

# Winter Newsletter 2020

09/01/2020

 South Brent Health Centre

## Practice News

We are sad to announce that Hannah, one of our Health Care Assistants who has worked with us for over 7 years, has moved on. We wish her luck with her new job as a social prescriber for a group of GP practices in Torbay and she will be sadly missed as part of our team.

Hannah's position has been filled by our new Health Care Assistant Sonia. Sonia is qualified to take bloods, give injections, syringe ears and help patients quit smoking. We are very excited to have her join us at the practice!



## Sustainable South Brent

Sustainable South Brent (SSB) is a charity based company that was set up in 2006. They help promote awareness of the beautiful nature within our local area, they take positive action against climate change and help protect the environment. SSB has helped create projects that involves primary schools and local businesses; at South Brent Health Centre we partnered up with SSB last year to help create an orchard filled with fruit trees and wildflowers within our garden and we hope to do the same this year.

## Shred-It

In our practice, patient security is very important to us; that's why we use Shred-It to dispose our documents. Shred-It is a company that collects private waste and will shred it on site so that the confidential documents stay confidential. 100% of all shredded paper is recycled and during this past year we have saved the equivalent of 19,447 trees through recycling shredded paper!

## Our New Social Prescriber

Here at South Brent Health Centre we are pleased to announce that we have a social prescriber, Jenny, working at our practice! Social prescribing is to help you identify non-medical areas of your life that may be affecting your health and quality of life (e.g. feeling alone or stressed), if you want to change or improve your health or help identify any issues then social prescribing is for you. Within the South Dartmoor and Totnes Primary Care Network, there are social prescribers in many GP surgeries (including South Brent) and you can be easily referred from your surgery to a social prescriber (you need to be 18 years old+). As soon as you are referred you will have an initial phone call where a further appointment will be made for you (this can be up to an hour) after the first appointment you will have further opportunities up to 10 sessions either on the phone or a face-to-face consultation, all of the discussions are between you and your social prescriber.

Social prescribing can help you with a wide range of things, some of these include:

- Hobbies, exercise, spending time outdoors, healthy lifestyle, arts and music
- Housing, benefits, debt, financial support and help
- Training, learning, courses, employment, volunteering
- Wellbeing, counseling, bereavement, emotional support, meeting people, advocacy, long term conditions and other support groups.



Knowing there is someone out there who has the time to listen to you and help put you in touch with the people and activities that might help you to feel better able to cope or more in control can help.

## Information on Devon Doctors (01392822354)

If you are needing an urgent appointment or out-of-hours medical advice, Devon Doctors is another way to seek medical attention; they are available 8:00am - 6:30pm Monday to Friday and 8:00am - 1:00pm weekends and bank holidays. When you call Devon Doctors they help make necessary arrangements and appointments that is convenient to you and (if it is necessary) refer you back to your GP surgery for urgent action within 24/48 hours.

Devon Doctors started in 1996 (originally call Devon Doctors on Call) it was organised as a out-of-hours responsibility shared between local GPs and colleagues. In 2004 DDoC become Devon Doctors Ltd and was commissioned by the county's primary care trusts (NHS Plymouth, NHS Devon and Torbay Care Trust) to help provide the out-of-hours service in Devon.

### **For more information:**

**Website:** <https://www.devondoctors.co.uk/>

**Phone:** 01392822354



### Our contact details!

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**Phone:** 01364 72394

**E-mail:** [admin.l83075@nhs.net](mailto:admin.l83075@nhs.net)