

Galleries Medical Practice Winter Newsletter 2022

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Welcome to our Winter Newsletter. We produced the autumn update a few months ago and feel that this is a good way of keeping our patients updated with any new changes or key information that would be helpful to know.

January is usually a month of resolutions following the New year, and if you are intent on a better health drive, we are here to help you. If you are in the age group of 40 to 75 without any underlying long-term condition and not had a health check in the last two years, please feel free to book for a routine NHS health check. At the practice, we are constantly trying to improve the service we provide to our patients in a sustainable manner and if you have any suggestions for improvement, we have now got '**Your Ideas Matter**' box in the reception, and feel free to drop a line.

February is 'Healthy Heart Month' and the Practice will be promoting this event for all our staff and patients. Please look out for more information in the surgery waiting area and we will update on our website too.

Appointment system

In the past 18 months we have embraced new ways of working and have been offering a greater number of telephone consultations. We know this has been a positive experience for many of you where it suits your lifestyle and working patterns. However, please be assured that anyone who needs to be seen in person will be offered a face - to - face appointment. Please keep checking with us via the practice website, as things change constantly.

E-Consultations are accessed via our website. This will allow you to get help or advice from your GP online and receive a response by the end of the next working day. Please use this service appropriately as per the conditions listed on the site. Some conditions are not appropriate for e-consultation as highlighted on our website and you are recommended to book an appointment if this is the case.

New primary care services linked with the practice

We are pleased to inform you that we have new roles in the practice to support our clinical teams. Lynne Richards is a Community Mental Health Practitioner and will be dealing with problems such as anxiety, depression, PTSD, panic attacks etc. Referral is to be made through your GP or Advanced Nurse Practitioner.

Katy Murphy is a Specialist Diabetes dietician and can help you with diabetes reversal by following the 'Very low-calorie diet' (VLCD) route. Please see our practice nurse if you are interested in finding out more about this.

Christmas fundraising:

Every Christmas we fundraise for a local charity and this year we donated to Sunderland Soup Kitchen.

Staff and patients donated £150, bags of gifts and food. This was much appreciated and thank you to everyone that donated.

Other updates

Get your NHS Covid pass with the free NHS App.

You can also: Order repeat prescriptions, book GP appointments, view your medical Records and manage your referrals.

Go to www.nhs.uk/nhsapp for more information. Please email sunccg.gmp.admin@nhs.net if you would like to be set up for online access.

Download by Google Play or Download on the Apple App Store

COVID Vaccinations

1st 2nd and booster vaccinations are still being rolled out across Sunderland, Houghton and Washington walk in sites.

Go to NHS Website www.nhs.uk to find out more information regarding scheduled vaccination clinics or contact the surgery. **The Practice will be closed for Staff Training** the following dates:

Thursday 3rd February 12pm -18.00

Wednesday 16th February 12.30pm – 18.00

Wednesday 16th March 12.30 – 14.30

Flu vaccination:

If you are eligible to a Flu vaccination and haven't had it yet, this is the last call for appointments this season. We are not fully protected until everyone is jabbed. Call the surgery now to arrange your appointment.

Control drug prescribing:

You may be aware that Sunderland is one of the cities with high rates of opioid prescription. We are working with our local CCG and as per direction of NHS England to encourage safe prescribing and cutdown on opioid and controlled drug prescribing where appropriate. We are happy to work with you to agree a shared plan to help you come off these medications which are known to have long term health implications. Please make an appointment with one of the GPs if you are interested in finding out more.

Thanks for reading and we will get in touch with our next newsletter in Spring 2022.