



# Sele News



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## **Staff Changes**

Dr Walker's retirement was announced in a previous newsletter and we wish him well for the future.

Our Assistant Manager, Liz Kirkbride is retiring after over 15 years at the practice. She has been a key member of the practice team during that time but, latterly, Liz has been instrumental in running our covid vaccination programme and worked incredibly hard during the campaign. We thank her hugely for her professionalism and support to the practice. She will be missed.

Liz is succeeded by Georgina Robley who has been a key member of our reception team for the past 3 years.

We are pleased to welcome Claire Davison who joins our reception team.

## **Dr Walker**

Dr Walker would like to thank everyone for their kind words, wishes, cards and gifts on his retirement. He will miss his patients and the team but is looking forward to playing lots of music and golf.

## **National Screening programmes**

We would encourage everyone called for routine screening to engage with the programme, book an appointment and attend.

Currently, the breast screening unit is located in the Wentworth car park and our patients are being sent invitations by the breast screening service. Appointments can be booked at other sites if that is more convenient or if you wish for anonymity.

We are aware that certain sections of the population are more reticent about attending breast and other screening as it can be a bit uncomfortable or because they don't know what to expect, but we would encourage everyone to ask around, or do their own research, take a deep breath and book the appointment.

We also ask that anyone sent a bowel screening kit makes use of it and sends in a sample. There are suggestions for ways to collect the sample in the pack or we can provide some further instructions, on request.

## **Covid Vaccinations**

The service offered by West Northumberland PCN at Hexham Mart is to finish on 21 March. We thank those who have worked there for their help and support.

We will publicise details of future services on our website.

### Living Well Co-Ordinators

With worrying world events and rising living costs, many people are becoming increasingly anxious and can seek help from our Living Well co-ordinator. You can self refer and access help via this service which aims to offer support with health and wellbeing and can help connect patients to arrange of services.

<https://adapt-ne.org.uk/index.php/living-well-coordination-service/>

### Physical Activity for wellbeing

Research shows that around **1 in 3 men and half of women** are not achieving recommended levels of activity for good health, with people with long term conditions twice as likely to be amongst the least active. There are guided walking groups to start people off gently. Active Northumberland organizes some short ones very locally.

There are lots of ways to increase your activity levels. Try getting off the bus one stop earlier than usual and walking the rest of the way.

### First Contact Physiotherapists

We have a physiotherapist attached to the practice who can talk to patients about aches and pains. Our receptionists can book a telephone consultation with this service and may suggest this to you. They can assess your needs, offer advice, suggest exercises and refer you on to the JMAPS service, as appropriate.

### Chronic fatigue

Fatigue can occur after covid, or many other events or conditions.

There is no medication for fatigue but there are measures you can take to manage it.

Identify what you want or need to do the most

Break these things down into steps and take one step at a time in each process.

Have a rest in between each step if you need to.

Consider whether you can do things differently. For example, could you listen to an audiobook instead of reading? Could you sit in the shower rather than stand?

Pace yourself – if you do too much one day, take it easier the next so that you can learn how much you can do and listen to your body, taking breaks when you need to.

Where you can, try not to arrange too many activities too close together. A hairdressing appointment, a trip to a garden centre and a visit from friends would be best with restful days in between, giving you a chance to recharge.

### A final thought....

The greatest discovery of all time is that a person can change their future by merely changing their attitude – Oprah Winfrey