



Our new logo

# October

Newsletter Stratton 2025 issue 10

## Your medical Centre

### Your Doctors

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

### Practice Manager

Angela Sundberg

### Stratton

Tel: 01288 352133

### **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.

### **Dear Patients,**

As of October 1, 2025, Stratton Medical Centre has **officially separated** from the Ruby Country Medical Group. Our dedicated team has worked diligently to ensure a seamless transition, allowing us to operate independently once again. This change means that our staff will now be exclusively located in Stratton, enhancing the continuity of care and providing greater stability for our patients.

Our updated website and Facebook page will provide further information and resources, newsletters, news, health campaigns and so much more.



[www.strattonmedicalcentre.co.uk](http://www.strattonmedicalcentre.co.uk)



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

Stratton Medical Centre remains a part of the Coast and Country Primary Care Network, and we will continue to collaborate closely to deliver essential services and care within our community. We appreciate your support and understanding during this transition, and my team and I are committed to maintaining the highest standards of service for you.

**Ange Sundberg**

**Practice Manager**

**Continued on page 5 \*\***

Help us to help you

### **We Need Your Up-to-Date Contact Details**

It's important that we have your current phone number, address, and email address so we can contact you when needed.

**If any of your details change, please let us know straight away.**

If you're not sure whether we have the right information, speak to a member of our team at your next visit.

**Thank you for helping us keep in touch.**

**NHS**

**Stratton Surgery**



# Autumn Vaccinations—What to look out for...

## Flu vaccine side-effects

Flu vaccines are very safe. All adult flu vaccines are given by injection into the muscle of the upper arm.

Most side effects are mild and only last for a day or so, such as:

- slightly raised temperature
- muscle aches
- sore arm where the needle went in – this is more likely to happen with the vaccine for people aged 65 and over

Try these tips to help reduce the discomfort:

- continue to move your arm regularly
- take a painkiller, such as paracetamol or ibuprofen – some people, including those who are pregnant, should not take ibuprofen unless a doctor recommends it.

## Covid vaccine side-effects

Like all medicines, the COVID-19 vaccines can cause side effects, but not everyone gets them.

Most side effects are mild and should not last longer than a week, such as:

- a sore arm from the injection
- feeling tired
- a headache
- feeling achy
- feeling or being sick

You may also get a high temperature or feel hot or shivery 1 or 2 days after your vaccination. You can take painkillers such as paracetamol if you need to. If your symptoms get worse or you're worried, call 111.

Information from <https://www.nhs.uk/>



**Please continue to book your vaccinations via Stratton Medical Centre—Please call us to book your appointments. 01288 270342 10.00—12 and 14.00 –16.00**



**NHS**

**People with a weakened immune system can now book their COVID-19 and flu vaccinations online or via the NHS App**

**From the 1st October 2025**



**NHS** | HM Government

**Top up your immunity this winter.**



Vaccines are the best protection we have against dangerous viruses like flu and COVID-19. Find out if you're eligible for these two essential vaccines now at [nhs.uk/wintervaccinations](https://nhs.uk/wintervaccinations)

**Need help with the NHS App?**





# Stoptober.....be a smoke-free zone!



**Stoptober is back! Join thousands of other smokers committing to quit this October.**

Even if it's your first time or you've tried before, now is the perfect time to quit smoking. Make it to 28 days smoke-free and you're 5 times more likely to quit for good. There's no need to go it alone. With our free tools, advice and support, quitting is easier than you think. We've got your back as you take on the challenge.

You deserve a healthier, smoke-free life. Let's get started! The NHS Quit Smoking app is designed to provide you with personalised support to help you quit smoking for good.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support
- get inspired by others

Once you reach 28 days smoke-free, you're much more likely to quit for good!



**NHS Quit Smoking** 18+  
Smokefree & Stoptober  
Department of Health and Social Care (Digital)  
★★★★★ 4.6 • 9.6K Ratings  
Free



## STOBTOWER 2025 28 Days. One Big Change

Join thousands taking the challenge to improve their health and future.

If you can **stop smoking for 28 days**, you are **5 times** more likely to **quit for good!**

Find tips to help you stay focused and enjoy a healthier smoke-free life. Learn how quitting can make life better for you and those around you.

Get a free Personal Quit Plan—This plan will help you to:

Manage cravings, Identify your triggers and find the best products and support for you. Let's start your journey to a healthier, smoke-free life.

[Free Personal Quit Plan - Quit Smoking - NHS](#)





All adults with a severely  
weakened immune system are  
eligible for the **shingles vaccine**

Book at your  
GP practice



### Important

You can get shingles more than once, so it's important to get vaccinated even if you've had shingles before.

