



Seaton Surgery Newsletter

ONLINE SERVICES

We are currently promoting the services we offer through our online system. Joining this system will allow you to book and cancel appointments through your account as well as request repeat medication and update your details. You can even view your medical records online. In order to access this you will need 2 forms of identification, one which includes a photograph – these may include a passport or a recent utility bill. Please speak to reception to obtain your username and password.

SHINGLES VACCINATION

NHS England offer a one-off vaccination for patients aged 70 to 79 to protect them against shingles, the same virus as chickenpox, which can become more severe as the immune system weakens. Once you reach your 80th birthday you are no longer entitled to the vaccine. Please ask at reception for more information or to book an appointment.



OCTOBER FLU CAMPAIGN

You could be eligible for a flu vaccine if you fit into any of the following categories:
Over 65, pregnant, weakened immune system, asthmatic, carer, heart disease, diabetes. If you do fit into any of the at risk groups please speak to a member of reception as the vaccine is vital to prevent flu this winter.



STOPTOBER To sign up to the UK's biggest mass stop smoking event, search Stoptober online or visit www.smokefree.nhs.uk/stoptober. If you have thought about quitting and need more advice visit the website to receive some advice and guidance. Alternatively you can visit your local pharmacy.

Stop flu spreading...

CATCH IT
Always cough or sneeze into a tissue

BIN IT
Dispose of the tissue as soon as possible

KILL IT
Clean your hands as soon as you can

AVOID
contact with others until you feel better

CLEAN
hard surfaces

The best way to stop flu spreading is to get vaccinated. If you haven't been vaccinated this winter, ask your GP surgery or local pharmacy for advice.

www.beatflu.org

TIME OUT

The surgery will be closed for a townwide training sessions on the afternoon of 17th October 2019. To access medical help during this time please call 111.

THE BENEFITS OF YOGA ON THE MIND AND BODY by DR PATEL

Yoga originated in India about 5,000 years ago and, practised regularly, can offer a number of health benefits for the body and mind. By focusing on breathing and different postures, people who practice yoga can increase their strength, flexibility and balance. As a result, it can help to reduce the chances of falling and, due to its gentle way of promoting flexibility and strength, is also popular with people who suffer from arthritis. There is also some evidence to suggest that people who suffer with high blood pressure, heart disease, depression and stress all benefit from practicing yoga on a regular basis.

We all have a responsibility to look after ourselves

ORDERING MEDICATION

From September 2019, your pharmacy will no longer be able to order your medication on your behalf. This is in an effort to cut down on medication waste and to ask patients to only order medication that they need. If you currently have your Pharmacy ordering for you then please contact us to arrange access to online services to order your medication online or speak to us about repeat dispensing if you are on regular medications each month.

NEW SURGERY

You may be aware that the surgery has purchased a new building in Seaton Carew, not far from our current location on Station Lane. This will offer more space and much improved facilities and we hope to start renovation shortly. We will keep you updated as this exciting project develops.

EXTENDED ACCESS

Extended access is provided by the GP surgeries in Hartlepool to offer appointments with a GP, Nurse or Healthcare Assistant on an evening or at weekends. There are also appointments to be assessed by a physiotherapist and pharmacy appointments. This service runs from One Park, Park Road, Hartlepool and appointments can be booked directly with us at Seaton Surgery.

PRIMARY CARE NETWORK

From 1 July 2019, all patients in England should be covered by a primary care network (PCN). Seaton Surgery has joined a network with 4 other GP Practices across Hartlepool. New funding is being channelled through the networks to employ staff to deliver services to patients across the member practices. PCNs are not new legal bodies, but their formation requires existing providers of general practice to work together and to share funds on a scale not previously seen in UK general practice. The hope of national NHS leaders is that PCNs will improve the range and effectiveness of primary care services and boost the status of general practice within the wider NHS.