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 7th 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!



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

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

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

beateatingdisorders.org.uk

29/02/2024 – Rare disease day https://www.rarediseaseday.org/



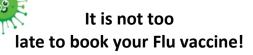
Queue Buster



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.



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

First Contact Podiatry Services Are Now



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 31st 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