Fridays.

Other health providers will start working with clients from mid-November. Age Concern Exmouth and District and Budleigh Salterton and District Hospiscare will both start to provide a range of advisory services. The Budleigh Memory Café has been at the Budleigh Hub fortnightly since October.

For more information about any of the activities and services at Budleigh Hub please contact the reception team on 01395 446896.

Rob Jones, Project Manager, Budleigh Hub



## HAVE YOU HAD YOUR FLU VACCINATION?

If you have missed the Annual Flu Clinics then please phone the surgery on 01395 441212 after 10.00 am to make an appointment with one of our nurses.

Flu vaccine is the best protection we have against an unpredictable virus that can cause unpleasant illness in children and severe illness among at-risk groups, including older people, pregnant women and those with an underlying medical health condition.

Studies have shown that the flu jab will help prevent you getting the flu. It won't stop all flu viruses and the level of protection may vary, so it's not a 100% guarantee that you'll be flu-free, but if you do get flu after vaccination it's likely to be milder and shorter-lived than it would otherwise have been.

## BUDLEIGH SALTERTON MEDICAL CENTRE'S MEMORY CAFÉ

If you are you worried about your memory or you care for someone with memory problems then please come to our Memory Café – new members welcome.

It is a great opportunity to meet new people in a relaxed and friendly atmosphere where you can take part in quizzes and games, listen to guest speakers and receive information and support.

**Time:** 10.30am – 12.30pm (every other Friday)

**Venue:** Budleigh Hub (Free Parking)

**Christmas Party:** 8th December 2017 (by invitation only)

The memory café is funded by the medical centre with the help of volunteers. If you could spare a Friday morning twice a month and would like to volunteer please contact Jo Keeler (Tel: 01395 441212) for further information.



## CHRISTMAS 2017 AND NEW YEAR 2018

Join us on Budleigh's Late Night Christmas Shopping Event for mulled wine and mince pies on Friday 1<sup>st</sup> December 2017 at 6.00pm.

Budleigh Salterton Medical Centre will be closed on:

Christmas Day Monday 25<sup>th</sup> December 2017

Boxing Day Tuesday 26<sup>th</sup> December 2017

New Year's Day Monday 1<sup>st</sup> January 2018

On all other days our opening hours of 8.30am to 6.00pm, Monday to Friday, will remain the same.

Please remember to order your repeat prescriptions in plenty of time for Christmas, especially if you are going away.

We will take this opportunity to wish all our patients a very Merry Christmas and a Healthy New Year.

