Christmas Newsletter 2016



St Leonard's Practice

Opening Times

The Practice will be open as usual with the exception of

Monday 26<sup>th</sup> December - Closed

Tuesday 27<sup>th</sup> December - Closed

Monday 2<sup>nd</sup> January - Closed

**DUE TO HIGH DEMAND** 

**ALL PRESCRIPTIONS** 

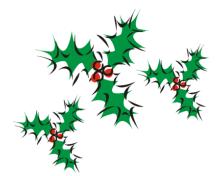
WILL TAKE A MINIMUM OF

72 Hours

To get your medication for Christmas and New Year, please ensure you submit your request by Monday 19<sup>th</sup> December

<u> Pharmacy Opening Times 24<sup>th</sup> – 21<sup>th</sup> December</u>

| Pharmacy               | Address                      | Telephone       | Christmas Eve<br>Saturday 24 | Christmas Day<br>Sunday 25 | Boxing Day<br>Monday 26 | Bank Holiday<br>Tuesday 27 | Minor<br>Ailments | Emergency<br>Supply | Specialist<br>Medicines |
|------------------------|------------------------------|-----------------|------------------------------|----------------------------|-------------------------|----------------------------|-------------------|---------------------|-------------------------|
| Alphington             | 25 Ido Lorra                 | 01392           | December<br>Closed           | December<br>Closed         | December                | December                   | Yes               | Yes                 | NIE                     |
| Alphington<br>pharmacy | 25 Ide Lane,<br>Alphington   | 434749          | Closed                       | Closed                     | Closed                  | Closed                     | res               | res                 | No                      |
| Boots                  | Mount Pleasant               | 01392           | 0900-1300                    | Closed                     | Closed                  | Closed                     | Yes               | Yes                 | No                      |
| 50013                  | Health Centre,               | 432712          | 0500 1500                    | elosed                     | elesca                  | elesca                     | 100               | 100                 |                         |
|                        | Mount Pleasant               |                 |                              |                            |                         |                            |                   |                     |                         |
|                        | Road                         |                 |                              |                            |                         |                            |                   |                     |                         |
| Boots                  | 70 Cowick Street,            | 01392           | 0900-1300                    | Closed                     | Closed                  | Closed                     | Yes               | Yes                 | No                      |
|                        | St Thomas                    | 251777          |                              |                            |                         |                            |                   |                     |                         |
| Boots                  | Unit 1, Exe Bridges          | 01392           | 0800-2400                    | Closed                     | 0700-1800               | 0800-1800                  | Yes               | Yes                 | Yes                     |
|                        | Retail Park,                 | 271372          |                              |                            |                         |                            |                   |                     |                         |
|                        | Alphington Street            |                 |                              |                            |                         |                            |                   |                     |                         |
| Boots                  | 250-251 High                 | 01392           | 0800-1900                    | Closed                     | 0700-1700               | 0800-1700                  | Yes               | Yes                 | No                      |
|                        | Street                       | 432244          |                              |                            |                         |                            |                   |                     |                         |
| Countess Wear          | Glasshouse                   | 01392           | 0900-1200                    | Closed                     | Closed                  | Closed                     | Yes               | Yes                 | No                      |
| Pharmacy               | Medical Centre,              | 877000          |                              |                            |                         |                            |                   |                     |                         |
|                        | Glasshouse Lane,             |                 |                              |                            |                         |                            |                   |                     |                         |
|                        | Countess Wear                |                 |                              |                            |                         |                            |                   |                     |                         |
| Day Lewis              | 1 Summer Lane,               | 01392           | 0900-1230                    | Closed                     | Closed                  | Closed                     | Yes               | Yes                 | No                      |
|                        | Whipton                      | 467027          |                              |                            |                         |                            |                   |                     |                         |
| Day Lewis              | 88b Beacon Lane              | 01392           | Closed                       | Closed                     | Closed                  | Closed                     | No                | No                  | No                      |
|                        |                              | 494016          |                              |                            |                         |                            |                   |                     |                         |
| Exwick                 | New Valley Road              | 01392           | Closed                       | Closed                     | Closed                  | Closed                     | Yes               | Yes                 | No                      |
| pharmacy               | 27.011                       | 221272          | 0000 4700                    | 4.400, 4000                |                         |                            |                   |                     |                         |
| Jhoots                 | 37 Sidwell Street            | 01392           | 0900-1730                    | 1400-1800                  | Closed                  | Closed                     | No                | No                  | No                      |
