

NEWSLETTER SPRING 2019

PRACTICE WEBSITE

Visit our practice website for details of our opening hours, services,
up to date practice news and other health links.

www.houghtonmedicalgroup.nhs.uk

Surgery Closures

Friday 19th April	Bank Holiday
Monday 22nd April	Bank Holiday
Monday 6th May	Bank Holiday
Wednesday 15th May	Staff training
Monday 27th May	Staff training
Wednesday 19th June	Staff training



Extended Access Service

The extended access service currently provides GP appointments from 6pm-8.30pm Monday to Friday from Houghton Health Centre.

From 1st August these appointments will be provided from Houghton Primary Care Centre and will be available on weekends also. This will replace the current minor illness service available from the PCC. All extended access appointments are available by contacting the practice or 111. Extended access appointments are available from venues all over Sunderland including many appointments for Saturdays and Sundays.

The consulting GP will have access to your medical record after obtaining your consent.



**Sunderland GP
Extended Access Service**

Houghton Food Bank

Over the Christmas period staff and patients donated food and toiletry items to help people in our local community. We forwarded all of the goods onto Houghton Space 4 who were extremely grateful. We would like to thank everyone who donated and we plan to do the same again this year.



New Telephone System



We had a new telephone system installed at the end of January and we are receiving positive feedback from our patients. The new system has a queuing facility which had been requested by many patients in our last patient survey. There is also the option to hold your place in the queue and receive a free call back when your place is reached.

Abdominal Aortic Aneurysm (AAA) Screening

To all men aged 65 and over – you are eligible for AAA screening. The check is a simple free ultrasound scan that is carried out at Houghton Primary Care Centre. The aorta is the main blood vessel that supplies blood to your body. It runs from your heart down through your chest and abdomen. In some people, as they get older, the wall of the aorta in the abdomen can become weak. It can then start to expand and form an aortic abdominal aneurysm. Large aneurysms are rare but can be very serious. If you have missed your screening appointment telephone 01914452554 and a further appointment can be arranged.

Smoking Cessation

Our Health Care Assistant Shelley runs smoking cessation clinics for anyone interested in quitting smoking. If your smoking status has recently changed please inform the surgery so we can keep your records up to date.

Training Practice

Our practice has recently been accredited as a training practice and Dr Hazell is our GP Trainer. This means that we now have GP Registrars working in the practice on six month rotations. Dr Ferguson is currently with us until August.

Hayfever

It's that time of year again! For hay fever and allergies have you thought about talking to your pharmacist and buying what you need? Prescribing readily available medication like antihistamines costs the NHS millions every year, adding unnecessary strain to local GPs and the NHS. Processing these prescriptions can cost 20 times the price of buying identical medication at your local pharmacy or supermarket. Please don't request these items from your GP – talk to the pharmacist first.