



Sele News



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Covid Booster Vaccination Service

Appointments for vaccinations at **Hexham Mart** can be booked via the National Booking Service either online or by calling 119.

The programme has been adjusted such that all adults are to be offered a booster by the end January 2022, but no earlier than 3 months after the second dose (or for those who are immunosuppressed, their third dose).

Additional clinics are being planned for the Mart to accommodate this so please respond to your invitation from the National Booking System whether that comes via text, email or letter.

Any reference to Sele Medical Practice is misleading as the service is taking place at Hexham Mart. We understand this is confusing and apologise because we are unable to alter the name of the site.

Dr Walker

After over 20 years as a Partner, Dr Walker has taken the difficult decision to retire in the Spring.

We thank him enormously for his years of support and dedication to the practice and his patients.

We hope to be able to let you know about his successor very soon.

Appointments

Over the past few months, we have seen many of our team members having to isolate due to household contacts with covid or having covid themselves. Fortunately, none of them has been seriously unwell but this has created pressures within the remaining team.

We therefore thank you for your patience when trying to contact us by phone.

For any non-urgent matters which you think may be able to be dealt with online, we offer e-consult. Please click on the blue e-consult rectangle on our home page.

Please do not use our administration email for clinical matters. Again, e-consult on the front page of our website is the most secure method to contact us about clinical matters and allows information to be saved straight into your clinical record.

We continue to offer patients the choice of face to face consultations or telephone calls but this is under continuous review and we may need to revert to telephone calls in the first instance if guidance changes.

Covid 19 Treatments and Research

If you are 50 or over, or have underlying health conditions, **and** have had a positive PCR result (not lateral flow) in the last 7 days, you may be eligible to take part in a national study looking at the effectiveness of antiviral treatments for covid-19. For more details please go to www.panoramictrial.org or contact freephone 0808 156 0017.

Patients may also be contacted by NHS England offering treatment after a positive PCR test. Information about these treatments can be found at www.nhs.uk/CoronavirusTreatments

New Year's Resolutions

The New Year is often a good time to take up new activities and tackle problems such as unhealthy weight or smoking.

Our Living Well Co-ordinator or Practice Nursing team can guide you to appropriate services but there are many proven weight loss schemes available and free events such as Parkrun (Saturday morning, 9am at Tyne Green) out in the local community already.

For mental health issues, such as feeling overwhelmed, anxious or stressed, you can self refer to Talking Matters Northumberland. Their website is at www.mhm.org.uk/talking-matters-northumberland

or call 0300 3030 700

Hexham Safe Space

A weekly group, run by Mind Tyneside and Northumberland is being hosted at Hexham Abbey, **Wednesday, 1pm - 3pm**. The session is called Safe Space and provides a mix of facilitated group discussion, workshops and activities to help people learn how to effectively manage their own mental health and get more control over their lives. It gives people the opportunity to talk openly and discuss the issues that are important to them without fear of judgement.

The group is for people who have limited social networks, feel alone or isolated because of their mental ill health and would benefit from learning more effective techniques to improve their health and wellbeing.

You can contact Mind about joining the group on 0191 477 4545.

Mind's local support line is available 7 days a week 8am-10pm on 0330 174 3174.

A final thought.....

A friend's 4-year-old son was a bit unwell this week and came out with this cracker...
 "Laughter is the best medicine you know."
 I said, yes that's very true. He came back with...
 "Well technically medicine is actually the best medicine, but laughter is cheaper!"