| Lloude                 | EQ Fore Street               | 273470<br>01392 | 0900-1730                    | Closed                     | Closed                  | Classed                    | Yes               | No                  | No                      |
| Lloyds                 | 59 Fore Street,<br>Heavitree | 273121          | 0900-1730                    | Closed                     | Closed                  | Closed                     | res               | NO                  | NO                      |
| Lloyds                 | 71 Magdalen Road             | 01392           | 0900-1730                    | Closed                     | Closed                  | Closed                     | No                | No                  | No                      |
|                        | 7 I Wagualeli Koau           | 273157          | 0500-1750                    | Closed                     | Closed                  | Closed                     | NO                | NO                  | NO                      |
| Lloyds                 | Heavitree Health             | 01392           | Closed                       | Closed                     | Closed                  | Closed                     | No                | No                  | No                      |
|                        | Centre, South Lawn           | 218144          | cioscu                       | ciosca                     | Closed                  | ciosca                     | 110               | 110                 | NO                      |
|                        | Terrace, Heavitree           | 210144          |                              |                            |                         |                            |                   |                     |                         |
| Lloyds<br>Lloyds       | Sainsburys, 30-32            | 01392           | 0830-1730                    | Closed                     | Closed                  | 0900-1800                  | Yes               | Yes                 | No                      |
|                        | Guildhall Shopping           | 273471          |                              |                            |                         |                            |                   |                     | -                       |
|                        | Centre                       |                 |                              |                            |                         |                            |                   |                     |                         |
|                        | Sainsburys, 1 Hill           | 01392           | 0700-2200                    | Closed                     | 1000-1700               | 0900-1800                  | Yes               | Yes                 | No                      |
|                        | Barton Road,                 | 464209          |                              |                            |                         |                            |                   |                     |                         |
|                        | Pinhoe                       |                 |                              |                            |                         |                            |                   |                     |                         |
| Lloyds                 | Sainsburys,                  | 01392           | 0700-1800                    | Closed                     | 1000-1700               | 0900-1800                  | Yes               | Yes                 | No                      |
|                        | Alphington Cross             | 273526          |                              |                            |                         |                            |                   |                     |                         |
|                        | Store, Alphington            |                 |                              |                            |                         |                            |                   |                     |                         |
|                        | Road                         |                 |                              |                            |                         |                            |                   |                     |                         |
| Luxtons                | 67 Cowick Street,            | 01392           | Closed                       | Closed                     | Closed                  | Closed                     | Yes               | Yes                 | No                      |
|                        | St Thomas                    | 274880          |                              |                            |                         |                            | ļ                 |                     | ļ                       |
| Pinhoe                 | 1a Station Road,             | 01392           | 0900-1230                    | Closed                     | Closed                  | Closed                     | Yes               | Yes                 | No                      |
| pharmacy               | Pinhoe                       | 467355          |                              |                            |                         |                            |                   |                     | ļ                       |
| St Leonards            | St Leonards                  | 01392           | 0700-2000                    | 1000-1200                  | Closed                  | Closed                     | No                | Yes                 | No                      |
| pharmacy               | Medical Centre,              | 422444          |                              |                            |                         |                            |                   |                     | 1                       |
| Superdrug              | Athelstan Road               | 04000           | 0000 1700                    |                            | 1000 1000               | 0000 1700                  |                   |                     |                         |
|                        | Unit 11, Guildhall           | 01392           | 0830-1730                    | Closed                     | 1000-1600               | 0900-1700                  | Yes               | Yes                 | No                      |
|                        | Shopping Centre              | 491272          | 0020 2200                    |                            |                         | 0000 1000                  | V                 | v                   |                         |
| Tesco                  | Exeter Vale                  | 0345            | 0630-2200                    | Closed                     | Closed                  | 0900-1800                  | Yes               | Yes                 | Yes                     |
|                        | Shopping Centre,             | 6779263         |                              |                            |                         |                            | ]                 |                     |                         |
|                        | Russell Way                  |                 |                              |                            |                         |                            |                   |                     |                         |



