

Betts Avenue News

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

Flu Clinics

- **Over 65's** - Thursday 3rd October
 - **Under 65's** - Thursday 7th November
- A catch up clinic will be available in December for those unable to make these clinics.

Please contact reception to book an appointment

Patient Participation Group

Our next meeting will be held on **Thursday 12th December 2019** at **10:30am** at **Kenton Medical Centre**. We will be discussing our E-consult programme and updates on new GPs.

Tea, Coffee, Biscuits and Cake will be served.

E-Consult!

- The practice is now live with e-consultations.
- E-Consult provides an online portal where patients can self check their symptoms and receive medical advice.
- You can ask for help with a specific problem or condition, ask for general advice if you are not sure what your symptoms mean or request for administrative help for things like sick notes etc.
- You can receive advice and treatment by the end of the next working day, you may not have to even come to the surgery.

Please visit our website to start a E-Consult.

Consult our doctors online

Our eConsult service lets you:

- Request advice and treatment from our practice online
- Get self-help advice for hundreds of common conditions

GET STARTED

Surgery Closures

Wednesday 16th October – 12pm – 6pm
Wednesday 20th November – 12pm – 6pm
Wednesday 25th December – All Day
Thursday 26th December – All Day

www.bettsavenue.nhs.uk

Contact Us

Kenton – 01912461546
Kenton Fax – 01912461550
Benwell – 01912742767
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Catch It. Bin It. Kill It.

It's important to look after yourself, especially during the winter.

If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist.

Colds and the flu are immune to antibiotics. Antibiotics are only effective against bacterial infections, colds are caused by viruses.

Flu is very infectious and spread by germs from coughs and sneezes, which can live on hands and surfaces for 24 hours. To reduce the risk of spreading flu, use tissues to trap germs when you cough or sneeze, wash your hands often with warm water and soap, and bin used tissues as quickly as possible.

Catch it. Bin it. Kill it.

Alcohol Awareness

We're supposed to be keeping an eye on how much we drink, but how many of us really know what a unit of alcohol is?

Units are a simple way of expressing the quantity of pure alcohol in a drink.

One unit equals 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult can process in an hour.

Regularly drinking more than 14 units of alcohol a week risks damaging your health.

The recommended weekly limit of 14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of low-strength wine.

New evidence around the health harms from regular drinking have emerged in recent years. There's now a better understanding of the link between drinking and some illnesses, including a range of cancers.

NHS Campaigns 2019

November – Men's Health Awareness Month

1st – 30th November
2019

Anti-Bullying Week 11th – 15th

November 2019

Alcohol Awareness Week

19th – 25th
November 2019

World Aids Day

1st December 2019

