

#TodayIsTheDay

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county durham

We're here to help you stop smoking...

Our dedicated and friendly advisors are here to support anyone living or working in Co. Durham with a service tailored to your needs, including access to a range of stop smoking medications.

For more information or to make an appointment:
call us on **0800 772 0565** or
text **DURHAM** to **62277** (texts are free)

www.smokefreecountydurham.co.uk

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a better life



Willington Medical Group

Newsletter
January 2021

COVID-19 Vaccination Update

Willington Medical Group is currently providing COVID vaccination with both Pfizer and AstraZeneca vaccinations as part of the Wear Valley PCN vaccination programme.

Please **DO NOT** contact the Practice to arrange vaccination, we have priority lists to call patients and arrange appointments.

You can see the priority of patients here:

(<https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-2-december-2020/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-2-december-2020#vaccine-priority-groups-advice-on-2-december-2020>)

Due to the stability of the Pfizer vaccine all patients will be invited to attend at North House Surgery in Crook for this vaccination. The AstraZeneca vaccine is being used to support care homes, care home staff, housebound and healthcare professionals initially. Some small clinics may run at Practice level and you may be invited to attend here as we work through the cohorts. Routine GP services have been postponed in order to roll out this vaccination programme safely and quickly. As a result there will be less clinic appointments available so we do ask for your patience and understanding as we work to protect as many patients as quickly as possible.

We are still open to deal with urgent medical concerns.

Thank you

Dr Daniel Wilmer
GP and Clinical Director for Wear Valley Primary Care Network.

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Seasonal Flu Vaccination

We continue to vaccinate our patients who are over 65 and under 65 in at risk groups. If you are in this group, and wish to have this vaccine, please call 01388 742500 and make an appointment.

The flu vaccine is offered free on the NHS to anyone with a serious long-term health condition, including: respiratory conditions, such as asthma (needing steroid inhaler or tablets), chronic obstructive pulmonary disease (COPD), including emphysema and bronchitis diabetes heart conditions, such as coronary heart disease or heart failure being very overweight – a body mass index (BMI) of 40 or above chronic kidney disease liver disease, such as hepatitis neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy a learning disability problems with your spleen, for example, sickle cell disease, or if you have had your spleen removed a weakened immune system as the result of conditions such as HIV and AIDS, or taking medicines such as steroid tablets or chemotherapy

Flu vaccine for people who are pregnant:

You should have the flu vaccine if you're pregnant to help protect you and your baby. It is safe to have the flu vaccine at any stage of pregnancy.

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

Charitable Activities

The Practice staff in 2020 have donated food and items to the Salvation Army Food Bank and the Women's Refuge.



If you have been invited to have your cervical smear test please don't delay and make your appointment today. Telephone the Practice to make your appointment with the Practice Nurse.

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