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# Sele News

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

May 2023

PLEASE TAKE ONE

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**Much of the content of this newsletter has been suggested by our patient group and we thank them for their input.**

## **Birth month reviews**

We are in the process of introducing a system of birth month reviews such that patients requiring an annual review of their long term conditions will be sent a letter in their birth month. We will try to combine appointments to reduce the number of times you may need to attend the practice.

## **e-consult**

We encourage patients to use e-consult, on the home page of our website, for straightforward administrative requests such as sick notes. However, if patients use this mechanism to request services which incur a charge, that charge will still be applicable.

## **Waiting times**

We try to offer appointments at varying times through the day and allow some flexibility in booking. However, we do not have infinite resources and must allow our clinicians to practice safely. There can sometimes be a wait to see the clinician of your choice but we will always ensure you can see someone or speak with someone if you feel your problem cannot wait.

Please consider our many additional staff who are available for patients to book appointments directly such as our First Contact Physiotherapist, Pharmacist, Mental Health worker and Living Well co-ordinator.

## **Healthier you service**

Our GPs or practice nurses may refer you to this service which is available locally. This service strives to help you with lifestyle and dietary advice.

## Lloyds Pharmacy

We are aware that Lloyds Pharmacy on the hospital premises is to soon be taken over by an independent Pharmacy.

The business is experiencing some disruption whilst the changeover is taking place, but is continuing to provide services to its customers.

## Inhaler disposal

Please remember to return your inhalers to the pharmacy for recycling as they will continue to release harmful greenhouse gases if they are disposed of in rubbish bins.

## Usual Sessions

Our regular GPs have very busy days and are not always available to see patients in designated surgeries as they visit care homes, teach our GP Registrars and attend to the business of the practice as well as absences for study and annual leave.

However, usual surgery sessions are as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Dr Gold Dr Frankel Dr Lewis Dr Spiers	Dr Gold Dr Frankel Dr Coady Dr Dovey	Dr Gold Dr Lewis Dr Coady Dr Spiers	Dr Lewis Dr Dovey Dr Spiers	Dr Gold Dr Frankel Dr Coady Dr Dovey
Afternoon	Dr Frankel Dr Coady Dr Spiers	Dr Spiers Dr Lewis Dr Dovey	Dr Coady Dr Frankel Dr Spiers	Dr Dovey Dr Lewis Dr Spiers	Dr Gold Dr Frankel Dr Dovey

We may also have GP Registrars and medical students seeing patients, always overseen by a regular GP.

A final thought...

Hearty laughter is a good way to jog internally without having to go outdoors.

[Norman Cousins](#)