

IVYBRIDGE HEALTH CENTRE NEWSLETTER



Issue 7, July 2010

■ NEW HEALTH CENTRE PROPOSAL

The Partners' proposal to acquire part of Macandrew Field from the Town Council presents a unique opportunity to attract new and better medical services to the town; services which are currently only available in the large hospitals in Plymouth, Exeter and Torbay. This will be in addition to all our current General Practice services. All would be provided in a modern, properly designed building.

The completed scheme will bring benefits not only to the residents of Ivybridge but to those of the South Hams more generally. The more we can provide locally; the better that must be for patients.

We aim to make much more information generally available by the time a planning application is submitted. It is unavoidable that some of the detail of the terrific opportunities that have arisen from our discussions with the Hospital Trust and the Primary Care Trust must remain confidential for the time being.

As part of our planning and preparation, we would welcome hearing your opinion and would be grateful if you would take the time to complete the attached questionnaire.

QUESTIONNAIRE

1. How important to you is access to the following services at Ivybridge Health Centre?

	Very important	Quite important	Not very important	Not at all important
Minor Surgery under local anaesthetic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diagnostic tests such as x-ray & ultrasound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diagnostic procedures such as endoscopy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dermatology & skin services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minor Injuries Unit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oncology & Cancer services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children's Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Specialist clinics for long-term conditions such as diabetes, arthritis & heart disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eye services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kidney dialysis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sports medicine services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Travel medicine services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physiotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Podiatry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pharmacy & health-related retail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An ambulance / paramedic rest station	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased car parking space	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please note below)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. In principle, do you support the idea of bringing additional & improved services to Ivybridge? YES / NO

3. Do you have any other comments?

4. Would you be interested in receiving further information on the proposals and plans as they become available?

If yes, please provide us with your name & address (or ideally, your e-mail address)

5. For statistical purposes could you tell us your

Gender Male / Female

Age

■ SUMMER SKIN CARE

To prevent getting sunburnt, avoid strong sunlight whenever possible, especially if you are fair-skinned, and cover up with loose clothing and a hat. Thickly apply sunscreen with an SPF (sun protection factor) of at least 15 before going out in the sun.

Try to avoid going out when the sun is at its strongest, between 11 am and 3pm, and use weather reports to get an idea of the sun index or UV index, which can tell you how strong the sunlight will be.


Choose a lotion that protects against both UVA and UVB rays, for maximum protection. When buying sunglasses, look for a style with UV filters.

Sunscreen should be applied half an hour before going into the sun, so it has time to sink into the skin.

Make sure you use a generous amount of sunscreen. Research shows many people do not use enough cream to give proper protection. Pay attention to skin near the edges of clothing, such as straps and necklines, which are easily missed.

Reapply sunscreen regularly. Remember that it can rub off on towels or sand, or from going in the water. Even water-resistant sunscreen should be reapplied, because you can rub it off when you towel-dry yourself after swimming.





CANCER RESEARCH UK
Race for Life

Big congratulations to the members of staff who took part in Race for Life on Sunday 20th June.

Lots of money was raised for this brilliant cause.



DOCTORS TIMETABLE

This timetable gives an indication when your doctor will be available for consultation. However due to our duty doctor rota, these times are subject to change.

	Monday		Tuesday		Wednesday		Thursday		Friday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Dr Harker	✓	✓	✓	✓			✓	✓*	✓	✓
Dr Sheppard		✓			✓	✓			✓	
Dr Davies	✓	✓	✓	✓	✓	✓			✓	✓
Dr Harris	✓	✓	✓	✓			✓	✓	✓	✓
Dr Cope	✓	✓	✓	✓	✓	✓			✓	✓
Dr Hayes	✓	✓	✓	✓	✓		✓		✓	
Dr Keenan					✓			✓		

*Dr Harker holds a specialist dermatology clinic for Devon PCT on some Thursday afternoons.

MISSED APPOINTMENTS

In the last 3 months 563 people did not attend their appointment.

This is a waste of approximately 93 hours.

GOODBYE

Dr Hayes will be leaving us in August and Dr Neal at the end of July. We wish them the very best for the future.

DEVON DOCS

Need a GP out of surgery hours?

Please ring:

0845 6710 270

who will then triage your call.

CLOSING TIMES

The Health Centre will be closed every third Tuesday of the month from 12.30 - 14.00 for staff training.

The next dates of closure are:

20th July 2010

17th August 2010

21st September 2010

DID YOU KNOW...

You can book appointments with a doctor or nurse 2 days to 6 weeks in advance.

For more urgent problems there are same day appointments with a doctor or triage practitioner.

We hold weekly evening surgeries on a Tuesday.

VISIT US ONLINE

Request your repeat prescriptions, fill in our Health Questionnaire, join our newsletter service and enjoy a wealth of up to date information, 24 hours a day, 7 days a week.

www.ivybridgehc.co.uk