



# July Newsletter



## Sleepstation Programme

Do you suffer from insomnia and have trouble sleeping? We are now able to refer our patients to the Sleepstation Programme.

Sleepstation helps people to understand how to control sleep so that they can sleep well again. They offer CBTi (Cognitive Behavioural Therapy for insomnia), which is more effective than sleeping tablets and is recommended for the most severe insomnia.

By using Sleepstation, you will have access to a team of sleep coaches who will be there to support and guide you. The programme builds on basic sleep improvement principles with personalised modules tailored to the individual, their problems and their lifestyle.



Most people who follow the Sleepstation programme are back to sleeping naturally again after just four sessions.

If you would like to access the Sleepstation Programme on the NHS you are able to self refer or the GP is able to refer you. To see if you are eligible please go to [www.sleepstation.org.uk/nhs\\_options/](http://www.sleepstation.org.uk/nhs_options/)

## The HOPE Programme

The HOPE (Help Overcoming Problems Effectively) Programme supports individuals to consider “what is important to me?” and to build the confidence and resilience to better manage their condition.

HOPE aims to boost your self-confidence and resilience, to help you cope better emotionally, psychologically and practically.

The courses are free to attend and takes place at various times and locations across Devon, as well as online via Microsoft Teams.

A typical course is 6 weekly sessions that last for 2 hours 30 minutes. You must be over the age of 18 to attend, and live in Devon. You can take along a friend, family member, or a carer for support, just let them know prior to attending!

To see if there is a course that you feel you would benefit from please go to [Face-to-Face HOPE \(myhealth-devon.nhs.uk\)](http://Face-to-Face HOPE (myhealth-devon.nhs.uk)) and complete the online booking form.

If there isn't a course to suit your needs, you can still register your interest and they will be in touch when a course becomes available.





Buckfastleigh  
Medical Centre

## Missed Appointments

In June we had 75 appointments that have been missed. Please make sure you let us know if you cannot make an appointment so it can be used by another patient.

# HAY FEVER SEASON

## Did you know you don't need to see your GP for hay fever treatment?

Hay fever and seasonal allergy treatments such as tablets, eye drops and nasal sprays are all easily available at low cost from your local pharmacy – no prescription from your GP required!

### Top tips to help ease hay fever symptoms:

- Put Vaseline around your nostrils to trap pollen.
- Wear wraparound sunglasses to stop pollen getting into your eyes.
- Shower and change your clothes after you've been outside to wash pollen off.
- Stay indoors whenever possible.
- Keep windows and doors shut as much as possible.
- Vacuum regularly and dust with a damp cloth.
- Buy a pollen filter for the air vents in your car and a vacuum cleaner with a special HEPA filter.

For more information on hay fever please go to [www.nhs.uk/conditions/hay-fever/](http://www.nhs.uk/conditions/hay-fever/)

## Patient Participation Group (PPG)

We held our new PPG meeting recently and it was great to see some of the patient community coming together. A PPG is a patient group in a GP practice that is led by patients but run in partnership with the surgery to:

- Give views as a patient on the services run by the surgery
- Help patients to be more informed and responsible for their own health
- Build a positive working relationship with the practice
- Meet other patients and share experiences
- Support the practice to help patients to stay well
- Help to improve communication between the practice and its patients.

If you would be interested in joining the PPG please email [buckfastleigh.ppg@nhs.net](mailto:buckfastleigh.ppg@nhs.net) and we will be in touch.

Did you know we have a GP and nurse clinic every Tuesday evening from 6-8pm?

We are also able to book appointments for you on a weekend with a nurse or GP. The weekend clinics run from Leatside Surgery of a morning and Albany Surgery of an afternoon. If you would like more information, please ask at reception.

We're here for  
you evenings  
and weekends

**NHS**