## <u>Pharmacy Opening Times 31<sup>st</sup> December – 2<sup>nd</sup> January</u>

| Pharmacy                                     | Address   | Telephone    | New Year's Eve<br>Saturday 31<br>December | New Year's<br>Day Sunday 1<br>January | Bank Holiday<br>Monday 2<br>January | Minor<br>Ailments | Emergency<br>Supply | Specialist<br>Medicines |
|--|---|--------------|---|---------------------------------------|-------------------------------------|-------------------|---------------------|-------------------------|
| lphington 25 Ide Lane, Alphington<br>harmacy |   | 01392 434749 | Closed                                    | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| Boots  | Mount Pleasant Health<br>Centre, Mount Pleasant<br>Road         | 01392 432712 | 0900-1300                                 | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| Boots  | 70 Cowick Street, St Thomas                                     | 01392 251777 | 0900-1300                                 | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| Boots  | Unit 1, Exe Bridges Retail<br>Park, Alphington Street           | 01392 271372 | 0800-2400                                 | 1100-1700                             | 0900-1800                           | Yes               | Yes                 | Yes                     |
| Boots  | 250-251 High Street   | 01392 432244 | 0800-1900                                 | 1100-1700                             | 0900-1700                           | Yes               | Yes                 | No                      |
| Countess Wear<br>Pharmacy                    | Glasshouse Medical Centre,<br>Glasshouse Lane, Countess<br>Wear | 01392 877000 | 0900-1200                                 | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| Day Lewis                                    | 1 Summer Lane, Whipton  | 01392 467027 | 0900-1230                                 | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| Day Lewis                                    | 88b Beacon Lane   | 01392 494016 | Closed                                    | Closed                                | Closed                              | No                | No                  | No                      |
| Exwick pharmacy                              | New Valley Road   | 01392 221272 | Closed                                    | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| Jhoots                                       | 37 Sidwell Street   | 01392 273470 | 0900-1730                                 | Closed                                | Closed                              | No                | No                  | No                      |
| Lloyds                                       | 59 Fore Street, Heavitree                                       | 01392 273121 | 0900-1730                                 | Closed                                | Closed                              | Yes               | No                  | No                      |
| Lloyds                                       | 71 Magdalen Road  | 01392 273157 | 0900-1730                                 | Closed                                | Closed                              | No                | No                  | No                      |
| Lloyds                                       | Heavitree Health Centre,<br>South Lawn Terrace,<br>Heavitree    | 01392 218144 | Closed                                    | Closed                                | Closed                              | No                | No                  | No                      |
| Lloyds                                       | Sainsburys, 30-32 Guildhall<br>Shopping Centre                  | 01392 273471 | 0900-1700                                 | 1100-1700                             | 0900-1730                           | Yes               | Yes                 | No                      |
| Lloyds                                       | Sainsburys, 1 Hill Barton<br>Road, Pinhoe                       | 01392 464209 | 0700-2200                                 | 1000-1600                             | 0900-1800                           | Yes               | Yes                 | No                      |
| Lloyds                                       | Sainsburys, Alphington Cross<br>Store, Alphington Road          | 01392 273526 | 0700-1900                                 | 1000-1700                             | 0900-1800                           | Yes               | Yes                 | No                      |
| Luxtons                                      | 67 Cowick Street, St Thomas                                     | 01392 274880 | Closed                                    | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| Pinhoe pharmacy                              | 1a Station Road, Pinhoe   | 01392 467355 | 0900-1230                                 | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| St Leonards<br>pharmacy                      | St Leonards Medical Centre,<br>Athelstan Road                   | 01392 422444 | 0700-2000                                 | 0900-1600                             | Closed                              | No                | Yes                 | No                      |
| Superdrug                                    | Unit 11, Guildhall Shopping<br>Centre                           | 01392 491272 | 0830-1730                                 | 1100-1700                             | 0900-1730                           | Yes               | Yes                 | No                      |
| Tesco  | Exeter Vale Shopping Centre,<br>Russell Way                     | 0345 6779263 | 0630-2200                                 | 1000-1600                             | 0900-1800                           | Yes               | Yes                 | Yes                     |
| Well pharmacy                                | Lidl, Burnt House Lane,<br>Wonford                              | 01392 499751 | 0900-1300                                 | Closed                                | Closed                              | Yes               | No                  | No                      |
| Exminster<br>pharmacy                        | The Limes surgery, Church<br>Stile                              | 01392 833822 | Closed                                    | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| Fore Street<br>pharmacy                      | 3 Fore Street   | 01392 873581 | Closed                                    | Closed                                | Closed                              | Yes               | Yes                 | No                      |
| Topsham<br>pharmacy                          | 18 Fore Street  | 01392 873063 | 0900-1700                                 | Closed                                | Closed                              | Yes               | Yes                 | No                      |



