

**Consett Medical Centre  
Station Yard  
Consett  
Co Durham  
DH8 5YA**

**Newsletter**

**February 2024**

**Staff updates**

Last year we welcomed 5 new GPs to the team, **Dr O'Brien, Dr Saber, Dr Mcdevitte, Dr Koerner and Dr Liggins**. We also have 2 new Trainee GPs commencing with us on Wednesday 7<sup>th</sup> February on a 6-month rotation, **Dr Idagu and Dr Ebole**.

We are delighted to have a new diabetic team, we now have three diabetic specialist nurses - **Debbie, Karl, and Helen**.

**A look back on January 2024**

4972 Face to face appointments  
191 Home Visits  
816 Telephone call appointments  
266 Did not attend

9359 Inbound Telephone calls to our reception team

Our Surgery welcomed 72 new patients

8 New Babies were born!



**Health Awareness Events / Calendar**

01/02/2024- **Time to Talk Day**

<https://timetotalkday.co.uk/>

04/02/2024- **World Cancer Day**

<https://www.worldcancerday.org/>

05/02/2024-11/02/2024 **Childrens mental health week**

[childrensmentalhealthweek.org.uk](http://childrensmentalhealthweek.org.uk)

25/02/2024 – 02/03/2024 **Eating Disorder Awareness Week**

[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

29/02/2024 – **Rare disease day**

<https://www.rarediseaseday.org/>

**Quote of the month:**

**KINDNESS**

*is a gift  
everyone can  
afford to give.*

Millions of people are using the **NHS App** to manage their health the easy way. Find out how you can use the NHS App to order repeat prescriptions. <https://digital.nhs.uk/services/nhs-app/nhs-app-features>



**Queue Buster**



We Experience high numbers of calls in the morning.

When you contact the practice, you will be given the option to Press 1 – Which means you can hang up the phone and your place in the queue will remain.

Our Phone system will call automatically call you back when you reach the front of the queue.



**It is not too late to book your Flu vaccine!**

**call the surgery on 01207 583400 to arrange your vaccine and protect yourself from flu.**



### **First Contact Podiatry Services Are Now Available**



*We are now providing a FCP service to treat/advise on a variety of painful conditions of the foot and ankle. Through this service you can also be directed to a Specialist Services, if necessary.*

**Please just contact the Practice if you would like to attend our FCP Service.**

- Foot ulcers.
- Callus/corns, other lesions - verrucae
  - Suspected foot infection.
- any nail problem, ingrown nails, fungal infections.
- Foot deformities - bunions, hammer toes.
- Functional problems - Tendinitis, plantar fasciitis, flat feet, arthritis.
- Any foot and ankle pain - heel pain/ball of foot pain.
  - Footwear fitting issues
- Suspected infection - red, hot, and swollen foot.

The **E-Consult** is used for **fit notes and administrative Queries only**. To better assist with patient safety, we ask that any queries relating to a medical condition are not put through via E-Consult.

**Please call us on 01207 583 400**

### **Meet our team – February**

In this section, every month we will introduce a member of our team including answers to questions the individual has provided.

**Deborah, Community Matron**



#### **Joined CMC in August 2015**

What are your interests outside of work?

**Caravan / holidays / grandchildren / Crocheting silly things.**

What are your interests as a GP/Nurse?

**Looking after the older generation.**

What you enjoy most about being a GP/Nurse?

**The variety of people I work with, and I just feel privileged to support people and families, especially at their most vulnerable times.**

### **Pharmacy first Scheme**



As of 31<sup>st</sup> January 2024, our receptionists can refer to local pharmacies for:

- Sinusitis - 12 years and over
- Sore throat - 5 years and over
- Earache - 1 to 17 years
- Infected insect bites – 1 year and over
- Impetigo – 1 year and over
- Shingles– 18 years and over
- Uncomplicated urinary tract infections in women – woman 16-64 years