From September 2025, the NHS is expanding the **shingles vaccination programme**. **Adults aged 18+ who have a weakened immune system** are now eligible for the shingles vaccine.

You don't need to wait for an invitation—you can book at your GP practice. Find out more at:

**<https://www.nhs.uk/vaccinations/shingles-vaccine>**

Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.

You're more likely to get shingles, and it's more likely to cause serious problems, as you get older or if you have a severely weakened immune system.

Eligibility:

- **People who turn 65 on or after 1st September 2023**
- **People aged 70—79**
- **People aged 18 and over with a severely weakened immune system**

## October Health Campaigns

### National Cholesterol Month October 2025



Did you know that 1 in 2 adults in the UK have high cholesterol? It's more common than you think, but that doesn't mean it has to be out of your control.

### Be the Boss of your Cholesterol

find out more



#bethebossofyourcholesterol #ncm25  
[www.heartuk.org.uk/ncm25](http://www.heartuk.org.uk/ncm25)



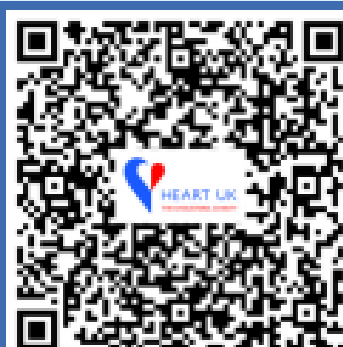
© HEART UK | Charity Registration No. 1005101

**Did you know that 1 in 2 adults in the UK have high cholesterol?**

It's more common than you think—but that doesn't mean it has to be out of your control. Be the boss of your cholesterol. **Take charge of your health** with small, manageable changes that can make a big difference—from eating heart-friendly foods and staying active, to checking in with your GP. Knowing your numbers is the first step toward feeling your best.

This October, join **HEART UK's 31-Day Move More Challenge** and complete one simple activity each day—from walking and stretching, to dancing and squats. It's a great way to improve your wellbeing while supporting **HEART UK, the UK'S ONLY CHOLESTEROL CHARITY**.

Download your 31  
day tracker here







## Your Coast & Country Primary Care Network

A key element of the new GP Contract published in 2019, as part of the NHS Long Term Plan, was the development of Primary Care Networks (PCNs) - bringing together local services with GP practices—such as community, mental health, social care and the voluntary sector to look after local populations.

The **5 GP practices within our area** have joined together to form the Coast & Country PCN. They are:

- **Neetside Surgery**
- **Holsworthy Surgery**
- **Hatherleigh Medical Centre**
- **Stratton Medical Centre**
- **Bradworthy Surgery**

This enables our surgery teams to **work closely with each other**, to enjoy the ability to **share expertise and resources** and to **develop new services**.

The aim is to continue to improve the **quality of care** that we provide in alignment with the **need of our patient population**.

The services we are able to deliver to our patients are:

- **Mental Health Practitioner**
- **Social Prescriber**
- **Safeguarding Care Coordinator—Children**
- **Diabetes Care Coordinator**



Full details can be found on our website:

<https://coastandcountrypcn.gweb.org.uk>—you can subscribe to our 6 monthly newsletter.

Follow us on Facebook: <https://www.facebook.com/CoastandCountryPCN>

Visit our website  
<https://www.strattonmedicalcentre.co.uk> to find  
the range of PCN support for our patients.

**Stratton Medical Centre**

Appointments Prescriptions Join the surgery Health information

Staff Sick/Fit Note Certificates **Your PRIMARY Care Network Services.** Test results

Contact Us



# Healthcare where YOU are

# Practice News



A big **welcome to our new Practice Manager Ange Sundberg**. She has already been working closely with the team to ensure both staff and patients remain the primary focus alongside service and care during the de-merger with Holsworthy.

Ange is a practice manager with 14 years experience of PM work and moved to the Stratton area a few years ago, working within the Ruby Country Medical Group for a few months in 2023.



"I am getting to know the Stratton Teams and understanding their processes whilst I have been supporting and leading them through the de-merger process. We are ready to move forward as Stratton Medical Centre."

Stratton Medical Centre is a hugely important part of the community and we are striving to create and continue that family feel once again to the surgery. We urge you to like our new Facebook to keep updated (Details on p1)\*\*

We have a new website ! Packed full of information from opening times to appointment booking, prescriptions to services we offer, our monthly newsletter, to Health Advice and so much more.

Take some time to look around the Stratton Medical Website and as always, we are here if you require any further help or support.

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



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Contact Us

**Tel: 01288 352133 Hospital Road, Stratton EX23 9BP**