
Sele News

**GPs: Drs Gold, Frankel, Coady, Lewis, Dovey and Spiers
Hexham Primary Care Centre, Corbridge Road, Hexham,
Northumberland, NE46 1QJ
Telephone (01434) 602237**

March 2023

PLEASE TAKE ONE

Contact Details

Please ensure we have your up to date contact details and remember to advise us if you change your mobile number.

Please also note that, if you move out of our practice area, we may ask you to register with another practice.

Easter closing

We will close for Easter at 18.30 on Thursday 6 April and reopen at 08.00 on Tuesday 11 April.

Please ensure you have sufficient medication to see you through the break.

Please also ensure that if you have friends or family coming to stay, they bring their medication with them.

Spring Boosters

Invitations will be issued to those aged 75 and over and a small cohort of patients who are immunosuppressed. All clinics will take place at the Mart.

Drug shortages

Please be aware that there continue to be many shortages of drug supplies which creates a significant amount of extra work for both the practice and your pharmacy and which may delay the fulfilment of your prescription.

We prescribe mainly in quantities of 28 days' supply to try to avoid wastage and to ensure that medication is not stockpiled.

Prescription charges

Prescription charges increase to £9.65 per item from 1 April 2023.

If you are on regular medication, you may wish to consider an annual or 3 monthly pre-payment certificate available via the NHS Business Services Authority website or from a pharmacy registered for the scheme.

Prepayment certificates for HRT are to become available from 1 April. These will cost £19.30 per annum.

Additional roles

Our core practice team is enhanced by colleagues who provide additional services on site for our patients.

Please consider booking an appointment with David Bransby, our first contact physiotherapist for any aches and pains.

Our pharmacist, Lisa Hoyland can respond to queries about medication and carries our medication reviews to ensure that treatment is effective and that patients understand why they are taking medication and check how well it is working.

Our Mental Health worker, Tania Amos is available to support patients with mental health difficulties.

Rebecca Gibson, our living well co-ordinator can signpost patients to groups and activities to help improve patients' quality of life. She can also help with other wider issues.

Extended Access hub

Saturday appointments are available at the practice premises via the local extended access hub.

Medical Students

We will be hosting final year students over the next couple of months.

Becoming Active

We constantly promote activity as a way to wellbeing.

Activity can start with simply sitting and lifting a couple of tins or getting off the bus a stop early and walking the rest of the way. We are not advocating doing the Great North Run (unless you want to).

We know that being aware of how far you should push through pain and breathlessness is a real issue for some and our team can guide you.

If you could consider walking or jogging or running 5km, you might want to join in a parkrun or parkwalk at Tyne Green on a Saturday morning at 9am. All ages and abilities are welcome.

A junior parkrun is held at the same venue using a 2km course on Sunday mornings.

Both events welcome volunteer helpers to ensure safety and to provide encouragement.

Digital workshop

The digital workshop held at the Mart in early February was well received by those who attended. Members of the practice team were available to help those who needed support to use some of the digital systems available.

Please look out for further workshops.