

Practice Newsletter

October 2020



We have a new intercom system for entering the practice. Please ensure you press the button that is lit up when it is close to your appointment time. We ask that you wear a face covering when attending the practice for an appointment. You will be asked to put this on before entering the practice and not removed until you exit the building unless instructed to by a member of staff. The reception team will ask you to use antibacterial gel before sitting in the waiting area.

Flu day

We would like to thank everyone who attended our flu day on Saturday 26th September. We had a brilliant turn out and had very positive feedback from patients. We felt the day ran very smoothly with the appointment only system this year.

Flus for 65 year olds and over

If you are eligible for a flu vaccine but haven't had it yet there is still time to book this. Please contact us to arrange an appointment.

Flus for under 65 year olds

We are currently out of stock of the vaccine for under 65 year olds but are expecting more to be delivered mid-October. If you are under 65 and eligible for the vaccine please contact us in mid-October to arrange your appointment.

Child flus

If you have a child who is eligible to have their nasal flu vaccine from the surgery, please contact us to arrange an appointment.

Eligible children are:

- children aged 2 or 3 on 31 August 2020 – that is, children born between 1 September 2016 and 31 August 2018
- all primary school children and all year 7 children (these would be given at school unless the child has a long term condition)

Update from Gateshead Carers: Carer Survey 2020

Please find below a link to our latest September newsletter which we hope you find informative: [Care to Know](#). In particular we would like to bring to your attention our **Carer Survey 2020** which we conduct every 3 years. This comprehensive questionnaire is sent out online and in the post to unpaid carers living or caring for someone who lives in Gateshead. **We aim to encourage as many unpaid carers as possible to complete it, either online or by post and need your help to reach these carers by sharing this information far and wide.** The Information gathered through this survey will shape and influence how we can support unpaid carers in the future and provide us with the information we need to make sure the voice of unpaid carers is heard. The survey closes on 31 October 2020 and should take approximately 35-40 minutes to complete: [Carer Survey 2020](#).

Practice Closures - Please note the practice is closed between 1pm-2pm every Monday and closed all afternoon from 12.30pm on the following dates for staff training: - 13th October 2020 and 10th November 2020.

Join the national effort and sign up for the NHS COVID-19 vaccine research registry

Be part of the fightback against the virus by volunteering to be contacted by researchers to take part in COVID-19 vaccine research.

There are a number of vaccines being identified and safety-tested at the moment, but only large scale studies can give researchers the information needed about how effective they are.

The NIHR is working with the NHS and aims to recruit half a million people onto the registry by October, which will allow people to be put in touch with the vaccine studies in the coming months.

We anticipate needing to recruit around 20,000 participants from the North East and North Cumbria to take part in this vital research.

Researchers are looking for people from all backgrounds, ages and parts of the UK - including both people with or without existing health conditions - to take part in vaccine studies, to make sure that any vaccines developed will work for everyone. The service is available to anyone aged 18 or over, living in the UK. There is no obligation to join in any study, if you are contacted. But by taking part, you could help researchers find vaccines to protect us all more quickly - which in turn could help the NHS and save lives.

Find out more here: <http://nhs.uk/researchcontact>. To sign up visit: <https://www.nhs.uk/sign-up-to-be-contacted-for-research>.

Advice on coronavirus

We are still being contacted regularly for advice regarding covid symptoms, requests for private letters for work and exemption cards for wearing masks. We are not giving any of the above and advise you either speak to 119, the NHS covid helpline or visit the NHS website.

Quit smoking this Stoptober

Stopping smoking is one of the best things you'll ever do for your health. When you stop, you give your lungs the chance to repair and you'll be able to breathe easier. There are lots of other benefits too - and they start almost immediately. It's never too late to quit, so join in this Stoptober. Let's do this!

Download the free NHS Stoptober app to help you quit smoking and start breathing easier.

Stoptober is a 28-day stop smoking challenge. The app allows you to:

- track your progress
- see how much you're saving
- get daily support

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!