



# Litchdon Medical Centre

## Surgery Newsletter



Welcome to Litchdon's spring edition newsletter. It gives you all of the latest Practice news which we hope you will find useful.



### Meet the Teams—Hygiene and Maintenance

Of course we would not be able to work if we did not have premises that were fit for purpose, clean and well maintained.

Our hygiene team come in the early hours of the morning, even during the darkest and coldest days, to ensure that the building is ready to open at 8.15am for staff and patients to start the day in a clean and tidy environment in line with our infection control policies.

The 3 caretakers ensure that the building is secure, deal with waste collection, utilities and stock control and we also have a maintenance member who carries out repairs and decorates the practice.





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### Practice News

We said a sad farewell to Dr Carlino at the end of 2023 who left England to start a new adventure with his family over in New Zealand. He will be missed by both staff and patients alike and we wish him and his family all the best.

But with endings come new beginnings and we welcome back Dr McEwan who was previously with us as a registrar and has decided to join the practice as a partner.



Dr McEwan will be working every Monday, Tuesday & Wednesday and will take on the majority of Dr Carlino's patient list with some going to Dr Whatling.

Martine, one of our healthcare assistants, successfully completed her NHS England Care Certificate in November.

Jill from our finance team passed her AAT Level 2 accountancy course.

### Friends & Family Results

In January we received 578 responses to the question...How likely are you to recommend Litchdon Medical Centre to your friends and family?

The results were:	Extremely likely	489
	Likely	69
	Neither likely nor unlikely	9
	Unlikely	6
	Extremely unlikely	3
	Don't know	2



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### Charity

The 2 charities we chose to donate to from our 2023 staff Christmas raffle were:

North Devon Animal Ambulance (NDAA)

<https://www.northdevonanimalambulance.co.uk>

Families in Grief (FIG)

<https://familiesingrief.org>



We raised a brilliant £607 which was split between the 2 charities. This was as well as an additional £50.03 from staff donating to our gift event by bringing in items that they no longer wanted from home and thought that other people may like as gifts.

Xmas jumper day in aid of Save The Children raised £34.41





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### Green News

We are in the process of updating our internal lighting to boost our green footprint with the installation of LED lighting.



### Too Good To Go

The Too Good To Go app allows you to buy surprise bags of good food at a lower rate from some of your local stores.

More than 1/3 of all food is being wasted and is responsible for 10% of greenhouse gas emissions. Every day, unsold food from your favourite restaurants, grocery stores, cafes and shops goes to waste simply because it hasn't sold in time.

Visit <https://www.toogoodtogo.com> for further information

Tips to prevent food waste:

**Don't over buy**—check your cupboards & fridge for what you already have. Use recipe finding apps or websites to help find meal ideas to use certain ingredients. Make sure food doesn't 'disappear' in the cupboards or fridge by applying the first-in-first-out principle.

**Plan**—plan a menu for the week ahead thinking about what you're going to cook and how you'll use any leftovers.

**Lists**—make a shopping list of just the items needed for your week's menu and stick to it! This also helps save from a financial aspect so it's win win.

**Love your freezer**—batch cook and freeze meal portions ready to just take out and heat up after a long day.

**Use by Vs Best before**—understand the difference. Use by dates tell us when it is still safe to eat the product. To avoid wasting food these should be purchased when, and in the amount, necessary.

Best before dates are more flexible. After this date the food quality may have decreased however are normally still safe to eat and do not need to be thrown away!



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### Recycling Used Items

**Batteries**—Lidl, Tesco and Sainsburys will take back used batteries to recycle. DO NOT put batteries in your household waste as they can become damaged from crushing during the collection and sorting process, causing paper, plastics and other materials to catch alight. They also contain hazardous metals and chemicals that harm the environment if they aren't responsibly recycled.



**Old Make-Up**—Tesco, Sainsburys and Boots will recycle make-up items such as:  
 Compacts and palettes, such as eyeshadows, powders and blushers  
 Mascaras including plastic tube and wand  
 Eyeliners such as retractable plastic liners or liquid eye liners  
 Lip products such as plastic lip gloss tubes or bullet lipstick tubes  
 Plastic tubes and bottles such as foundation or concealer tubs



**Old glasses**—Vision Express, Specsavers and Boots Opticians  
 The most common way to recycle used spectacles is to take them back to the above-named stores, who work alongside charities to provide optical training and sight care to people in developing countries.





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Devon's all new stop smoking service launched 1st November 2023. The service is free and coaches will help you to develop a personal quit plan so that you can make a change that is sustainable. Support is offered over the phone, via video call or face-to-face.

