



# Sele News



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**SPRING 2019**

**PLEASE TAKE ONE**

## **Screening Programmes**

The national screening programmes are managed by NHS England as follows:

### **AAA (Abdominal Aortic Aneurysm)**

Aimed at men in the year they turn 65

### **Cervical Screening (Smears)**

Aimed at women 25-49 every 3 years, and women aged 50-64 every 5 years

### **Breast Screening (mammogram)**

Aimed at women aged 50 to 70, every 3 years.

### **Bowel Cancer Screening**

Aimed at men and women aged 60 to 74 every 2 years.

### **Diabetic Eye Screening**

All diabetics over 12 not already under the care of an ophthalmology specialist, recalled annually.

There are several national newborn screening programmes about which you will be given information if appropriate.

Information about all these programmes is available on [www.nhs.uk](http://www.nhs.uk)

## **Easter Opening hours**

We will be closed Good Friday and Easter bank holiday Monday. Please ensure you have sufficient medication to last the long weekend.

If you need medical help when we are closed, please call 111 for advice.

## **Coughs and colds**

Colds are caused by viruses which spread through sneezes and coughs.

You can self-treat a cold by taking some appropriate pain relief such as paracetamol or ibuprofen. Pharmacists can also recommend other products which may help relieve some of the symptoms. Keep costs down by asking for the generic form of the drug such as paracetamol or ibuprofen.

Ways to help avoiding catching a cold include staying warm, eating healthily and keeping active.

Most coughs are caused by colds and should clear up within 3 weeks without any treatment. If a cough lasts more than 3 weeks, or you cough up blood or it worsens, please see your GP.

## **Car Parking**

Northumbria's installation of barriers to the patient (and staff) car parks seems to have caused great confusion.

Patients are still able to have 40 minutes free parking but you need to take a ticket and then validate it in the machine to the left of the primary care centre at the East Entrance to the Hospital before you return to your car in a similar way to , for example, the airport or Freeman car parks.

We are assured that there is help available via intercom 24 hours per day. Charges, when applied, remain at £1.20 per hour.

### **Your Medical Record**

Did you know that your GP medical record goes with you if you move practice?

Your medical records from birth are contained in a Lloyd George folder which is passed from practice to practice throughout your life. Some of these folders contain very little information as patients may not have consulted very often. Some folders are overflowing and run into multiple packets.

Computerised records are printed out and inserted into the folder to be passed on. Occasionally, we can transfer records electronically to your new practice and sometimes we receive them this way too, but the paper record always follows the patient (eventually).

Your GP record contains notes of consultations with GPs and other practice staff but it also contains copies of letters from hospital appointments, many of which you will have also received a copy of directly from the hospital.

Once you have moved away from the practice your computer record is marked as inactive and it is not readily accessible. You should always, therefore, contact your current practice for health information even if this was something which happened in the past.

Hospital providers do not transfer records in the same way and hold only information generated by them and from the GP in relation to the original referral.

### **Low Mood: how to help yourself - suggestions from mental health charity, MIND**

- Get plenty of sleep as it can improve your mood and increase energy levels
- Eat a balanced and nutritious diet
- Stay active – exercise can be a big boost to your mood
- Avoid drugs and alcohol
- Treat yourself – do at least one positive thing for yourself every day
- Try new things – ( a new hobby or activity can boost your mood – see item below)
- Keep a mood diary to keep track of how you are feeling
- Contact a helpline if you are struggling – MIND Infoline - 0300 123 3393

### **Activities Blackboard**

You may have noticed a new blackboard in our waiting area. Attached is a comprehensive directory of activities which might be of interest.

Why not try something new in 2019?

A final thought...

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” Leo Buscaglia: