
Sele News

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PLEASE TAKE ONE

Scarlet Fever/Strep A infections

There are lots of viruses that cause sore throats, colds and coughs circulating. These should resolve without medical intervention. However, children can on occasion develop a bacterial infection on top of a virus and that can make them more unwell.

As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement. Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other [signs of dehydration](#)
- your baby is under 3 months and has a temperature of 38°C, or is older than 3 months and has a temperature of 39°C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's [skin, tongue or lips are blue](#)
- your child is floppy and will not wake up or stay awake

Good hand and respiratory hygiene are important for stopping the spread of many bugs. By teaching your child how to wash their hands properly with soap for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, they will be able to reduce the risk of picking up or spreading infections.

Flu Vaccinations

We still have flu vaccine available for anyone over 18 who is eligible. Please book an appointment.

We can also offer nasal flu for those aged 2-3 and for those who missed the vaccination at school.

Extended Access Hub

The hub on Sele's premises will not be operational on Christmas Eve. However, appointments will be available on Tuesday 28 December at Corbridge.

The Saturday hub at the Primary Care Centre will be operational on New Year's Eve by appointment.

The hub reception desk, when operational, can be reached on 01434 613072.

Telephone System upgrade

We know how frustrating it can be waiting for a call to be answered so we have invested in some modifications to our queuing system which lets you know how your call is progressing up the queue.

We are particularly busy on Monday and Tuesday mornings so you may choose to ring at a less busy time.

We receive hundreds of calls every day and our reception team does its best to respond quickly and efficiently, so please treat them with respect. They are doing their best to help you and may ask you for some information so that they can direct you to the most appropriate clinician.

They are bound by NHS confidentiality agreements and cannot share any of your information with anyone outside the practice.

Christmas Closing

We will close at 18.30 on Friday, 23 December, and re-open at 08.00 on Wednesday, 28 December.

Village Surgery in Cramlington is likely to be open on Christmas morning and we will post details on our website and on Facebook.

Extended Access Hub

Sele Medical Practice hosts the extended hours hub every Saturday. You can book an appointment by speaking with one of our receptionists. The hub reception desk can be contacted on Saturdays only, 9am to 5pm on 01434 613072. This number is not answered at any other time.

Prescriptions

Please ensure you order your prescription in time for the Christmas break, bearing in mind that there may be delays in pharmacies being able to obtain medications.

If you are going away, please remember to take your medication with you.

Contact details

Please make sure you let us know of any change to your contact details, particularly mobile phone numbers.

A final thought...

Wishing you joy, peace, and good health this festive season.