For full details visit [www.stopforlifedevon.org](http://www.stopforlifedevon.org) or telephone 0800 122 3866



Whenever we are closed overnight or at weekends you can use 11 for advice. Their trained staff and clinicians can help if you ring 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)



We have around 90 appointments every month lost because people don't attend the appointment they have booked. These are all sorts of appointments with the GPs, Nurses and blood clinic.

We understand sometimes you can't keep your appointment or no longer need it but please let us know and then we can offer the appointment to someone else who needs it. Just call the practice to cancel or if you receive a text reminder for your appointment you can easily cancel by replying to that text. Thank you.



**We're on the Web! [www.litchdonmedicalcentre.co.uk](http://www.litchdonmedicalcentre.co.uk)**



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**BARNSTAPLE**  
TOWN COUNCIL

# WELLBEING WEDNESDAYS

**AT BARNSTAPLE LIBRARY**



**10 - 12 NOON**  
Health and Wellbeing  
Advice and Information  
**THE FOYER**

# CAFE

*Friendly drop in sessions to access health and well-being advice, information and signposting over a **FREE cuppa** with fellow community members.*



**10.15AM & 11.45AM**  
ARRIVE 15 MINS EARLY FOR YOUR  
FIRST SESSION SO YOU CAN REGISTER.  
**ROOM 3B**

# CHAIR YOGA

*A welcoming and safe space to learn and practice gentle exercise, breathwork and relaxation.*



OPPORTUNITY TO USE MATS AND STANDING POSES OFFERED.

Please be sure to check the dates of the sessions as there are a few breaks in the programme.



**2PM THE FOYER**  
ARRIVE 15 MINS EARLY FOR  
YOUR FIRST SESSION SO YOU  
CAN REGISTER.

# Wednesday Wanderers

*Barnstaple Library's friendly welcoming walking group every Wednesday. Enjoy a stroll around the green spaces in Barnstaple and maybe make some new friends too.*

Made possible by the  
Growing Communities Fund from:



Supported by



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## Waiting Well - Community Helpline

Linking you to services that can help you have a better quality of life while you wait for your NHS appointment

Our friendly staff will listen to your concerns and discuss options for services or support to meet your needs.



[www.livingoptions.org](http://www.livingoptions.org)

Working together with the NHS to support people on elective care waiting lists.

**We're on the Web! [www.litchdonmedicalcentre.co.uk](http://www.litchdonmedicalcentre.co.uk)**





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### Waiting Well - Community Helpline

#### What we can help with

##### We can help with:

- Managing pain (not medicines)
- Living more independently e.g. access to mobility aids, communication aids and/or sight loss support
- Signposting to mental health and wellbeing support
- Identifying local community support
- Talking to people in the same position or meeting as part of a group
- Getting fit for treatment e.g. fitness, reducing weight, smoking and/or alcohol
- Linking you to transport options
- Signposting for financial support and benefits
- Discussing options for admission and discharge from hospital

Call, email or leave a message on

 0300 373 1333     [Info@livingoptions.org](mailto:Info@livingoptions.org)

[www.livingoptions.org](http://www.livingoptions.org)

Living Options Devon, Units 3-4 Cranmere Court, Lustleigh Close,  
Matford Business Park, Exeter. EX2 8PW

Living Options Devon is a Registered Charity (1102489) and Company  
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## Never Alone

Below are a number of support lines available, most being 24 hours, to contact if you or someone you know needs help.

**NSPCC**  
0808 800 5000  
(24hrs)

**National Domestic Abuse Helpline**  
0808 2000 247  
(24hrs free)

**Mind**  
0300 123 3393  
(Mon-Fri 9-6)

**Victim Support**  
0808 168 9111  
(24hrs)

**Cruse Bereavement**  
0800 808 1677  
(Mon-Fri 9-5)

**ChildLine**  
0800 1111  
(24hrs)

**Action on Elder Abuse**  
0808 808 8141  
(Mon-Fri 9-5)

**Respect - Men's Advice Line**  
0808 801 0327  
(Mon-Fri 9-5 or 8pm)

**Samaritans**  
116 123  
(24hrs free)

**National Centre for Domestic Violence**  
0207 186 8270

## Supporting And Improving Your Mental And Physical Wellbeing

During these hard times looking after yourself both physically and mentally can become increasingly difficult.

Did you know that you can self-refer to TalkWorks? A free, confidential, NHS talking therapy service for people over 18 in Devon, helping you to feel better and give you tools and techniques to improve your mental and physical wellbeing.

Visit

**TALKWORKS**  
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

**We're on the Web! [www.litchdonmedicalcentre.co.uk](http://www.litchdonmedicalcentre.co.uk)**