



# Sele News



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**SPRING 2020**

**PLEASE TAKE ONE**

## **Dr Frankel**

Dr Frankel is currently away from the practice on sickness absence. At present, we have no return date for him, though we hope that he may be able to return to carry out some limited duties in the next few weeks.

We are sorry for any inconvenience this may cause but have secured locum GPs to cover many of his surgeries. His absence has also impacted on minor surgery services and vasectomies which cannot be covered by anyone else at present.

## **Ordering Repeat Medication**

We ask you for 2 days' notice to prepare your prescription ready to be sent or taken to a pharmacy. The pharmacy also needs time to order and prepare your medication so please ensure you build this into your timetable for ordering. You should be aware, however, that we are unlikely to accept a request for repeat medication more than 7 days in advance, for safety. Online ordering can be more convenient as this can be done when we are closed but we still require 2 days' notice as the same checks need to be made as if ordering by telephone. Our prescription line is available 10am to 4pm Monday to Friday. Mornings tend to be busiest and you may wait a while to get through.

## **Hospital Prescriptions**

Please note that hospital prescriptions should be dispensed by a hospital pharmacy. Any hospital prescription request brought to the practice will be subject to the same 2 working-day timescale as routine requests.

## **Reversing Diabetes**

Some patients may be aware that the practice was a control practice in Professor Roy Taylor's research project which has resulted in his publishing a book about reversing type 2 diabetes.

Some of the key points can be used for general weight loss and lifestyle changes:

- Try not to snack.
- Eat only at meal times
- Cut your portion size to about 75% of what you'd normally eat – try using a smaller plate
- Focus on what you eat – set time aside for your meal and don't be distracted by the television etc.
- Drink plenty of fluids (not alcohol)
- Try telling others – getting support from others can really help boost your willpower.

## Telephone calls

We are sorry if you sometimes have to wait to speak to one of our receptionists when you telephone. We take over 2000 calls per week, with over 500 of those on a Monday. Why not sign up for our online services to request repeat medication or to make an appointment?

## Parkrun

You're likely to have read about parkruns in previous editions of this newsletter and we are delighted that we can recognise many patients as participants and volunteers. Anne Brooks, Business Manager and Nina Watt, Senior Receptionist are regular participants; practising what they preach!

You can run, jog or walk the 5km course but are never last as there is a tail walker every week.

You can monitor your progress week on week and feel a huge sense of achievement every time you complete the course.

Why wait? Sign up and participate this week!

## CQC Inspection

The practice underwent a focused CQC inspection on Friday 28 January. We await the inspection report.

## Sele Team

Dr Cottrell, registrar, is now on maternity leave with a due date in early March. Dr Kumar, also a registrar, is with us until early August.

Dr Chalmers, Dr George and Dr Corbett are all working for us at the moment to cover Dr Frankel's sessions.

### Online facilities

26.28% of our registered patient population is signed up for online services which means they can book appointments and order repeat medication online. We are making available increasing numbers of appointments online but if you need to be seen urgently, you will need to speak with a receptionist.

In December 507 prescription requests were made online and we look forward to an increasing number of these coming through.

If you think it would be useful to have access to your immunisation history, this is available online too.

### Reasons to quit smoking

- You'll feel less stressed
- Your skin will look younger
- Your breath will smell fresher
- Your family and friends will benefit by not being exposed to your second-hand smoke
- You'll have more money

The longer term benefits include:

2-12 weeks – better circulation

3-9 months - improved lung function

12 months – half the risk of heart attack compared with a smoker

10 years – half the risk of terminal lung cancer than that of a smoker

15 years – your heart attack risk

becomes the same as someone who has never smoked

### A final thought....

A man's health can be judged by which he takes two at a time - pills or stairs. Joan Welsh