

What to do if you are unwell

Need to be seen today for a non-emergency?

Think GP First

Call your GP practice between 8am - 6pm Monday - Friday



Call NHS 111

Call NHS 111 between 6pm-8am and at the weekends if you have an urgent same day health need where you will be signposted to a service close to where you live.



Need to be seen today for an emergency?

Minor injury call NHS 111

Strains, cuts, sprains and burns can all be treated at our Urgent Treatment Centres at Bishop Auckland Hospital or Peterlee Community Hospital, University Hospital North Durham and Shotley Bridge Hospital.

A&E or 999

Call 999 straightaway for chest pains, choking, severe blood loss, blacking out, unconsciousness, suspected stroke or serious injury



Alternatively you may be able to help yourself

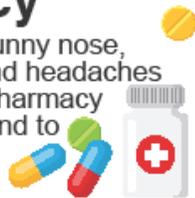
Help Yourself

For hangovers, grazed knees, coughs and sore throats visit www.nhs.uk also download the free Child Health app



Pharmacy

For diarrhoea, runny nose, painful cough and headaches visit your local pharmacy for free advice and to buy medication




NHS 111 BSL service for Deaf patients
www.interpreternow.co.uk/nhs111 999 texting service for Deaf patients - you **MUST** register first. Text 'Register' to 999 & follow instructions. In emergency text 'Ambulance' & address. Find out more at www.emergencysms.org.uk

Tel: 01388 742500 Email: willingtonmedical-group@nhs.net

Willington Medical Group

Newsletter
December 2020



COVID-19

Please do not enter the surgery if **you or any member of your household** has any Covid-19 symptoms.



COVID 19 Vaccination Programme

Willington Medical Group are beginning to provide the first phase of COVID vaccinations.

Vaccination against COVID is an essential tool to help control the current pandemic and reduce associated deaths and suffering.

We were informed by the NHS that we would receive the initial doses of the COVID vaccine in the week commencing 21st December. However, the NHS has changed this date and **we now expect to receive the vaccine in the week beginning 4th January 2021.**

We are working together with our Primary Care Network colleagues at North House Surgery, Crook and the Weardale Practice to provide this urgent national vaccine programme to Wear Valley patients.

All appointments will take place at a single location - North House Surgery in Crook. This is because the Pfizer vaccine - the first vaccine to be licensed for COVID in the UK - cannot be moved once delivered. The vaccine requires **two doses three weeks apart.**

The vaccination programme will start with patients over 80 years of age. Those patients will be contacted by the Practice to arrange an appointment over the coming weeks. If you do not receive a call please be patient and avoid calling the Practice to check. We are endeavouring to roll out the vaccine as quickly as possible with the supply we receive.

This newsletter is available on our website and in large print.

Website: www.willingtonmedicalgroup.org.uk

Flu Vaccination

We continue to vaccinate our patients who are **under 65 and in at risk groups**. If you are in this group, and wish to have this vaccine, please call 01388 742500 and make an appointment. In this unusual COVID-19 year the NHS is undertaking an **extended flu vaccination programme this winter to include patients over the age of 50**. This is a free flu jab programme aimed at protecting a larger proportion of the population from flu.

The Practice is currently booking patients for flu jabs in the 50-64 year age group. Please call 01388 742500 to make your appointment. We are working efficiently to make sure everyone gets vaccinated as soon as possible. We have already vaccinated 86% of our patients aged 65 or over. If you are aged 65 years or over, and would like to have the vaccine, please ring to book an appointment

Exciting News

Dr Macnair will be joining the practice as a Partner in January 2021. We will be building up Dr Macnair's list of patients.

North East Better Health at Work Award – Maintaining Excellence

We are proud to have received notification that our submission for the Maintaining Excellence level of the North East Better Health at Work Award for Willington Medical Group has been approved. We are looking forward to promoting Health and Wellbeing Campaigns in 2021 to support both our staff and patients.

Willington Medical Group – Facebook Page



Lewis and Claire, two of our Admin Team have been working hard to create our Practice Facebook page. We aim to use this to keep our patients informed of Practice information as well as information on health and wellbeing campaigns.

Thank you

We would like to thank our patients for the wonderful Christmas cards and messages. Our team have been working extremely hard and it is really nice to feel appreciated.

Angel Trust

We would like to thank the Angel Trust for the wonderful hamper received for our team to enjoy. It really did make us smile and feel appreciated.

Bank Holiday Closures

The Practice will be closed on the below dates:

Friday 25th December 2020
Monday 28th December 2020
Friday 1st January 2021

Willington Happy Feet



Willington Happy Feet hopes to be up and running again in next Spring. More run leaders are in training and this means that we will be able to offer a wider range of running and walking groups both during the day as well as in evenings. We will publish details in March 2021.
