

Worried about life after lockdown?

Debt repayments, bills, benefits, Universal Credit and housing could all change again soon - and jobs are still at risk.

Your GP practice can ask our Healthier & Wealthier team to call you for free, with advice for your problems and the changes ahead

**citizens
advice** County
Durham

You can also call
0300 323 1001
before 1pm to request a call



Are you ready for life after lockdown?

1. Debts haven't gone away!

Bills, council tax, mortgages and debts may have taken a back seat due to Coronavirus; but you'll still owe the money, and organisations may be stricter when they're allowed to collect repayments again

2. Employment problems might keep getting worse

The longer Coronavirus lasts, the harder it will be for employers to survive; and furlough rules are changing, so pressure will increase and businesses may face tough choices - including redundancy

3. You might find it harder to get help and support

Assuming government funding will have to be cut after Coronavirus, public services, charitable support and benefits are likely to reduce, or become harder to get. You can't assume there's a safety net for you.

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**Don't wait for things to get tougher -
ask for advice now**

Ask your GP practice to refer you to **Healthier & Wealthier** for free in-depth telephone advice while you can still make the most of temporary rules about debt, housing and work

Willington Medical Group

Newsletter
July 2020

Staff Training for August 2020

Willington Medical Group will be closed for Staff Training on Wednesday 19th August 2020 from 12 noon and re-open 8am on Thursday 20th August 2020.

Face Covering

If you have an appointment at the surgery with a clinician, we are recommending that patients wear a face mask, scarf or bandana, if appropriate. Our clinicians will also be wearing personal protection equipment (PPE) at the appointment.

Waiting Area

The main waiting area in the surgery has six seats to ensure social distancing. The small waiting area (opposite the Nurses rooms) will only seat one person. If you prefer to wait in your car in the car park please telephone the surgery advising that you are here and the clinician will advise when to come in.

GP Appointments

GP appointments are initial telephone appointments released the same day at 8am. There are also a small number of GP telephone appointments to book ahead.

Prescriptions

As we are accepting telephone requests for prescriptions during Covid-19 we are experiencing a high volume of these calls. Are you able to ring the surgery at our quieter times? This is usually on an afternoon. We also accept prescription requests via our email address willingtonmedical-group@nhs.net and if you have Patient Access you can request your medication through the app.

Covid-19 Surgery Update - Nursing Team Appointments

These can be booked as a face to face appointment;

24hr ECG
Baby Vaccinations
Cervical smears
Chest Infection
Depo injections
Diabetic Foot Checks
Diabetic Reviews
Doppler (ABPI)
Ear Syringing
Implant insert & removal
Stitch/suture/clip removal
Wound Management
Zoladex injections

Please telephone the surgery to arrange these appointments.

Please do not attend the surgery if you have Covid-19 symptoms.

Practice News

We are delighted that Dr Catherine Macnair has joined our team on Monday 1st June 2020, as a salaried GP, working three days per week. We look forward to working with her.

Staff Update

We would like to welcome Ashleigh Gilchrist to the Practice Team. Ashleigh joined the nursing team as a Practice Nurse on Monday 6th July 2020.



Hay Fever Symptoms

Some people need medication to manage their symptoms and others can manage their condition by avoiding triggers. Speak to your local pharmacist to get advice on the best treatment for your symptoms. You need only speak to a GP if you are experiencing wheezing, breathlessness or tightness in the chest, if you are pregnant or breastfeeding, or if you are not relieved by the over counter treatment in combination with measures to reduce your exposure to pollen.

Symptoms include:

- Sneezing
- Itchy, blocked or runny nose
- Red, itchy, puffy or watery eyes
- Itchy throat
- Headaches and sinus pain
- Fatigue

How to avoid triggers:

- ⇒ Keep house and car windows closed, especially when the pollen count is high (early morning between 7am to 9am and evenings between 5pm and 7pm)
- ⇒ Avoid large grassy areas, woodland, cutting the grass, pollutants and car fumes
- ⇒ Wear wrap-around sunglasses
- ⇒ When you get in from outside wash your hands, face, hair, rinse your eyes and change your clothes
- ⇒ If possible stay indoors when the pollen count is high
- ⇒ Use petroleum jelly inside your nose to block inhalation of pollen
- ⇒ Keep your house clean and wear a mask and glasses when doing house work
- ⇒ Don't dry washing outside to avoid pollen sticking to your clothes
- ⇒ You could buy a pollen filter for the air vents in the car

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

Website: www.willingtonmedicalgroup.org.uk