

## Welcome

Welcome to CBC GP practices newsletter. We hope you find some of this information useful as we try to keep you up to date with what's happening in these rapidly changing times.

### SURGERY INFORMATION

Both Blaydon and Grange Road surgeries are temporarily closed to consolidate resources. Please do not attend any surgery building unless we have spoken to you first on the telephone, as the front doors at Crawcrook and Rowlands Gill are locked.

Face to face appointments cannot be booked, unless a clinician has advised this. If you need to speak with a clinician, please either contact the surgery using the telephone number of your regular surgery, or use the econsult button on the website. Most consultations are now by telephone or video (when applicable) and will be booked in when you phone.

### Contact details

#### Blaydon GP surgery

Tel:- 0191 2834600

[www.blaydongp.nhs.uk](http://www.blaydongp.nhs.uk)

#### Crawcrook surgery

tel:- 0191 4135473

[www.crawcrookmedicalcentre.nhs.uk](http://www.crawcrookmedicalcentre.nhs.uk)

#### Grange Road surgery

tel:- 0191 4131399

[www.grangeroadgpryton.nhs.uk](http://www.grangeroadgpryton.nhs.uk)

#### Rowlands Gill surgery

tel:-01207 542136

[www.rowlandsgillmedicalcentre.nhs.uk](http://www.rowlandsgillmedicalcentre.nhs.uk)



## Newsletter April 2020

GP practices in Gateshead Outer West are working closely together to keep services running for our patients during the coronavirus pandemic. Where necessary, we are providing clinical cover for each other so you may find you are given an appointment with a GP or nurse from a neighbouring practice. In this way we can act as locums for each other, with access to your patient record and provide full clinical care during these times of considerable staff shortages.

### *Mental health and wellbeing.*

*It can be a difficult time with anxieties about health, loved ones, finances as well as the feelings of loneliness and isolation that many will experience. MIND is a great source of advice, click to find out more <https://www.mind.org.uk/>*

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## CHILDRENS CORNER



### SICK CHILDREN...

It is being reported from the paediatric department that parents may not be seeking help for their unwell children until they are really ill. Please can we remind parents or guardians to contact the surgery if they have any concerns about their children's health. Some good information about children and coronavirus can be found here



covid19\_advice\_for\_parents\_when\_child\_is\_sick

## Baby immunisations

Its really important that we keep routine immunisations going at the moment to prevent an outbreak of preventable diseases. In an effort to reduce appointments, we are combining the usual 6 week check with the first immunisations, both to be done at 8 weeks. There is some useful advice for immunisations here



immunisations.docx

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### RESPIRATORY PATIENTS

If you are requiring rescue packs for asthma or COPD, we do need you to speak to a GP or nurse first. We need to be sure that the rescue pack is going to be used appropriately, if it is used with suspected covid symptoms it could cause more problems. Its also a good opportunity to make sure you are doing ok!

Please contact the surgery if you have any concerns

This can be a worrying time if you have any problems with breathing but there are some useful sites that can help.

Asthmatics will find a wealth of information at [www.asthma.org.uk](http://www.asthma.org.uk)

COPD patients and those with other lung conditions can access advice at [www.blf.org.uk](http://www.blf.org.uk) They also offer support groups, known as Breathe Easy groups, who can help

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*We are postponing annual reviews for chronic disease management in many patients, but will contact those who need continued monitoring. As we are trying to reduce appointments at the surgery, we may need to come to your home to take any blood tests. Obviously, we need to only do this if absolutely necessary in an effort to reduce face to face contact and the potential spread of covid-19*

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#### DID YOU KNOW...

That you can contact the surgery by phone and online?

On each surgery website is a button called econsult, it looks like this.



If you click on the button on the website, it will offer a selection of clinical, self help and admin options. Just submit your enquiry and someone will get back to you within 24 hours.