



Summer is fast approaching:



If staying at home or travelling abroad stay safe this summer with the following tips:

Sunscreen is a must either *at home or abroad*; you can prevent damage from the sun by covering your skin, using sunscreen, wearing sunglasses and a hat and seeking shade. Use sunscreen with a high SPF (and the higher the better for children) and remember to hydrate yourself with plenty of liquids.

Do you need any **vaccines**? Check your requirements with our practice nurses. Please allow time to book the relevant appointments; some vaccines need to be given at least 2 weeks prior to travel, but more complex itineraries may require several visits. It must be stressed that vaccines only prevent a small number of travel-related illnesses so **pay careful attention to food and water hygiene**.

Medicines Waste

It is estimated that up to £1.5million could be saved across North Durham on wasted medicines every year. **Play your part in helping us to reduce waste:**

- Check which items you need before ordering your repeat prescription and **only order what you need**.
- Let your GP, nurse or pharmacist know if you have stopped taking any medicines on your repeat prescription,
- And remember - medicines cannot be recycled, whether they have been opened or not?
- Return unwanted medicines to your pharmacy for safe disposal.
Don't throw them away

If you need to go into hospital, please take your medicines with you. This will enable hospital staff to effectively assess your care.

Dr Young & Partners Consett Medical Centre



Station Yard
Consett
Co. Durham
DH8 5YA

Telephone: 01207 583400
Fax: 01207 508120
Cancellation line: 01207 593580

Beat the queues

Visit our website to order repeat medication, book appointments and have limited access to your medical record. We require two forms of ID and the completed registration form available from reception. **Ask staff for details.**

**Summer
Newsletter 2017**

www.consettmedicalcentre



Staff news at Consett

Welcome to... cal Centre:

Janice Hargreaves, our new nurse practitioner who will be working alongside the GPs assisting with daily triage.

Important surgery notice

The surgery phone lines will be **closed from 12.00-12.30 daily**. Our main **reception desk will remain open from 8.30am-5.30pm every day and will not close**. A dedicated number will be available during the time our lines are closed in case of emergency. To help improve our appointment system the Doctors have requested information when you call for a duty Doctor. Our reception team will need to ask the reason for your call so they can direct you to the correct clinic or appointment. We thank you for your support. **When calling the surgery for results and hospital transport please ensure you are calling between 1pm-4pm, Monday to Friday.**

Well Woman Clinics:

As well as our usual Well Woman Clinics during the day, we have also started to run an express clinic every **Tuesday morning from 8.30am**. You do not need an appointment; drop in and give your name to reception. We are also providing a clinic on a **Monday evening**; booked appointments are available **from 8.30am to 10-55am**.

Consett Medical Centre is
dementia friendly surgery

For more details, please speak to our
reception team.



The **Herbert Protocol** is a new scheme recently introduced by Durham Constabulary.

Working alongside its partner in the council, fire and rescue as well as Age UK and The Alzheimer's Society, it encourages staff, family, friends and carers to compile useful information which could be used in the event of a vulnerable person going missing from either care homes or their own homes.

When to access out of hours and 111

When the surgery is closed NHS 111 is the number to call when you need medical help fast but it's not a life-threatening emergency. Calls to 111 are FREE from landlines and mobiles and NHS 111 is available 24/7, every day of the year. **During normal surgery hours the practice remains your first point of contact for all routine requests. If you contact 111 you may be redirected back to the surgery.**

If it's a life threatening emergency call 999



If you live in the Durham Dales, Easington, Sedgefield, Derwentside, Durham or Chester-le-Street areas and **need help getting to your health appointments**, Help to Health volunteers could help. Please see **Reception**.

Cancellation Line:

If you have booked an appointment you can't keep please use our **cancellation line 01207 593580** or **cancel through our website**. Please **do not waste an appointment** as they are very valuable.

