



Your Doctors

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HATHERLEIGH**
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Dr. Charlie Morwood
Dr. Vic D'Ambrogio
Dr. Viv Gillanders
Dr. John Lamb
Dr. Judy Parsons
Dr. Emma Godson
Dr. Leo Giamvrias
Dr. Mike Trowbridge
Dr. Wisdom Aziegbe
Dr. Rebekah Gibbons
Dr. Jonathan Barron

OPENING TIMES

Monday to Friday. Please check individual practices for times as they vary for each site.

EXTENDED ACCESS

Evening and weekend clinics available for pre-booking. Please call your practice to be advised of availability.

Please call 111 for medical advice & direction or 999 for life-threatening emergencies when we are closed.

Heatwave: How to cope in hot weather

Most of us welcome hot weather, but when it's too hot, there are **health risks**.

During **heatwaves**, more people than usual get seriously ill or can even die. If and when hot weather arrives this summer, make sure it does not harm you or anyone you know.

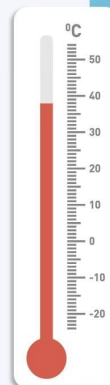
Symptoms of dehydration in adults and children include:

- feeling thirsty
- dark yellow and strong-smelling pee
- feeling dizzy or lightheaded
- feeling tired
- a dry mouth, lips and tongue
- peeing less often than usual



Dehydration can happen more easily if you have:

- diabetes
- vomiting or diarrhoea
- been in the sun too long (heatstroke)
- drunk too much alcohol
- sweated a lot after exercising
- a high temperature
- been taking medicines that make you pee more (diuretics)



Things you can do to treat dehydration :

- You should **drink fluids** if you have symptoms of dehydration.
- If you feel sick or have been sick, you may find it hard to drink, so start with **small sips**.
- A **pharmacist** can help with dehydration.
- Use **sunscreen, stay in the shade 11am - 2pm/hottest time of the day**.



For more information

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

<https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice/beat-the-heat-staying-safe-in-hot-weather>



For Information

North Cornwall seems less well served with Community Transport.

“Need help getting to your medical appointment?”

If you're going to a healthcare appointment for non-emergency tests or treatment, you'll normally be expected to make your own way there using your own transport or the range of public, community and voluntary transport available locally.

Cornwall Council provides information some volunteer transport schemes (including accessible vehicles) call TAP Cornwall 01872 223388 or visit

<https://www.cornwall.gov.uk/transport-parking-and-streets/public-transport/cornwalls-transport-services/community-transport/>

You can also find more information via

<https://www.ageuk.org.uk/cornwall/our-services/community-transport-services>

By calling 01872 265300 or visiting

<https://www.volunteercornwall.org.uk/vctransport/volunteer-cornwall-transport>

The above links can be found in the NEWS section on our website.



We have 3 new GP'S starting in August.

Dr Kamal Zayyana working 6 sessions—relocating to the area.

Dr Victoria Peters working 6 sessions—relocating to the area

Dr Mahmoud Hamouda working 6 sessions—Local GP

One of our Patient Services Advisors **Shannon Thomas** and **Sarah Marshall** our clinical Administrator start their new roles as Clinical PA's in July. We wish them well in their new roles.

Claire Taylor was one of our Healthcare Assistants has now passed her Return to Practise programme and starts her new role as Practise nurse in Stratton, alongside **Jackie Moores** (Healthcare Assistant) also now based in Stratton.

Lucy Stevens (Our Stratton Medical Centre Nursing Associate) and **Sarah Ettles** (Holsworthy Phlebotomist) both left us in June, good luck to you both in your new ventures. **Joanne Crocker**, our SMC nurse retires at the end of June, after 24 years of service.

Thank you for all you have done and we all wish you a very happy retirement.



Need transport to get to a health appointment?

Find out about the local patient transport schemes that could help you and whether you're eligible for NHS funded transport.



Our Ruby Medical runners team of 22 members have been actively fundraising by participating in Race for Life events, some pictured on the 15th June.

The loss of a colleague, family member or a friend to cancer is profoundly heart breaking.

The running team have so far raised an incredible £2335 smashing their target of £1575. We are so proud of them.



Prescriptions email: rcmg.prescriptions@nhs.net

STAY WATER SAFE

Living near the sea instils a deep respect for its power, and reminders of this respect are always beneficial.

The RNLI's "Float to Live" campaign emphasizes the importance of how to react in emergencies.

If you find yourself in trouble, lean back, extend your arms and legs, and focus on controlling your breathing whilst calling for help.

The sea offers so much enjoyment and relaxation, but also harbours dangers. Being aware of these risks and sharing this awareness with friends and family could save lives.

River & Lake wild swimming - Be Aware

Shallow water - can deepen suddenly, supervise children and non-swimmers.

Cold water - Assume you can only swim a tenth of the distance in cold water. Cold water changes your swimming capabilities.

Cold shock - do not jump in, wade in slowly! The lower layers of a lake will be colder still and can lead to a cold shock reaction.

Slipping on rocks - is one of the most common dangers in outdoor swimming.

Jumping and Diving - ALWAYS check the depth of the water. Be mindful of underwater obstructions: rocks, branches, rubbish...Waterfall undercurrents could hold you under the water.

Weeds - commonly in slow, warm lowland rivers, could tangle around legs and cause panic.

Lifeboats

Struggling in the water?

Floating greatly increases your chances of survival.

Relax and try to breathe normally

Tilt your head back with ears submerged

It's okay if your legs sink, we all float differently

Move your hands and legs to stay afloat

Remember it. Practise it.

FLOAT TO LIVE

KNOW YOUR FLAGS



Red and yellow flags tell you where it's safe to swim and bodyboard. They mark out the lifeguarded area.



Black and white chequered flags tell you where to surf. This area is for surfboards, stand-up paddleboards, kayaks, kitesurfers and windsurfers. Never swim or bodyboard here.



A red flag means danger. Never go in the water under any circumstances when the red flag is flying.



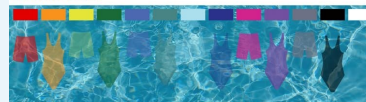
Orange windsocks mean strong winds. Never use inflatables when the windsock is flying.

Swimwear Safety

In the Lake



In the Pool



More Information



[Wild Swimming health, safety, risks and dangers](#) | [Wild Swimming - outdoors in rivers, lakes and the sea](#)

[Float To Live – What To Do In An Emergency – RNLI](#)

<https://www.facebook.com/budelifeguards>

Holsworthy & Hatherleigh email : d-icb,receptionrcmg@nhs.net

July Health Campaign

Sarcoma Awareness Month.

Sarcoma is often called the “forgotten cancer” because of its rarity and the lack of public understanding compared to other cancers.

Raising awareness is crucial because it leads to early diagnosis.

The Facts:

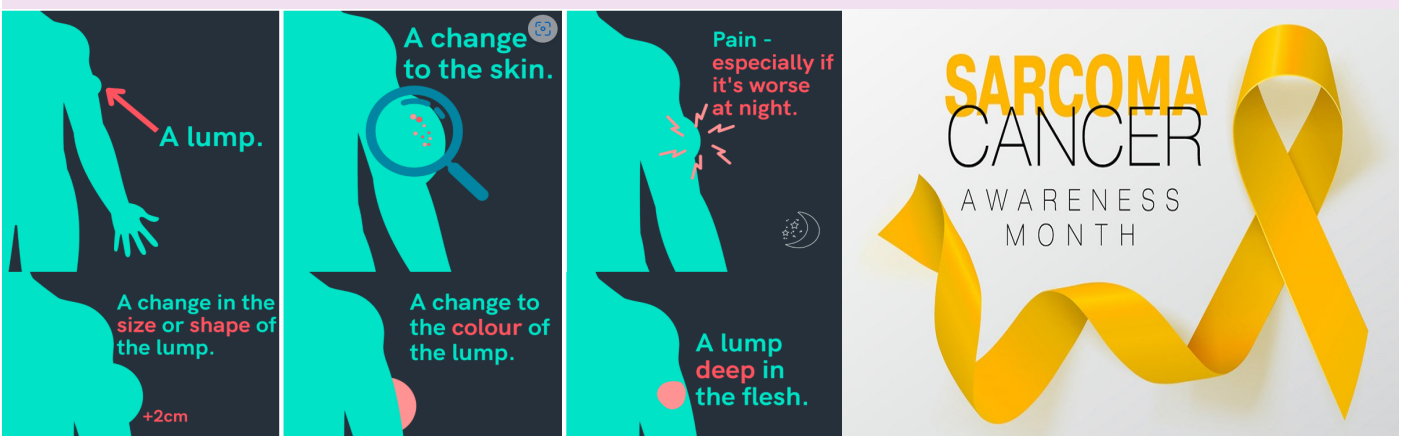
- Sarcomas account for only 1% of all adult cancers, but around 15% of childhood cancers.
- There are over 70 different subtypes of sarcoma, making diagnosis and treatment complex.
- Early detection can significantly improve outcomes, but many are aware of the symptoms.
- Sarcoma is a type of cancer that can appear anywhere in the body.
- Every day, 15 people are diagnosed in the UK, around 5,300 per year.

