

# SUMMER 2020 NEWS LETTER



## Little Orange Book

Expert Advice on helping Babies & Young Children when they're poorly

[www.newcastlegatesheadccg.nhs.uk/little-orange-book/](http://www.newcastlegatesheadccg.nhs.uk/little-orange-book/)

**Our very friendly Patient Participation Group** always welcome new members. Is there something you could offer? See our website for further information on to join and details of our meetings.

## Medication Reviews

A surgery member will contact you via telephone call or text message when your annual medication review is due.

**NHS Diabetes Programme Healthier You**  
for those who  
Aged 18+  
HbA1c 42-47 mmol/ml  
Not currently Pregnant

## Flippin Pain - Do you get it?

A useful here's a link to support you. It is aimed to help you to think about and understand pain

<https://www.flippinpain.co.uk/>

## Patient Online Access



View medical records and request prescriptions online by connecting directly with our practice computer system.

## e-Consultations

Due to the COVID-19 we have moved to a total triage system for GP appointments using the online eConsult tool which can be submitted any time of day or night.

<http://birtleymedicalgroup.nhs.uk>

If your child is unwell for any reason, please do not hesitate to contact the surgery by eConsult or by telephone.

## Shingles

Protection available if you are aged 70-75yrs or under the catch up programme 78-79yrs.

## Pneumococcal

Protect against Pneumonia for those aged 65yrs and over.

## Surgery Opening Times (times may change)

Monday -Friday 7am to 5.45pm

## Personal Information

Do we have your current contact details?  
You can receive reminders if we have your mobile number.

Surgery contact number Telephone 0191 4921022