

Summer Newsletter 2018

St Leonard's Practice



Monday 27th August - Closed

**DUE TO HIGH DEMAND
ALL PRESCRIPTIONS
WILL TAKE A MINIMUM OF
72 Hours**

EXETER

August Bank Holiday 2018 Pharmacy Opening Times

TRADING NAME	ADDRESS 1	ADDRESS 2	POSTCODE	TELEPHONE NUMBER	AugustBank Holiday (Monday 27th)	Specialist Medicines
Alphington Pharmacy	25 Ide Lane, Alphington	Exeter	EX2 8UP	01392 434749	Closed	No
Boots pharmacy	Mount Pleasant Health Centre, Mount Pleasant Road	Exeter	EX4 7BW	01392 432712	Closed	No
Boots pharmacy	70 Cowick Street, St Thomas	Exeter	EX4 1HW	01392 251777	Closed	No
Boots pharmacy	Unit 1, The Exebridge Centre, Alphington Street	Exeter	EX4 1AH	01392 271372	0900-1800	Yes
Boots pharmacy	250-1 High Street	Exeter	EX4 3QD	01392 432244	0900-1800	No
Day Lewis Pharmacy	1 Summer Lane, Whipton	Exeter	EX4 8BU	01392 467027	Closed	No
Day Lewis Pharmacy	88b Beacon Lane	Exeter	EX4 8LU	01392 494016	Closed	No
Exwick Pharmacy	New Valley Road	Exeter	EX4 2AD	01392 221272	Closed	No
Glasshouse Pharmacy	Glasshouse Medical Centre, Glasshouse Lane, Countess	Exeter	EX2 7BT	01392 877000	Closed	No
Jhoots pharmacy	37 Sidwell Street	Exeter	EX4 6NS	01392 273470	Closed	No
Lloydspharmacy	59 Fore Street, Heavitree	Exeter	EX1 2RJ	01392 273121	Closed	No
Lloydspharmacy	71 Magdalen Road	Exeter	EX2 4TA	01392 273157	Closed	No
Lloydspharmacy	Heavitree Health Centre, South Lawn Terrace, Heavitree	Exeter	EX1 2RX	01392 218144	Closed	No
Lloydspharmacy	Sainsbury's, 30-32 Guildhall Shopping Centre	Exeter	EX4 3HH	01392 273471	1000-1600	No
Lloydspharmacy	Sainsbury's, 1 Hill Barton Road, Pinhoe	Exeter	EX1 3PF	01392 469687	1000-1600	No
Lloydspharmacy	Sainsbury's, Alphington Road	Exeter	EX2 8NH	01392 273526	1000-1600	No
Luxtons The Pharmacy	67 Cowick Street, St Thomas	Exeter	EX4 1HW	01392 274880	Closed	No
Pinhoe pharmacy	1a Station Road, Pinhoe	Exeter	EX1 3SA	01392 467355	Closed	No
St Leonards Pharmacy	St Leonards Medical Centre, Athelstan Road	Exeter	EX1 1SB	01392 422444	Closed	No
Superdrug pharmacy	Unit 11, Guildhall Shopping Centre	Exeter	EX4 3HJ	01392 435386	Closed	No
Tesco pharmacy	Exeter Vale Shopping Centre, Russell Way	Exeter	EX2 7EZ	01392 501085	0900-1800	Yes
Topsham Pharmacy	18 Fore Street, Topsham	Exeter	EX3 0HE	01392 873063	Closed	No
Well pharmacy	Burnthouse Lane, Wonford	Exeter	EX2 6NF	01392 499751	Closed	No
Exminster pharmacy	Church Stile	Exminster	EX6 8DF	01392 833822	Closed	No

Travel

You are advised to prepare for your travels **at least two months in advance** to ensure that you have time to receive all the necessary inoculations etc.

It is very important that you seek advice at least 10 - 12 weeks before you travel. This is because some vaccinations need more than one injection, and others take time to start working.

Travel services are chargeable as they are not covered by the NHS. The Practice no longer provides travel advice, however local private providers include:

- Southernhay Travel Clinic, 01392 430590
www.travelhealthconsultancy.co.uk
- Superdrug, 01392 214651
- Boots, online
www.boots.com/travelhealthservice
- Our reception-just ask for a leaflet.
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Some injections are free via the NHS e.g. Hepatitis A, Typhoid, Polio and you will be advised accordingly.



Have a safe and happy holiday!

Useful Information

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 Centre's 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 Saturday: 08.00 - 16.00

Sunday: 10.00 – 16.00

Royal Devon & Exeter Hospital

Barrack Road, EX2 5DW

01392 406 300

Open every day: 07.00 - 22.00

Please remember we do not have a patient prescription line

To increase patient safety and efficient working in practice, patients are reminded that we are unable to take prescription requests over the telephone.

Alternative ways to order a prescription

- Online services – please ask for details
- In person
- By post
- Local pharmacy - Speak to your preferred pharmacy for details

***PLEASE ALLOW 72 HOURS FOR ALL
PRESCRIPTION REQUESTS***



Urgent out-of hours GP care - NHS111

Rally[®], the new free OneSmallStep App is now available!



OneSmallStep are excited to introduce their new healthy lifestyle app - **Rally[®]**

Register online and complete the survey to find your Rally age and choose your personalised missions to help you move more, eat better, and feel great.

Learn more at:

www.onesmallstep.org.uk/rally

Rally is free to everyone over 18 years living in the Devon County Council area.

Please be aware that Rally is only available to Devon County Council residents who are aged 18 and over with a valid Devon postcode.

You must register on the Rally website first before you can download the app.

For more information and support, please visit the FAQ section on the Rally website.

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OneSmallStep is funded by Devon County Council - your health is our priority.





Beat the Heat

Stay connected



Look after yourself, check on others especially the elderly



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, avoid alcohol and caffeinated drinks



Dress appropriately for the weather



Slow down and avoid heavy activity

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



If you're too hot, cool your skin with water, slow down and rehydrate



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave