

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

Newsletter

September 2024

Staff / practice updates

Between September - November the practice will be running RSV, Covid and Flu vaccination clinics, there may be an increased amount of people in the waiting room and reception area. Please bear with us during this time and use the self-check in screens when possible, Thank you.

A look back on August 2024

Appointments: **8640**

Home Visits: **141**

Did not attend: **326**

Inbound Telephone calls to our reception team: **11256**

Our Surgery welcomed **47** new patients.

14 New Babies were born!



Pharmacy first Scheme

A free NHS service means you can now access advice and medicines from a pharmacy near you and without the need for a GP appointment.

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

Quote of the month:



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.

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>

Fundraising event



One of our nurses Carole, is travelling to Sri Lanka in September with her voluntary group.

As part of the trip, they intend to visit Dankotowa Government Hospital, who are raising funds to help provide essential accommodation for the hard-working nurses, who travel many miles to work and are currently self-funding to stay in low quality accommodation.

Deborah and Carole had a cake day and raffle to raise funds for this cause.

Total raised: £240 😊

Derwentside Menopause Hub

Where: The Hub will run from Tanfield View Medical centre (if you call us at Consett medical centre we can book these appointments.)

When: At the moment the hub will run once a month on a Saturday Morning.

Criteria: New Menopause referrals either simple or complex and Patients on existing treatment and experiencing problems with current regime can be booked.

The appointments will be a mixture of F2F and Telephone, ask a GP administrator to book you straight in!

RSV Vaccine – Respiratory Syncytial Virus.

We have started to invite eligible patients for their RSV Vaccine. Call us to book in for yours!

We will invite you for your free RSV vaccination if:

- You turn 75 years of age on or after 1 September 2024
- You are already aged 75 to 79 years old on 1 September 2024

RSV is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including:

- cough
- sore throat
- sneezing
- a runny or blocked nose

It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment, and most infections will get better by themselves.

Every year thousands of older adults need hospital care for RSV, and some of them will die. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system.

RSV infection is common in young children but is most serious for small babies and for older people.

It's almost Flu season, if you are registered at **Consett Medical Centre** come and get your free **Flu vaccine**.

**Bookable appointments on
Saturday 5th October
(Walk ins welcome)**

We will contact all eligible patients!