What are the Symptoms?

- The most common symptom of Sarcoma is a lump that is growing/changing.
- Swelling, tenderness or pain in the bone which can be worse at night.
- Stomach pain / Feeling sick
- Loss of appetite / Feeling full after eating small amounts of food
- Blood in your poo or vomit.

It is so important to remember most lumps and pains are NOT sarcomas.

Our advice as always, if you are worried about changes to a lump then contact your GP immediately to keep informed of your symptoms.



Find out more

[What is sarcoma?](#)

[Soft tissue sarcoma - NHS](#)

Stratton email: letters.rcmg-stratton@nhs.net



IMPORTANT PATIENT NOTICE

At Ruby Country Medical Group, we're always looking for ways to improve the quality and efficiency of the care we provide. As part of our commitment to innovation, some of our GPs are now using Heidi AI – a secure digital assistant designed to support clinical consultations.

💡 What is Heidi AI?

Heidi is a clinically validated tool that listens to consultations and helps the GP summarise the discussion directly into your medical record. It allows your doctor to focus more on you and less on typing during your appointment.

🔒 Is it safe?

Absolutely. Heidi AI meets NHS data protection and confidentiality standards. It doesn't record or store your voice. Instead, it turns the consultation into a written summary to support accurate and timely documentation.

🗣️ Why are we using it?

- To improve consultation accuracy
- To free up GP time to focus on patient care
- To ensure your notes are clear and up to date

✅ You'll still receive the same compassionate, personalised care from your GP – Heidi simply supports them behind the scenes.

If you have any questions about this technology or how it's used, our team would be happy to talk to you.

📍 Find out more at reception or on our website.

<https://www.rubycountrymedicalgroup.co.uk/practice-news>



View messages about your care in the NHS App



- 👁️ Turn on notifications for the NHS App to get messages from your trusted healthcare providers
- ✍️ The NHS App messaging service is a simple and secure way to stay up to date
- 📍 You can also use these services by logging in through the NHS website



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Did you know you can view messages about your care in the NHS App?

The NHS App is a simple and secure way to receive messages from your trusted health care providers.

TURN ON notifications for the NHS App to stay up to date.

Find out more : www.nhs.uk/nhs-app/

If you already use the the NHS App

Turn on notifications to stay up to date with messages.

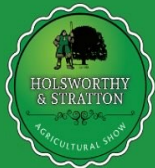
IN YOUR COMMUNITY: stay connected

HOLSWORTHY & STRATTON AGRICULTURAL SHOW

Showing Entries are now live!

On our website to download
www.holsworthystrattonshow.co.uk

On Showing Scene website
<https://showingscene.com/events/holsworthy-stratton-agricultural-show-2025-aug-2025>



Thursday 28th August 2025



Libraries Unlimited

In the Library...

Gardening Group

A brand-new monthly meeting following on from our customers' interest in starting a gardening group. Everyone welcome - experienced gardeners eager to share seasoned successes and newbies after some helpful hints! Let's work together to grow productively! Refreshments provided. Free, donations welcome.

