

# BLAYDON GP LED PRACTICE

## SPRING NEWSLETTER

We aim to keep all patients updated through a quarterly newsletter, which will provide information about the practice

### Welcome Charlotte!

Charlotte is our new admin apprentice who started working with us in January of this year.

She is an asset to the practice and helps with all of the day-to-day tasks.

### Did you know?

Our practice list size is now over 3140 patients.

119 patients did not attend a pre-booked appointment from January to March this year. This is the equivalent to 19 GP hours.

### Patient Participation Group

The next PPG meeting is Thursday 5<sup>th</sup> May. Please contact the practice if you are interested in joining us.

### Practice staff update

We are sad to announce Dr Amin will be leaving us. Her last day at the practice will be Thursday 5 May. She will be greatly missed, and we wish all the best in her new role.

Dr Blissett continues to work all day Tuesday and Friday. We are actively looking to recruit another salaried GP.

Page our HCA has changed her hours and is now working Wednesday Thursday Friday 8am-6pm

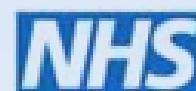
Our lovely admin member Catie is currently completing her HCA training and will be completed her course in May and hopefully start having clinics not long after.



People often visit their GP with minor illnesses that a local pharmacist could help with. Instead of booking a GP appointment, you can visit your local pharmacy, saving you time and with no appointment needed – you can just walk in.

Part of the NHS  
**THE LITTLE ORANGE BOOK**  
Expert advice on helping babies and young children when they're poorly

The Little Orange Book contains advice and tips on how to manage common illness and problems that babies and young children often experience – pick a copy up from reception!



**Gateshead Health**  
NHS Foundation Trust

### Useful information

Gateshead Talking Therapies  
0191 283 2541

Self-refer Physiotherapy  
0191 445 2643

Patient Transport  
0191 215 1515

Radiology to book X-ray  
0191 445 2491

Crisis Team  
0191 814 8899

### Well woman clinic

Our Nurse Practitioner Nicola holds well woman clinics weekly on Thursday afternoons. This consists of implant and coil fittings. Contact reception for more information.

### NHS Health Checks

If you are aged 40 to 74 you may be eligible for NHS Health check and it is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk.