

# Betts Avenue News

Opening Hours – Monday – Friday 08:30am – 6pm

## COVID 19 VACCINATION

Following extensive trials, COVID -19 vaccinations have been approved in the UK and are now available to priority groups.

The vaccinations may not take place at your GP practice, but rather a local vaccination service led by GP's, Practice Nurses and Community Pharmacists.

When it is the right time for you to receive your vaccination you will receive an invitation to come forward. This may be via phone or a letter from either your GP surgery or the National Booking System.

We know lots of people will be eager to be protected but we are asking people not to contact us to book an appointment as you will not be able to get one until you have been invited.

## IS IT URGENT?

During the coronavirus pandemic we have limited appointments available.

Therefore it's important to understand what other services are available.

Before ringing – **THINK** - is it urgent?  
Can it be treated by going to a local pharmacy and buying something over the counter?

Have you submitted a consultation via our website using our E consult service? The NHS is under a lot of strain at the moment and you may have to wait longer than usual to speak to someone if it's not urgent.

## NHS ZERO TOLERANCE FOR ABUSE

The NHS operate a zero abuse policy. Both physical and verbal abuse towards **ANY** member of our team will not be tolerated. Any patient found in breach of this policy may have to find alternative medical care.

The staff come to work to help patients and I'm sure you can respect we're already under a lot of stress. Please be kind and respect the team that looks after you.

## LOOKING AFTER YOUR MENTAL HEALTH

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

- Connect with other people – *this can help you to provide emotional support and allow you to support others*
- Be physically active – *evidence shows this can improve your mental wellbeing by raising your self – esteem and causing chemical changes in your brain which help to positively change your mood*
- Learn new skills – *this can help to boost self confidence and help you connect with others*
- Give to others – *this can create positive feelings and a sense of reward*
- Pay attention to the present moment (mindfulness) – *This can improve your mental wellbeing, this includes your thoughts and feelings, your body and the world around you*

**If you need help during a mental health crisis or emergency please contact the numbers below...**

**Crisis Team – 03031231146 Anxiety UK – 03444775774**

**CALM – 0800585858 Mind – 03001233393**

**OCD Action – 08453906232 Samaritans – 116123**

## ANNUAL REVIEWS

Due to the pandemic and the limited nurses appointments at the surgery we are very behind on booking annual reviews. We are trying to catch up and if anyone has any issue relating to their chronic illness we urge you to contact the surgery.

### Surgery Closures

10<sup>th</sup> March 2021 : 12:30 – 18:00

2<sup>nd</sup> April 2021 : All Day

5<sup>th</sup> April : All Day

3<sup>rd</sup> May 2021 : All Day

31<sup>st</sup> May : All Day

[www.bettsavenue.nhs.uk](http://www.bettsavenue.nhs.uk)

### Contact Us

Kenton – 01912461546

Benwell – 01912742767

[bettsavenue@nhs.net](mailto:bettsavenue@nhs.net)

**FACE MASK OR  
FACE COVERING**



**MUST BE  
WORN  
TO ENTER**

**NHS Campaigns  
2021**

**Cervical Cancer  
Prevention Week**

**18<sup>th</sup> – 24<sup>th</sup> January**

**Time to Talk Day**

**4<sup>th</sup> February**

**Eating Disorder  
Awareness Week**

**1<sup>st</sup> – 7<sup>th</sup> March**

**Stress  
Awareness  
Month**

**1<sup>st</sup> – 30<sup>th</sup> April**

**National Walking  
Month**

**1<sup>st</sup> – 31<sup>st</sup> May**

