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# Sele News

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

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PLEASE TAKE ONE

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## Digital workshop

A session will be held on Tuesday morning, 7 February at the Mart for anyone wishing to learn more about how to use technology to make appointments, order medication or use e-consult.

Please look out for details on our website and facebook page. You need to book in so that appropriate numbers of staff can be made available to help.

For further information or to book a place, please contact:

[nencicb-nor.westnorthumberlandpcn@nhs.net](mailto:nencicb-nor.westnorthumberlandpcn@nhs.net)

## Influenza

We still have a small supply of flu vaccine available, so please make an appointment if you are eligible.

Please refer to the NHS website for self care if you have flu symptoms.

Your pharmacist may also be able to help with pain relief and advice.

## Saturday Extra Care Hub

Many patients will know that we host a Saturday service from the practice premises.

A range of appointments are on offer so please ask if you'd like to be seen on a Saturday.

The 'hub' has regular staff including GPs, nurses, a healthcare assistant and a receptionist team. Services offered include well woman (smears, coils etc) and ear syringing.

## Masks

Due to the high incidence of covid and other winter viruses, please wear a mask when you attend the practice if you have respiratory symptoms.

Masks are available at the entrance above the washbasins.

## **Patient Participation Group**

We are looking for additional group members – the only qualification is that you are a patient registered at Sele Medical Practice. We have quarterly meetings, usually on a Friday morning.

Please ask to speak with the Business Manager, Anne Brooks for further information.

## **Additional practice services**

The practice has access to a first contact physiotherapist who can assess any Musculo-skeletal aches, pains or discomfort. He works at the practice on Mondays.

Your GP can now refer you to our onsite Mental Health Practitioner who can deal with a wide range of mental health problems.

Our Living Well Co-ordinator can signpost patients to local services and organisations whose activities may interest you. They can also help with issues such as accessing benefits and grants to aid wellbeing.

## **Data disclosure**

We never disclose contact details to anyone unless we have your express consent. Unless you tell us otherwise, we will share your contact details when referring you to hospital or other services where a contact number is essential and for your benefit.

## **Stroke Awareness**

The Stroke Association is raising the awareness of atrial fibrillation which can increase the risk of stroke.

Atrial Fibrillation is an irregular heartbeat which may mean that the heart isn't emptying all the blood out of its chambers. Leftover blood can form clots which can travel around the body, potentially causing a stroke.

You can check your pulse to ascertain whether your heartbeat is regular.

A smartwatch might be able to do this for you if you have one.

## **DNA (did not attend)**

In December, 49 people failed to attend their booked appointment.

This meant that we were unable to offer appointments to 49 people who might have benefitted from them.

Please let us know if you can't attend so that the appointment can be given to another patient.

## **A Final thought:**

- "Mental health...is not a destination, but a process. It's about how you drive, not where you're going." — *Noam Shpancer, PhD*