

We believe that if we all act now, by **2050**, everyone who develops breast cancer will live – and live well.

Help us get there. On 18 October, we need you to wear pink, raise money and help fund life-changing support, for all those affected by breast cancer.

Find out more about the sort of work you'll be funding:

wearitpink.org/support



Dani
Mum, wife and passionate fundraiser. Dani and her husband will wear pink for all the families, the theirs, who've been affected by breast cancer.

wear it pink
breast cancer now

Breast Cancer Now is a trading name of Breast Cancer Care and Breast Cancer Now, a company limited by guarantee registered in England and Wales and is a charity registered in England and Wales. It is authorised by the Charity Commission and is a member of the regulated charity in the list of Main Bank. Registered Office: 17th Floor, One, Avenue, 40-41 Abchurch Lane, London EC4A 3DF.



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

Willington Medical Group

Newsletter
October 2019

Staff Training for October 2019

Willington Medical Group will be closed for Staff Training on Wednesday 16th October 2019 from 12 noon. The surgery will re-open on Thursday 17th October at 8am 2019.

Seasonal Flu Clinic

We will have open clinics on the following dates when the vaccine for under 65s and over 65s will be available.

- Tuesday 15th October 8.30am - 5.30pm
- Thursday 17th October 3.00pm - 5.30pm
- Thursday 24th October 3.00pm - 5.30pm
- Thursday 31st October 3.00pm - 5.30pm

No appointment needed.

The above dates are subject to delivery of flu vaccines as scheduled and are adult vaccines only.

Seasonal flu vaccine is recommended for everyone aged 65 years and over and for those of any age with certain chronic diseases including Diabetes, Asthma, COPD and IHD.

Pregnant woman, at all stages of pregnancy, are also advised to have the seasonal flu vaccine.

Please note that children under 16 must be seen by a Practice Nurse for their flu vaccine and not a Health Care Assistant.

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

Website: www.willingtonmedicalgroup.org.uk

Extended Hours

From October 2019 there will be changes to how we will be providing our extended hours for patients.

We currently provide a limited number of early morning appointments to help facilitate people who work and may have problems making a routine appointment during the day. From October extended hours appointments will be provided by Durham Dales Health Federation at Bishop Auckland Hospital. A wider range of times will be available to patients including weekend appointments and some evening appointments.

Our reception team will help you to access this service where appropriate.

GP Partner Update

Dr Desai left the Practice in May 2019 and we continue to look for a new Partner to join the Practice. We have now reallocated Dr Desai's list of patients among our other five Partners. Please appreciate that the five GP Partners are covering the full workload of the 9,248 patients registered with the Practice. We are employing Locums to ensure we have sufficient appointments for patients but it is the Partners who complete any reports or letters requested by patients, who authorise routine or urgent prescriptions and sick notes etc. The Partners cover each other's workloads when a Partner takes annual leave.

You can hand prescriptions in a week in advance. Please allow time when requesting forms to be completed by Partners.

Don't forget to put your clocks back!

British Summer Time ends 27th October 2019



Prescriptions

If you order your prescriptions in the surgery, you need to complete a prescription slip if you are requesting medication that is not on your repeat list. For the medication that is on your repeat list please hand in your repeat medication list to reception or post in the box in the foyer. If you do not have your repeat medication list please ask at reception for a copy.

Thank for your assistance.

World Mental Health Day

Celebrate, reflect and shape the future of children, young peoples and families' mental health services in County Durham.

Hear about the journey over the last five years, told through the eyes of people who use and provide services. Take part in workshops to help shape the future. Showcase of the work in a Cricket Themed Market Place on Saturday 19th October 2019 from 12pm to 5pm at Durham Cricket Ground.

This event is open to all - young people, families and professionals.

To reserve a place please email: claire.garner-harris@nhs.net

Walk Durham - Beginners Walk

Would you like to improve your fitness and well being and meet new friends?

A walk suitable for beginners is now taking place on a Tuesday morning.

Where- Willington Health Centre Care Park

Time- 9.30am-10.15am

Cost-Free

For further information:

Email: sportandleisure@durham.gov.uk

Telephone: 03000 266555