

September 2017



Townsend House Medical Centre Newsletter

Staff News

Dr Dani Harris

We are delighted to announce that Dr D Harris became a partner at the practice with effect from 1st July 2017.

Dr Rob Daniels—Sri Lanka Trip

Dr Daniels has recently returned from his charity bike ride in Sri Lanka where he cycled a distance of 750km in 9 days to raise money for Seaton Hospital League of friends. In total Dr Daniels raised **£833.78**. Here is a picture of Dr Daniels with some of his friends enjoying the sunset after a busy day of cycling.



Are you eligible for the Flu vaccination?

We will be holding Flu clinic's throughout September and October. The dates so far are;

- 16th September in Seaton
- 30th September in Seaton
- 20th September in Beer
- 4th October in Beer



SMS text messages and Emails

If you have a mobile phone and would like to receive appointment reminders and various other health information relating to your care please speak to one of our receptionists.



Extended Hours

Starting on Monday 4th September the surgery will be offering additional appointments from 7:15am—8:00am for blood tests. This will continue every week and will run through Mondays to Thursdays.



Twitter

We now have a twitter account. We will be posting all information on Twitter as well as Facebook and our website.



Follow us at [@townsend_house](https://twitter.com/townsend_house)

Friends and Family Test

Have you taken our friends and family test? Whilst waiting for your appointment why not take our test? Its quick and simple to complete and 100% confidential. Please ask a receptionist for a card and post it in the box when its complete or why not go onto our website and complete it on there. We welcome and promote all feedback from our patients.



Surgery Website

Please visit our website:

www.townsendhousesurgery.co.uk

We now have a new community health tab on our website where there is information on local community groups.



Shingles Vaccination

Are you eligible to for a Shingles vaccination??

Are you age 70—79? The shingles vaccination can help prevent shingles which is a very painful and common skin disease it is available on the NHS if you fall in the correct age bracket



shutterstock - 156094178



Practice Closure

Please note the practice will be closed on Wednesday 13th September 1pm—6pm. During this closure for medical advice please call **111** or in the event of a medical emergency please dial **999**. Please accept our apologies for any inconvenience caused.



Useful Contact Details

Townsend House Medical Centre

Address:

49 Harepath Road
Seaton
Devon
EX12 2RY

Telephone Number:

01297 20616

Opening Hours:

Monday to Friday 8am
to 6pm
Closed weekends

Website:

www.townsendhousesurgery.co.uk

Facebook:

www.facebook.com/Townsendhousesurgery

Twitter:

https://twitter.com/townsend_house

Out of Hours Contact Numbers:

For medical complaints outside of normal surgery opening hours please contact the appropriate service as listed below.

- ◆ For urgent medical needs such as chest pain or accidents please contact **999**
- ◆ For medical advice or an out of hours Doctor please contact **111**
- ◆ For dental advice, pain please contact **01392 823682**
- ◆ The closest Minor Injuries Unit is Honiton—**01404 540540**

Honiton Minor Injuries Unit, Marl pits Lane, Honiton