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# Sele News

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**GPs: Drs Gold, Frankel, Coady, Lewis, Dovey**  
**Hexham Primary Care Centre, Corbridge Road, Hexham,**  
**Northumberland, NE46 1QJ**  
**Telephone (01434) 602237**

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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.

There are circumstances where patients are eligible for weight loss jabs via the NHS. The eligible cohort have already been contacted, with the next due to be contacted in April in line with the guidance. If you do have any questions, please contact the surgery.

## 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. Appointments for the FCP service can be booked online or by contacting reception.

## Friends and Family Test

We are very pleased to announce our September Friends and Family

Feedback from the patients at the surgery. Of the 359 patients to respond, 91.3% have rated the surgery as 'Very good'.

If you would like to leave feedback for the surgery, this can be done via the feedback forms available on reception, or via the link sent by text after your appointment.

## **Flu vaccination and Covid Booster vaccination information**

The flu and covid campaigns are now in effect.

**Patients aged 75 and over and those with compromised immune systems – eligible for a Covid vaccine booster and a flu vaccination.**

Those eligible for flu and covid vaccinations have been invited to clinics delivered by Hadrian Primary Care Alliance (HPCA) with clinics being held every Saturday in October at Sele Medical Group in Hexham and on Wednesdays in October at Prudhoe Waterworld. **You will be given a seasonal flu vaccination and a Covid vaccination at the same time.**

To book, please follow the link sent or call 119 (making sure to select the 'flu and covid' option).

**Patients aged 65 to 74 and younger patients with long term conditions – eligible for a flu vaccination.**

Patients who are aged 65 to 74 and those under 65s with long term conditions such as asthma or diabetes will only be eligible for seasonal flu

vaccination this Autumn and should arrange an appointment in one of our vaccination clinics at Sele Medical Practice. A large-scale clinic will be held on **Saturday 11th of October** and text messages with a booking link have been sent. You can also book these by contacting reception.

## **Housebound Patients**

Housebound patients will have been contacted by our care-coordinator Karen Hayter. If you have not been contacted, or are newly housebound, please contact the surgery.

## **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.

## **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.