



Sele News



Drs Gold, Walker & Frankel
Sele Medical Practice, Hexham Primary Care Centre,
Corbridge Road, Hexham, Northumberland, NE46 1QJ

Telephone (01434) 602237 Fax (01434) 613073

www.selemedicalpractice.co.uk

AUGUST 2017

PLEASE TAKE ONE

Staff Changes

Dr Harry Lewis-Barned and Dr Kate Rowley have left us for pastures new. Dr Lewis-Barned is now a qualified GP and Dr Rowley will be continuing her training. We wish them well for the future and thank them for their help.

We welcome back Dr Farrah Hussain who previously completed F2 training for 4 months and returns for GP training for a 6 month period. We also welcome Dr Emmet Carlin until August 2018.

Flu Vaccinations

We order a flu vaccination for every eligible patient. Please therefore attend our flu clinics so that the vaccine is not wasted.

The surgery will be offering injected seasonal flu vaccinations from the end of September 2017. An injected flu vaccination is recommended and given free to the following patients.

Those aged 65 years old or over, 18 years to 64 years or aged 6 months to 2 years who suffer from chronic heart or vascular disease, diabetes, chronic respiratory, renal or liver disease, anyone who is pregnant, immunocompromised or has a degenerative neurological disease or learning disabilities.

Carers may also be eligible for a free vaccination, please ask.

We will be holding two open clinics for patients eligible for injected vaccine on:

Tuesday 26th September
9am-2pm

Tuesday 10th October
9am-2pm

You do not need to book an appointment for these clinics, just turn up at the Practice. If you are unable to attend one of these clinics, bookable flu vaccine appointments will be made available in September or the vaccine can be given at any routine GP or nurse appointment.

At risk patients aged 2-17 years and all preschool children aged 2 and 3 years old will be offered a nasal vaccine at the practice and if you are eligible you will be contacted as soon as the vaccine is available. Please check our website for more details
www.selemedicalpractice.co.uk

All school children in reception and up to and including those in year four will be offered the nasal flu vaccination at school.

Water Dispenser

We have received patient feedback requesting the availability of a water dispenser in reception for patients. Although we are unable to provide a dispenser, Reception staff are available at any time to give anyone a glass of water.

Patient Care Letters

We are contractually obliged to send out letters for various aspects of patient care such as cervical smears, routine health checks and flu invitations. The number of contacts we are required to make varies but can sometimes include telephone follow ups as well as letters.

We cannot force patients to attend but would be grateful if appointments could be cancelled with notice if patients are unable to attend.

Stay Safe in the Sun

Summer is here and we expect sunny days, holidays and more time spent outdoors. But the hot weather puts us at risk of sunburn and skin cancer by not applying adequate or any sun cream.

Here are some tips from the NHS online to help stay safe in the sun:

- Make sure you never burn
- Cover up with suitable clothing and wear sunglasses
- Take extra care with children
- Use at least factor 15 sunscreen
- Spend time in the shade when the sun is the strongest, in the UK this is between 11am and 3pm from March to October

Health Walks

Health Walks have been set up to encourage groups/individuals to make walking a regular part of their lives and walking can help/prevent various health problems.

The walks are led by trained volunteers and there are various grades of walks offered to best suit each individual which are completely free.

Please pick up a leaflet from reception for more information.

Sele News

Same Day Emergency Appointments and Home Visits

If you require a same day emergency appointment or home visit please ensure that you call at 8am. Same day urgent appointments are to be solely used for emergencies only.

To use these appointments for non-urgent or routine problems, then delays or even prevents the GP dealing with emergency cases.

It is important to determine whether a problem is urgent in the morning instead of delaying until later in the afternoon if possible due to limited emergency appointments, therefore it is advisable to call when the surgery opens and be able to attend the given appointment time.

Changes to the Hearing Aid Repair Clinic

Hexham Hospital Hearing Aid Repairs is changing from **Monday 11th September**.

The current 'drop in' session for hearing aid repairs will be changing to an **appointments only** system.

To book a Hearing Aid Repair please phone **0191 223 1043 Option 2** or Email: tnu.tr.audiology@nhs.net

Hearing Aid Repair appointments are also available at Corbridge Health Centre every Friday (excluding bank holidays). To book an appointment phone **01434 632011** or email the above address.

Cyber Attack

Finally, we would like to thank everyone for their patience and understanding with the recent international cyber-attack.