



Sele News



Drs Gold, Walker & Frankel
Sele Medical Practice, Hexham Primary Care Centre,
Corbridge Road, Hexham, Northumberland, NE46 1QJ

Telephone (01434) 602237 Fax (01434) 613063

www.selemedicalpractice.co.uk

MAY 2018

PLEASE TAKE ONE

Medication from Hospital

Hospitals often ask the GP to change medication or to start new medication. The practice cannot do this without notification from the hospital so please leave a week minimum before requesting any new or changed dosage so that we have time to make the appropriate amendments. Your GP takes responsibility for every prescription he or she issues, so they may sometimes wish to discuss changes with you.

Prostate Cancer

PSA testing is in the news and you may be considering whether you should have a blood test. Before you do so please read more about it on the NHS Choices website, at Prostate Cancer UK or Patient.co.uk where you can find a leaflet to download and print at home. If you are concerned, and in particular if you have symptoms, please make an appointment with a GP.

Over the counter medication

Please talk to a pharmacist before contacting your GP about hayfever medication. Antihistamines, nasal sprays and eye drops can all help alleviate hayfever symptoms. Other over the counter medication can be significantly less expensive than on prescription and your pharmacist can provide sound advice on many common conditions.

10th Anniversary of the Primary Care Centre

Sele moved into the Primary Care Centre mid May 2008. We have seen many changes in that time both in terms of staffing and services. Our premises remain a pleasant environment in which to work and to attend as a patient, with many extra services being offered within the building.

It is also 70 years since the NHS was founded with advances in healthcare having been remarkable in that timeframe. However, the system continues to be placed under extreme pressure.

Health walks

We are aiming to set up some taster health walks in conjunction with Active Northumberland. Walking, particularly as part of a group, helps both physical and mental health and is fully supported by our GPs and nurses as a great way to keep active and to possibly even make new friends. The walks will be guided and there is always a 'follower' who will ensure that they keep pace with the slowest walker so no-one is left behind and that everyone can walk at their own pace.

Please look out for details on the practice website and in the surgery

Why not give it a try!

Travel Vaccinations

Please make sure you complete a travel form in good time if you think you may need travel immunisations so that we can make an assessment and offer you the appropriate vaccines for the destination.

Research projects

The practice is occasionally involved in research projects and may invite you to participate or ask you to contact the appropriate research teams directly. The practice never discloses your information to a third party without your consent.

Mobile telephone numbers

Please ensure that you advise us if you change your mobile number. We can use the number to send you text reminders and you can also cancel appointments by text by replying to the reminder.

Yellow Fever

We are no longer able to offer yellow fever vaccinations. Your nearest centres are Haltwhistle Surgery and Branch End Surgery, Stocksfield.

Did Not Attend

There were 93 appointments wasted in March as a result of patients failing to turn up. Please let us know if you can't attend as we can usually offer the appointment to someone else, even at short notice. Our text reminder service gives you the facility to cancel or, if you have online access, you can cancel online too.

Sele News

Staff changes

Joanne Crewdson has joined our reception team.

Our new GP Registrar is Dr Jess Twigg who is with us until early August. She is a fully trained doctor, starting her specialist GP training. Dr Carlin, also a GP Registrar, is with us part time until August.

Urgent Appointments

Examples of appropriate urgent conditions which should be seen on the same day include:

- Chest infections
- Suspected tonsillitis
- Breathlessness/wheezing
- Bleeding
- Stomach pains
- Earache
- Painful eyes
- Fainting
- Any severe pain (chest pain likely warrants a 999 call)

Extended hours appointments at Corbridge

GP practices across Northumberland are working together to provide appointments on weekday evenings and Saturdays. Our patients are able to book appointments at the Hadrian Extra Care Hub in Corbridge via the practice. Please ask a receptionist.

E-mail contact

Please do not contact us about clinical matters via e-mail. Please speak to our receptionists by telephone or attend in person.

Last word

Healing is a matter of time, but it is sometimes also a matter of opportunity.
Hippocrates