

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

Newsletter

June 2024

Staff updates

We have an exciting opportunity for someone to join our Reception Team. This is a permanent, full-time position (37.5 hours per week), which comprises of a 2-week rota. Week one 08:30-16:30/Week two 09:30-17:30.

For full details of this vacancy please access the NHS job website.

www.jobs.nhs.uk

A look back on May 2024

Face to face appointments: **4134**

Home Visits: **183**

Telephone call appointments: **944**

Did not attend: **341**

Inbound Telephone calls to our reception team: **8409**

Our Surgery welcomed **61** new patients.

8 New Babies were born!



Health Awareness Events / Calendar

BNF Healthy eating week 10/06/24-14/06/24

<https://www.nutrition.org.uk/healthy-eating-week/>

World Blood Donor Day 14/06/24

<https://www.blood.co.uk/>

Cervical Screening Awareness Week

17/06/24-23/06/24

<https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week>

Learning Disability week 19/06/24-25/06/24

<https://www.mencap.org.uk/learningdisability-week>

Quote of the month:

**TODAY IS A
NEW DAY. EVEN IF
YOU DID IT WRONG
YESTERDAY, YOU CAN
GET IT RIGHT TODAY**

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.

!! Reminder !!

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

First contact podiatrist

FCPOD aim to assess any painful conditions of the Foot and Ankle. They will treat/advise and direct you to Specialist Services if necessary. 🙌
Conditions they aim to treat, include but are not exclusive to:

SKIN CONDITIONS

- Foot Ulcers.
- Callus/Corns Other Lesions e.g., Verrucae
- Suspected Foot Infection

NAIL CONDITIONS

- Any Nail Problem e.g., Ingrown Nails, Fungal Infections.

JOINT AND MUSCLE PAIN (BIOMECHANICAL ASSESSMENTS)

- Foot Deformities e.g., Bunions, Hammer Toes
- Functional Problems e.g., Tendinitis, Plantar Fasciitis, Flat Feet, Arthritis
- Any Foot and ankle pain e.g., Heel Pain/Ball of Foot Pain.
- Footwear Fitting Issues
- Suspected Infection e.g., Red, Hot and Swollen foot.

Simply ask our receptionists for an appointment 🙌

Walk in smears every Tuesday!

Did you know every Tuesday we have a walk-in smear clinic, there is no need to book an appointment - just walk in between **8:30am and 10am**.

Meet our team – June

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

Julie, Nurse Practitioner / Nurse Manager

Year started 2014 (also worked here 2002 - 2009)



What are your interests outside of work?

Walking/travelling/seeing friends and family

What are your interests as a GP/Nurse?

Contraception & women's health

What do you enjoy most about being a GP/Nurse?

Meeting & helping patients

NHS Health check

The NHS Health check is a free check-up of your overall health. It can tell you whether you're at risk of getting certain health problems, such as Heart disease, Diabetes, Kidney disease, stroke.

If you're aged **40-74** and do not have a pre-existing health condition, you should receive an invite to book an appointment.