**Ellison View Surgery January Newsletter**

Partners: Dr F Rahman, Dr K Staples and Dr L Khoury

|  |  |  |
| --- | --- | --- |
| **Keep Antibiotics Working**  Taking antibiotics encourages harmful bacteria  that lives inside you to become resistant. That means that antibiotics may not work when you need them next time. This puts you and your family at risk.  **Call to action: Take your doctor or nurse's advice on antibiotics.** |  | **Flu Vaccination**  Flu can be unpleasant, but if you are otherwise healthy it will usually clear up on its own within a week. However, flu can be more severe in certain people, such as:  https://www.gov.je/Asset%20library/Flu%20images.jpg?RenditionID=10If you are, or have, any of the above, you will be one of our ‘at risk’ patients and eligible for a flu vaccination this winter. |
| **What is a better U?** This is South Tyneside’s programme for supporting our residents to look after themselves (we call this self-care).  **What self-care might mean to you…**  - Having more control over your health and the services you receive  - Knowing how and when to seek support if you have a health concern  - Having more knowledge and information to be able to manage a health concern or condition at home.  - Knowing what groups and support are  available near your home  **How can you get support to self-care…**  Self-care starts with healthy lifestyle choices. Change4Life South Tyneside can help you with stopping smoking, cutting back on alcohol, healthier eating, how to get more exercise and much more  [Image result for a better u](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiow5OdutTfAhVDYxoKHZspBTwQjRx6BAgBEAU&url=https://wellbeinginfo.org/self-help/health/a-better-u/&psig=AOvVaw2dSKQs0zhkrLYsHDqGdyMw&ust=1546702571949918)[Image result for blissability](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwishpvVutTfAhVChxoKHW7cCDwQjRx6BAgBEAU&url=https://www.informationnow.org.uk/organisation/blissability-2/&psig=AOvVaw2rNz5blZfG1CaFIChi45Y2&ust=1546702686451000)**BLISSABILITY** a local charity, offers a self-care course in various locations across South Tyneside. Self-care isn’t just about us; it’s about our families, friends and work colleagues as they can have an impact on our physical, mental and social wellbeing. This course looks at motivation, self-esteem, confidence and stress levels and also anxiety, nutrition and exercise. It is informal but very informative; everyone who comes along takes something positive away. These courses can be delivered flexibly to suit you, and can help anyone to self-care, whether you have a health condition or not.  To find out more about attending a self-care course, phone 0191 427 1666, or e-mail [enquiries@blissability.co.uk](mailto:enquiries@blissability.co.uk). | | |

|  |  |  |
| --- | --- | --- |
| **Extended Access to Primary Care**  [Image result for south tyneside health collaboration](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwj8u767wtTfAhUBXxoKHXr_BlsQjRx6BAgBEAU&url=http://healthcollaboration.co.uk/&psig=AOvVaw3E441cfdwPH0R9hLMySkeP&ust=1546704782175928)  You can now book a GP (family doctor) appointment over the weekend including bank holidays, early morning or evening at a GP practice in South Tyneside. This is called the South Tyneside Extended Primary care Service or STEPS.  You must book ahead via your practice either in person or by telephone and you may be seen in a different location to this practice.  To find out more: ask the receptionist, visit our practice web site or visit the surgery [**www.healthcollaboration.co.uk**](http://www.healthcollaboration.co.uk/) |  | You can save time by ordering your prescriptions online and you can also book GP appointments online too. Patient access allows you to view your detailed coded medical record. Please see reception for patient access details.    **Your Feedback**  Your feedback is very important to us. Please feel free to fill out a patient survey which is at the reception desk.    **Text Message**  **Reminders**  [Image result for patient online access](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwistLrRw9TfAhVP2xoKHfesAsEQjRx6BAgBEAU&url=https://www.coastalwestsussexccg.nhs.uk/patient-online-access&psig=AOvVaw3zZlrZtkDXzk6bDKJ4k8T2&ust=1546705096488522)[Image result for mobile phone text message](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwijr_H0wdTfAhUvxIUKHai2AJcQjRx6BAgBEAU&url=http://blog.nextsms.eu/?p%3D118&psig=AOvVaw2Eo8vMrdzLmtJ7viX3RKJO&ust=1546703705499696)We now have a text message reminder service set up. This allows patient to receive appointment reminders via text messaging and you can also cancel your appointment free of charge by texting **‘CANCEL’**. Please update your current mobile telephone number to enable to access this service. |
| [Image result for think pharmacy first](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwio68SbwtTfAhUFhxoKHfnkD2oQjRx6BAgBEAU&url=http://www.newcastlegatesheadccg.nhs.uk/your-health/think-pharmacy-first/&psig=AOvVaw3V5T-MQzxSK3_rChTQYDCL&ust=1546704715616597)  If you have any minor illnesses such as back pain, headaches, coughs, colds or hay-fever symptoms, then you can seek free medical advice and treatment from your local Pharmacy. Leaflets are available in reception for more info. |  |
|  |
| **Practice Details**  **Address:** Ellison View Surgery, Hebburn Health Centre, Campbell Park Road, Hebburn, Tyne & Wear, NE31 2SP, Tel: 0191 2831610 Fax: 0191 2831620  **Email:** STYNCCG.EllisonView111@nhs.net  **Website:** [**www.ellisonviewsurgery.nhs.uk**](http://www.ellisonviewsurgery.nhs.uk)  **Prescription Email:** [Ellisonview.prescriptions@nhs.net](mailto:Ellisonview.prescriptions@nhs.net)  **Test Results:** 0191 496 3770 (after 2pm on an afternoon)  **Surgery Opening Times:** Monday to Friday 8.30am to 6pm  **Practice Manager:** Mrs Jacqueline Mahon | | |