

Message from the Practice Manager

Welcome to the first edition of our newsletter in 2020.

As always, it provides up to date news about our practice, our people and the services we offer but there is also a strong emphasis on 'prevention', with items drawing attention to:

cervical smears, vaping as a safer alternative to smoking, footcare for diabetics, a new regional initiative seeking to improve

support in the workplace for employees with diabetes.

The latter, incidentally, is being developed in collaboration with the Federation of Small Businesses and Diabetes UK by Mark Coleman, the chair of our thriving Patient Participation Group (PPG).

Chris Malloy
Practice Manager

Dr Hodgson becomes a 'List Holder'



After more than 16 years as a Partner at Norton Medical Centre, Doctor Joanne Hodgson MBBS DRCOG DFFP moved into a list holding role* on 6 January 2020. She previously provided cover and support for other list holding Partners.

Patients who have been transferred to Dr Hodgson's list should have received a text or letter advising them of the change. Her normal working days are Tuesdays and Thursdays with cover provided by the other Partners for the remaining days of the week.

'List Holder Partners' are the assigned named GPs for a list of patients. They are the primary contact at the Practice for any correspondence from other NHS care providers relating to the care of patients on their lists.

Cervical Screening

It was National Cervical Screening week in January and at Norton Medical Centre we celebrated this with a colourful display to try and encourage, remind and make people aware of how important it is to attend for your routine smear.

The test takes a few minutes to complete and is a method of preventing cancer by detecting and treating early abnormalities.



Don't delay get yours today!!

Synchronise Your Medication

If you have to submit an order for medication several times a month because you run out of items on different dates, the Prescription Team can make life easier for you.

All you need to do is give them a list of your medication with details of the exact quantity you have in stock of each item on a specific date. The team can then use this information to issue a one-off prescription for the different quantities so they are all synchronised on a single order.

Please note, however, that certain medications - eg inhalers; creams; injections; nasal sprays - cannot be aligned as they have a pack size that cannot be changed.

Welcome Aboard, Rachael

Rachael Wilson is the latest addition to the team of Health Care Assistants who provide high quality support for our patients. Rachael gained her professional experience working for Hartlepool and Stockton Health and STAR – the extended-hours GP service that covers more than 300,000 patients in South Teesside.





Norton Medical Centre

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The PPG is still Recruiting



The Patient Participation Group (PPG) is constantly seeking to become even more representative of our 17,600 patients so we can help ensure everyone gets maximum benefit from the services on offer.

That means we are constantly seeking to recruit new members that can help us achieve our prime role of improving communication between the practice and its patients. Group members may also be involved in different healthcare issues and fundraising initiatives.

If you are a patient of the practice, can spare a couple of hours a month, are interested in finding out more about us and perhaps joining, please leave your details at our reception desk so that we can contact you.

Foot Care for Diabetics



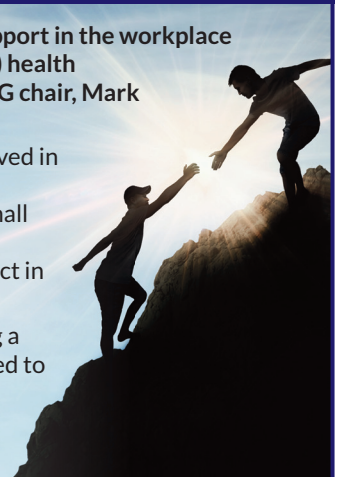
The importance of foot care for diabetics is explained simply and graphically in a new YouTube video accessible at www.youtube.com/watch?v=sX9Faxnvuhg
'Foot care for people with diabetes - How to look after your feet' explains why it is important to look after your feet if you have diabetes, how to look after them, what to look out for and when to seek help from a healthcare professional.

Supporting workers with chronic health conditions

An initiative is underway to try and improve support in the workplace for employees who live with chronic (long-term) health conditions – and it is starting right here with PPG chair, Mark Coleman.

An active volunteer for Diabetes UK who is involved in local business networking, Mark has initiated a collaboration between FSB (the Federation of Small Businesses) and Diabetes UK to educate more businesses as to how diabetes might have an effect in the workplace.

If successful, it will (hopefully) expand from being a regional initiative to a national one and be adapted to cover other health issues often seen in the workplace. *As things develop we will include brief updates in this newsletter.*



**Vaping is around
95% LESS
HARMFUL
than smoking**

THOUSANDS of early deaths and cases of disease could be prevented over time if every smoker stopped smoking tobacco completely and switched to vaping, claims Fresh*, the North East's pioneering regional tobacco control programme.

Fresh and a senior North East cancer doctor, Dr Tony Branson, both stress that people who are vaping to quit smoking need the right information to make an informed choice. It is vital they are not scared back into the more harmful option of tobacco

smoking by recent negative publicity for vaping - much of which originates in the USA and concerns chemicals that are not allowed in the UK.

"If you're not a smoker, the advice is don't vape. But if you are, it is much better to vape instead," stressed Dr Branson.

Fresh became the UK's first dedicated regional programme for tobacco control when it was set up in 2005 to tackle the high toll of death and disease caused by smoking.

See Dr Branson's youtube video at www.youtube.com/watch?v=nWWTaOFX5LQ

Surgery hours Monday to Friday: 08.00 to 18.00 • Saturday Surgery from 10am until 1pm
(Closed except for urgent calls – Thursday, 12.00 to 15.00)