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# Sele News

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December 2023 [www.selemedicalpractice.co.uk](http://www.selemedicalpractice.co.uk)

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## Christmas closing

Please note that the practice will be **closed** from Friday 22 December at 6.30pm as follows:

Saturday 23 December

Sunday 24 December

Christmas Day

Boxing Day

We will reopen at 8.00am on Wednesday 27 December.

We will also be closed on New Year's Day, Monday 1 January.

Please, therefore, make sure you have sufficient medication to last over the festive break.

## Hub operating hours

The Saturday extended access hub will operate on Saturday 30 December.

We will post updates on our website about any other available services over the festive period.

To book an appointment at either the Corbridge (weekday evenings) or Hexham hub (Saturdays), please use the following links:

Corbridge Health Centre

<https://nhs.bookings.herohealth.net/.../424/locations/634> and select GP

Telephone Call or ring NHS 111.

Hexham Primary Care Centre:

<https://nhs.bookings.herohealth.net/.../424/locations/633>

Patients will need to enter their NHS app login details (or set that up) to proceed with the booking online.

## Practice Area

Did you know we have a defined practice area? This area has been agreed with NHS England and reflects a contractual obligation for us to provide full medical services to those patients registered with the practice who live within that area.

It is particularly important that patients are aware of this as our community nurses will only visit housebound patients within that defined area.

When patients are young, fit and healthy, living a little way outside the area is usually not an issue as they can get to the practice and they do not need the input of the community nursing team. However, when patients become more frail or are in need of home visits, we are not resourced to provide this service and we encourage patients to register closer to their home so that they can access the full range of services they may need. We would encourage anyone moving outside of the main catchment area of Hexham to check with us as our inability to visit at a critical time can cause issues.

### **The Carents room**

<https://carents.co.uk>

This is a very useful and well researched resource for anyone caring for an elderly relative. Navigating the various systems can be tricky and the information on here can help enormously.

There is also now a newsletter which you can sign up for to keep you updated.

A facebook group, under the banner of the 'Carents Lounge' allows members to share experiences and support each other in, what can be, a challenging and isolating role.

### **Parkrun, Active Advent and beyond...**

How about being active in Advent? The long cold evenings can make people shy away from activity, but Tyne Green Parkrun will go ahead, weather permitting, on Saturday 23 December and Saturday 30 December. Thanks always to the volunteers that make the event happen.

For those who are really keen, there are parkruns at various places, some slightly further afield, on Christmas day and New Year's Day.

There are volunteering opportunities at all of these events if you don't like the idea of running or walking whichever 5km course you select.

#### **Christmas Day:**

Leazes, Newcastle

Jesmond Dene, Newcastle

#### **New Year's Day:**

Tyne Green, Hexham

Prudhoe Riverside, Prudhoe

Denton Dene, Newcastle

Why not try some fresh air and exercise to prepare you for a big lunch or to work off any excesses!

A final thought...

*Sometimes, the best thing we can do for our patients is to tell them what the best behavior is and then negotiate something they can live with. (Nancy Dickey)*