First meeting is Wednesday 25th June 2pm-3pm



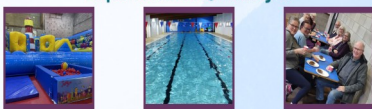
THRIVING TOGETHER

A COMMUNITY HEALTH AND WELLBEING DAY

HOLSWORTHY LEISURE CENTRE

SATURDAY 2ND AUGUST 10:00 AM - 01:00PM

- VISIT THE NEWLY REFURBISHED CENTRE!
 - FIND OUT WHAT TAKES PLACE IN AND AROUND HOLSWORTHY!
 - CHAT TO LOCAL ORGANISATIONS
 - FREE SWIMS AND MEMBERSHIP OFFERS AVAILABLE
 - FREE REFRESHMENTS
 - FREE BOUNCY CASTLE FOR CHILDREN!
- ALL WELCOME - COME ALONG AND SUPPORT YOUR LOCAL COMMUNITY!**
- Enquiries: alisons@ttvs.org.uk



ACTIVE ORRIDGE

WELL PARK, WESTERN ROAD, EX22 6DH



WHAT'S ON AT THE PEARL EXCHANGE JULY

BOOK HERE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2 CO-WORKING 10-4PM OPEN MIC 8-9PM		3 FEEL GOOD COOKING 11AM-1PM CO-WORKING 1-5PM ARTY FRIDAY: FRIDGE MAGNETS PT 1 2-5PM	4	5
6 SEA POOL DIP 9AM YOGA 6:30-8PM	7 THE COMEDY EXCHANGE 6-8PM	8 CO-WORKING 10-4PM	9 DJ EXCHANGE 6-9PM	10 CO-WORKING 1-5PM ARTY FRIDAY: FRIDGE MAGNETS PT 2 2-5PM	11	12
13 YOGA 6:30-8PM	14	15 CO-WORKING 10-4PM	16 SEA POOL DIP 6PM	17 CO-WORKING 1-5PM ARTY FRIDAY: SKETCHBOOK CLUB 2-5PM	18	19
20 YOGA 6:30-8PM	21 THE COMEDY EXCHANGE 6-8PM	22 CO-WORKING 10-4PM	23 DJ EXCHANGE 6-9PM	24 CO-WORKING 1-5PM ARTY FRIDAY: BADGE MAKING 2-5PM	25	26
27	28	29 CO-WORKING 10-4PM	30	31	32	33

Let's Dance for Charlotte's Angels.

TEA DANCE & LITTLE LINDY HOP WORKSHOP
 Supporting a local sufferer of Motor Neurone Disease (MND)

Hosted by

Sunday 17th August 2025

Pyworthy Village Hall

115pm - 2.45pm Little Lindy Hop Workshop

3pm - 6pm Tea Dance £15 (cash on the door)

A relaxed introduction to swing dance with a fun Savoy Style Lindy Hop Workshop

Tea Dance only with refreshments £5 (cash on the door)

No experience needed - just bring your dance shoes and a smile!

All proceeds go to help fund a much needed wet room.

"Let's dance with purpose, let's dance for hope, let's dance for Charlotte"

Vintage dress welcome

Join us - dance, donate, make a difference

Contact Swing Republic SW Facebook Group to book a place, or for more information.

Join us for a Tea Dance in support of our colleague Charlotte

Let's come together as a community for an afternoon of music, laughter and unity at our upcoming Tea Dance, held in support of our dear friend Charlotte as she bravely faces her journey with Motor Neurone Disease (MND)

This event is more than just a dance— it's a chance to show Charlotte and her family that they are not alone. Every smile, every step and every contribution helps make a real difference. Your support will go toward providing care, comfort and hope.

Bude Sensory Nature Group

Meeting on 2nd and 4th Friday of the month

11-1pm

13 June Wander at the Weir
 Meet in lower car park, meeting in bottom car park just after bridge, The Weir, EX23 0JD

27 June Seaweed workshop at Summerleaze
 Meet at pay & display, Summerleaze beach carpark, EX23 8HN

11 July Biodiversity walk with Friends of the Earth Bude, finishing at Neetside community apple orchard.
 Meet Tourist Info car park, EX23 8LE

25 July Beach clean at Crooklets, with the '2 minute foundation'
 Meet at Crooklets car park by the pay and display machine, EX23 8NE

Please get in touch if you require transport.

To book and for more details
 Tel: 01726 222900
 email: creativespaces@sensorytrust.org.uk



Creative Spaces supports people living with dementia, their families and carers in rural communities in Cornwall

