

RESILIENT YOUNG MINDS

If you are between 18-25 years old and are feeling lonely, stressed, anxious or low, please know that you are NOT alone. Resilient Young Minds is a FREE, weekly wellbeing programme offered to young people in the North Dartmoor area and designed to support you to manage these challenges and support you to meet others in a friendly and safe outdoors environment.

If you are registered at Blake House, Moretonhampstead, Chagford, Cheriton Bishop and Teign Valley or Okehampton GP surgeries, please contact the RYM team on the email address below to reserve your space and find out more.

Dates for the 2022 course are:

November - Tuesday 8th, 15th, 22nd, 29th

December - Tuesday 6th and 13th

10:00am-12:30pm

Okehampton

HOT DRINKS AND LUNCH PROVIDED

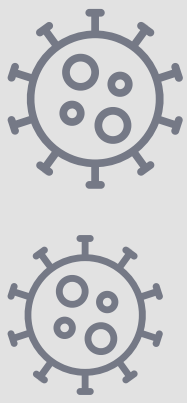
Facilitated by Lucy Loveday and Matt Parkins

To reserve your place and to find out more, please email your name and contact details by 4th November 2022 to:

d-icb.resilientyoungminds@nhs.net

Places are limited so self-referrals are welcomed as soon as possible.





FLU AND COVID VACCINATIONS

THERE ARE CURRENTLY **NO** COVID VACCINATION WALK-IN CLINICS BEING HELD AT OKEHAMPTON MEDICAL CENTRE



All Covid vaccinations can still be booked via the NBS or by calling 119



Please note: the staff at Okehampton Medical Centre are not able to book these appointments. Please do not come in to reception or phone the practice if you cannot find/are not offered an appointment at the Medical Centre



We recommend checking back via the NBS, as we are adding additional clinics regularly, and more appointments will become available!

Autumn Boosters

A seasonal booster (autumn booster) can now be booked online, or by calling 119, for anyone who is:

- aged 50 or over
- pregnant
- aged 5 and over and at high risk due to a health condition or due to a weakened immune system
- aged 16 and over and lives with someone who has a weakened immune system or is a carer, either paid or unpaid
- a frontline health and social care worker

Flu Vaccinations

Flu vaccination is safe and effective. It's offered every year through the NHS to help protect people at risk of getting seriously ill from flu.

Patients who are eligible for a flu vaccination will be contacted by Okehampton Medical Centre.

You can book a flu vaccination through Patient Access, the NHS app, or by calling us up on 01837 52233.



COST OF LIVING CRISIS

THE BRITISH GAS ENERGY TRUST

The British Gas Energy Trust - payments of up to £1,500 are available to households in England, Scotland and Wales to tackle fuel poverty by clearing their energy debts whilst responding to the ongoing cost-of-living crisis.

There is no application deadline, however, the Trust have advised that the scheme will close once the available budget has been fully committed. Early application is therefore advised.

Any individuals and households in England, Scotland and Wales can apply (applicants do not need to be British Gas customers to apply to the Individuals and Families Fund).

Go online and search for "British Gas Energy Trust" to find out more.

WARMER HEALTHIER HOMES PROGRAMME

Managing through the energy crisis - by the Tamar Energy Community

In this time of unprecedented increases in energy prices, it's important to try and stay on top of things and manage your energy use wherever possible. It's good practice to understand how much you're using on a daily/weekly basis and the impact of any changes you make.

Tamar Energy Community have a team of experienced and qualified home energy advisors who are able to provide energy and retrofit advice and support across West Devon, particularly to the most vulnerable in our community.

If you are concerned about how you're going to manage to pay your bills, you can get in touch with them via tel: 0800-233-5414 or email hello@tamarenergycommunity.com.



KNOW YOUR NUMBERS WEEK

Know Your Numbers! Week was held between 5th-11th September this year with a focus of **1. Measure - your blood pressure 2. Modify - your lifestyle 3. Manage - your health.**

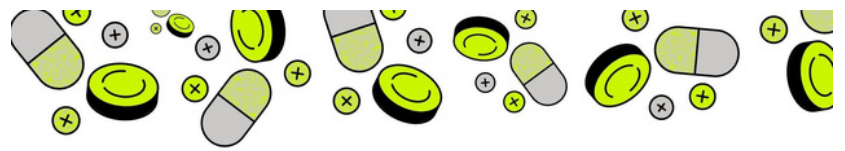
Measuring your blood pressure can help you find out whether your blood pressure numbers are managed, lowering your risk of stroke and heart disease.

Home blood pressure monitoring is an effective and inexpensive way to keep blood pressure under control and the evidence behind it continues to get stronger. It gives you a way to take control of your health, feel confident and take the pressure off the NHS at the same time, as there's no need to visit your GP, practice nurse, or pharmacist in person.

However, Okehampton Medical Centre does have a blood pressure measuring machine in our old building waiting room which you can use at any time.

Find resources and more information by searching for 'Blood pressure test' on the NHS website or check out the British Heart Foundation's website and search for 'Manage your blood pressure at home'.

FRIENDS AND FAMILY TEST



The NHS Friends and Family Test (FFT) was created to help service providers and commissioners understand whether patients are happy with the service provided, or where improvements are needed. It's a quick and anonymous way to give your views after receiving NHS care or treatment.

Since the FFT was launched in 2013, millions of patients have submitted feedback. It's used by most NHS services, including community care, hospitals, mental health services, maternity services, GP and dental practices, emergency care, and patient transport.

Over the last few months, we have been sending out FFT texts to patients, after you attend an appointment (both face-to-face and virtual). So far, we have received a fantastic number of responses, which have been overwhelmingly positive.

In future, we will be using a space in our newsletter to share back to patients what some of our anonymous feedback is like. We will also be discussing how we will use the constructive criticism to improve how things work at the practice going forward.

Search 'NHS Friends and Family Test' online to find out more or you can email england.friendsandfamilytest@nhs.net if you have any questions about the FFT.

WHEN WILL MY PRESCRIPTION BE READY?

DAY ORDER WAS PLACED	DAY IT WILL BE READY TO COLLECT
MONDAY	THURSDAY (PM)
TUESDAY	FRIDAY (PM)
WEDNESDAY	MONDAY (PM)
THURSDAY	TUESDAY (PM)
FRIDAY	WEDNESDAY (PM)

Please note: this info is exclusive to Dispensary prescriptions
(Prescriptions for community pharmacy may take longer before being ready to collect)

PLEASE ENSURE YOU LEAVE AT LEAST 72 HOURS FOR US TO PROCESS YOUR PRESCRIPTION

One Devon

WD CVS

Encompass
Helping you find your way

onenortherndevon

Devon Communities Together

WELLMOOD

Volunteers Needed!

Do you think healthcare should be accessible to all?

In your local community, the gap between more affluent and poorer communities means that many people often do not have access to the healthcare they need.

We are looking for volunteers with local knowledge to talk and engage with people in their community about the barriers they face to accessing health services.

For more information contact Amy on amy@westdevoncvcs.org.uk or 07719068188

COMING UP IN FUTURE ISSUES...

- ➔ Get to know the role!
- ➔ Friends and Family Test - results and feedback
- ➔ Holly Health



IF YOU HAVE ANY COMMENTS ABOUT OUR NEWSLETTER YOU'D LIKE TO SHARE, OR AN ARTICLE YOU COULD CONTRIBUTE, PLEASE GET IN TOUCH BY EMAILING:

D-CCG.OMC-COMMS@NHS.NET

PLEASE NOTE: WE HAVE ONLINE NEWSLETTERS (IN PDF FORM) AVAILABLE ON OUR WEBSITE