
Sele News

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December 2024

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Welcome to the latest edition of our quarterly newsletter! We hope this message finds you well as we approach the end of the year. This newsletter aims to keep you informed about the latest updates at Sele Medical Practice, with helpful reminders for you and your family.

Practice Updates

New Nurse Structure & Specialised Clinics

We're pleased to introduce our newly organised nurse structure to better support our patients with chronic conditions. In response to feedback from our patient group and to ensure the best care, we now offer dedicated clinics for the management of specific health conditions. These conditions include asthma, diabetes, and hypertension.

These specialised appointments are available on specific days each week. If you have a chronic condition, you will be invited for your annual review during your birthday month. If you experience any problems in the meantime, please

do not hesitate to contact the surgery. Please call our reception team for more details and to book an appointment.

Recruitment to our Patient Group

We would like to invite more patients to join our patient group. There are currently six members who meet quarterly to give feedback and discuss important changes in the surgery. During the most recent meeting, the group contributed to the introduction of the new nurse appointment structure. Please contact reception if you are interested or would like any more information.

Health Focus: Winter Wellbeing

Through the colder months, it's important to keep your health in mind. Here are some tips to help you stay well this winter:

- **Flu Vaccination:** If you haven't had your flu vaccine yet, we encourage you to book an appointment. Vaccinations are available for those at higher risk, including the elderly, pregnant

women, and those with certain long-term health conditions.

- **Mental Health:** Seasonal changes can sometimes affect mood. If you're feeling low or stressed, please don't hesitate to reach out. NHS 111 (option 2) can help with any urgent mental health needs.

Important Reminders

- **Double Appointments with a GP:** If you feel that your concerns may require more time than a standard appointment, we are happy to offer double appointments with one of our GPs. This ensures you have sufficient time to discuss your health needs thoroughly. Please request a double appointment when you book if you feel it's needed.
- Please remember to order your repeat prescriptions in good time. Reception asks for 2 working days to complete prescription requests.

Christmas Opening Hours

Practice hours:

Please note our opening hours over the Christmas period:

Monday 23rd December	8:00am – 6:30pm
Tuesday 24th December	8:00am – 6:30pm
Wednesday 25th December	CLOSED
Thursday 26th December	CLOSED
Friday 27th December	8:00am – 6:30pm
Saturday 28th December	CLOSED
Sunday 29th December	CLOSED
Monday 30th December	8:00am – 6:30pm
Tuesday 31st December	8:00am – 6:30pm
Wednesday 1st January	CLOSED
Thursday 2nd January	8:00am – 6:30pm

If you need help when we are closed:

If you need medical help, use NHS 111 online or call 111.

In a medical or mental health emergency, call 999. This is when someone is seriously ill or injured and their life is at risk.

Patient Feedback

Your feedback is incredibly valuable to us. You may receive a notification, either through the NHS app or via SMS, after you've had an appointment at the surgery. This is part of our **Friends and Family Feedback Test**. The data you provide is completely anonymous, and we regularly review it to ensure we are delivering the best possible care. We share this feedback with our team each month and use it to improve our services.

If you have any other comments or suggestions about our services, please feel free to speak to a member of our team.

A final thought...

We would like to wish all our patients and families a peaceful Christmas and a Happy New Year.