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# Sele News

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

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## Flu clinics

Our main flu clinic is Saturday 30 September. Please book an appointment – online if possible.

We will make more appointments available as needed.

Those eligible are those aged 65 or over and those with the following conditions:

- Chronic respiratory disease
- Heart Disease
- Chronic Kidney disease
- Liver Disease
- History of Stroke or other neurological condition
- Diabetes
- Immunosuppression
- Without a spleen
- BMI 40+
- Carers
- Pregnant

We will mainly be sending out text messages to invite patients to book

so please make sure we have your up to date mobile phone number.

## National Patient Survey

Although our national patient survey results show that satisfaction with various aspects of the practice is in the top 10% in the county, we strive to ensure that our services meet contractual standards.

We continue to experience unprecedented demand and therefore continue to monitor and adjust appointments within our resources.

## Covid Autumn Boosters

We have just received details of an autumn booster campaign for over 65s and those at high risk. Clinics will take place at Hexham Mart. In the meantime, please book in for your flu vaccination as usual.

## **Staff**

We welcome Dr Nyan Zaw as a GP Registrar who will be with us until February 2024.

Dr Ho will be leaving the practice in October and we thank her for her valuable contribution over the 8 months she has been with us.

We welcome Karen Hayter to the practice as care co-ordinator. She will be liaising with healthcare professionals to ensure co-ordinated care for our most vulnerable patients.

Kathryn Bevan has joined the team as a pharmacy technician to work alongside Deb Sim and Lisa Hoyland in ensuring that patients are taking their prescribed medications, those medications continue to be effective and appropriate and that patients fully understand why they have been prescribed.

The team is also able to synchronise prescriptions, put medication on repeat dispensing and arrange for dosette boxes, all as appropriate.

## **Bowel Screening**

We regularly receive reports of patients not having returned their bowel screening kits.

We would like to encourage everyone who is sent a kit from the national screening programme to use and return their kit.

If there is an abnormality found on screening, onward referral for swift treatment will likely improve prognosis.

Please look on our website for information about how best to take the sample as we know it isn't easy or pleasant; but it is definitely worthwhile.

We would encourage all patients to engage with each of the national screening programmes for which they are eligible.

## **Website**

We have made some changes to our website to try to improve its accessibility for all. For example, there is now a search tool to direct patients to the correct area of the website.

## **A Final Thought....**

**"Keep your face always  
toward the sunshine, and  
shadows will fall behind you."  
Walt Whitman**