# PRESCRIPTION LINE CLOSURE 1<sup>st</sup> January 2017

To increase patient safety and efficient working in practice, patients will **not** be able to order their prescriptions over the telephone from the 1<sup>st</sup> Jan 2017. The existing prescription order line will cease.

## Alternative ways to order a prescription

- Online services Ask reception for details
- In person
- By post
- Local pharmacy Speak to your local pharmacist for details

PLEASE ALLOW 72 HOURS FOR ALL PRESCRIPTION REQUESTS





Practice News



We would like to thank patients for seeking alternative parking since the changes we made on the 1<sup>st</sup> April 2016 to staff parking only, we appreciate your understanding.

There are two disabled parking spaces provided for frail, disabled and infirm patients which will be kept available at all times. It will still be possible to drop off patients at the practice or pharmacy.

There is road side parking in the area, but please be aware of the parking charges that now apply; and allow plenty of time for your appointment(s).

There are two car parks approximately 500 yards from the practice:-

The Triangle Car Park, in Russell Street and Magdalen Road Car Park – charges apply.

\* \* \* \* \* \* \* \* \* \* \*

We say farewell to Dr Simon Lex who has finished time with us and welcome back Dr's Louise Bye and Anni Helliwell. We will have another registrar joining us in February 2017.

The Practice has been experiencing a high level of staff sickness in the last few months, and would like to take the opportunity of apologising for any inconvenience our patients may have encountered. We are working on increasing our staff levels again in the New Year.

We would like to wish all our patients a Happy Christmas and a Happy New Year!

\* \* \* \* \* \* \* \* \* \* \*

### Urgent out-of hours GP care - NHS111

The St Leonard's Practice phone line is open from 8.30am to 1.00pm, and from 2.00pm to 6.00pm, Monday to Friday.

If you have an urgent medical need that cannot wait until your GP surgery reopens please telephone 111 at which point your call will be actioned appropriately.

Urgent GP care is provided by Devon Doctors On Call. Please remember, Devon Doctors is an urgent service for matters that you feel cannot wait until your GP practice is next open. It is not for routine services such as repeat prescriptions, test results, or booking appointments.

More information, including a patient leaflet, can be found on the Devon Doctors website **www.devondoctors.co.uk** 

For urgent, out-of-hours dental care, please dial 01392 823 682

#### Walk in Centres

Walk in Centres compliment GP and hospital services. They offer flexible and accessible healthcare advice and treatment for minor injuries and illnesses including sprains and strains; broken bones; minor infections; emergency contraception; unexplained rashes and some eye problems.

They are often open at times convenient to you, including evenings and weekends. You do not need an appointment.

Exeter has two Walk in Centres:

Sidwell Street, EX4 6NN 01392 276 892 Monday to Friday: 07.30 - 18.00 Saturday: 08.30 - 18.00 Sunday: 10.30 - 16.00

Royal Devon & Exeter Hospital Barrack Road, EX2 5DW 01392 406 300 Open every day: 07.00 - 22.00



#### ST LEONARDS PRACTICE

Visit our Website at

www.stleonardssurgery.co.uk



https://www.facebook.com/Stleonardspracticeexeter