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# Sele News

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Welcome to the latest edition of our quarterly newsletter!

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## Weight loss jabs

If you receive weight loss injections from an outside agency, please be aware that it is the responsibility of that agency to ensure you are being prescribed this medication safely. As a surgery, we are unable to control external providers and it's essential to be completely transparent about your medications, past medical history etc. We also encourage patients to let their GP know when they start on any private prescriptions.

Accurate information ensures your safety.

## Right to Choose - ADHD and Autism

The right to choose is a policy in England that allows patients aged 18 and over, to choose their providers for certain NHS-funded services, including assessments and treatments for ADHD and autism. The new list of approved providers has been released and received by the practice. If you would

like to discuss any symptoms or a referral, please contact the surgery to make an appointment with a GP.

## Prescription Information

Please be aware that there are different types of prescriptions:

**Acute** – Acute prescriptions are for one-off or short-term medications. An example of this would be antibiotics.

**Acute prescriptions cannot be viewed or ordered online.**

**Repeat** – Repeat prescriptions are for medications taken on a regular basis and don't usually require a GP appointment to order more.

**Repeat Prescriptions can be viewed and ordered online.**

**Repeat Dispensing** – This allows your GP to authorise & send a batch of repeat prescriptions to your pharmacy so there is no need to order them each time you run out.

**Repeat dispensing prescriptions can be viewed and ordered online.**

Please remember to order your prescriptions in good time. Reception asks for **2 working days** to complete prescription requests.

## **First Contact Physiotherapist**

We are pleased to offer a **First Contact Physiotherapist (FCP)** service at our practice, providing patients with faster access to expert advice and treatment for musculoskeletal problems. This means that if you have issues such as back or neck pain, joint or muscle discomfort, recent sprains or strains, or flare-ups of conditions like arthritis, you can book directly with a specialist physiotherapist—without needing to see a GP first. Our FCP is highly trained to assess, diagnose, and manage a wide range of muscle, joint, and bone conditions. They can offer advice on exercises, lifestyle modifications, and self-management techniques, and can also refer you for further investigations or specialist services if needed. This service helps ensure that you receive the right care more quickly, while also helping to free up GP appointments for other health concerns. To book an appointment with the First Contact Physiotherapist, simply speak to a member of our reception team.

## **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. Please contact reception if you are

interested or would like any more information.

## **Practice Closure – 16<sup>th</sup> July 2025**

Please note that the practice will be closed for training from 1pm.

We will reopen at 8am on 17<sup>th</sup> July.

Please note pharmacy opening hours will not be affected by this closure.

## **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.

Any routine queries, prescription request etc will be dealt with upon our reopening.