



AUTUMN NEWSLETTER 2021



COVID BOOSTER AND FLU VACCINATION UPDATE

We have now commenced the COVID-19 booster programme and will be delivering this locally.

Eight Hambleton GP Practice are working together to deliver this from our vaccination centre at the old Grammar School and 6th Form in Northallerton (near the large Tesco) in a similar way to the initial vaccine programme which we successfully ran earlier this year. This will include our flu programme, enabling co-administration of the vaccines as per the national advice.

This will be available to all those in cohort 1-9 of the JCVI guidance which was used for the first phase of the vaccination programme and will be Pfizer unless a patient suffered a previous reaction to the Pfizer jab.

We are also able to provide vaccines to those who still need their 1st/2nd doses, and for those who are severely immunosuppressed that now require a third dose to complete their initial course.

Whilst we hope to be able to vaccinate most patients with their COVID-19 booster and flu vaccine at the same time, we appreciate some patients may wish to have these separately or may have already had their flu vaccine elsewhere. If this is the case, you must ensure you leave 7 days between the two vaccines as per the recent guidance.

Boosters will be given no earlier than 6 months after the 2nd dose was received.

Patients may be contacted by the National Booking Service and invited to book their booster vaccination at a vaccination site or alternatively you can wait to hear from the practice to book at our Northallerton site.

Currently we are contacting over 65's and under 65's with a chronic disease by text or telephone inviting patients to book an appointment. If when we contact you, you have already had your covid booster elsewhere and still need a flu vaccination please let us know and we can arrange this for you at Northallerton.

There is no need to contact the surgery and we request that you don't, as these queries are blocking up the telephone lines, preventing unwell people getting through and Drs making calls out. We will contact you when we are vaccinating your cohort.

The Flu programme for this year WILL NOT be run in the Practice but at our vaccination centre in Northallerton as above. Clinics are currently available for patients over 65 who have received an invite from the practice and only wish to have the FLU vaccine.

Please visit our website or Facebook page for further information regarding drop-in sessions for patients requiring flu only. Sessions will be added when available.



All patients visiting the Practice Centre must still wear a mask, socially distance, and use hand sanitiser when visiting and staff will continue to wear PPE.

We do understand that it can be frustrating, but we know that when people come to us, they are sick and vulnerable (and some cannot receive the Covid vaccinations due to medical reasons) so we feel it would be wrong to not take these small precautions that can protect people.

We are trying to minimise the impact of Covid, and we are sure you understand that we need to keep the surgery as safe for ALL patients and staff as we can.



Numbers of positive Covid cases are still high around the area and therefore appointments will remain as telephone first, only inviting you for a face-to-face consultation if the Clinician feels it necessary.

In a lot of cases, you do not need to visit the surgery, saving you time and minimising risk to you and other patients.

When telephone to book an appointment: -

- Our Receptionist will ask your name and a few questions about your health problem. You don't have to do give this information but if you don't it will help prioritise our patient care.
- We can only see one problem per consultation, so you will need more than one appointment if you have more than one problem.

- Based on the information you provide, you will be given an appointment for a face to face or a telephone call back with a member of the clinical team.
- Studies show that up to 60% of GP appointments can be managed with telephone advice.
- We value the continuity of your care so please ask the receptionist to book you in with the same person who you've previously dealt with whenever possible.
- If you would like a phone call back between a certain time, tell us and we will arrange it where possible.
- If the doctor thinks that you need to come into the surgery, an appointment will be made for you.

Appointments with nurses are face to face if required. Some chronic disease reviews may be conducted by telephone, if the nurse feels a face-to-face appointment is more appropriate, they will book this.



First Contact Mental Health Practitioner

The Practice offers appointments with our first contact Mental Health Practitioner – Jane Hoggart. The primary mental health care worker is a new post and we are lucky to have this role piloted in our Practice. Jane is an experienced community mental health worker and has worked across local areas dealing with complex mental health issues.

Jane commenced with the practice this month and works across two sites seeing both Great Ayton Health Centre patients and Stokesley Health Centre patients.

If our care navigators feel it is appropriate, they will direct patients to Jane who will make contact initially by telephone. GP's can also refer patients.

The conditions she can help with are: -

Adults aged 18 and over with Mild to Moderate mental health needs such as:

Problems with low mood and tearfulness

Problems with worry/anxiety

Feeling stressed

Being snappy/irritable

Experiencing panic attacks

Suicidal thoughts

Self-harm

Hearing voices

Behavioural psychological symptoms of dementia.

Contact us Online



Skip the wait on the phonecontact us online

Contact us online about any medical, administrative or prescription issue. No App needed!

Simply enter your details and we will get back to you within one working day.

Please do not use this online form for urgent or emergency requests. The submitted forms will only be read during office hours.

The online form can be accessed by our website greataytonhealthcentre@nhs.net

EAR SYRINGING



Ear syringing is considered to be a non-essential GP service and has been withdrawn from surgeries across our region. If you have a problem with ear wax, then please see your local pharmacy. If you have used self-care ear wax removal and you are still having trouble with excess ear wax, then you could contact a private provider. Please see suggestions below:

Marton Pharmacy – 01642 314702

Clear Ear to Hear Clinic – 07306 864621 email:- Cleareartohear@outlook.com

Social Media

We are active on social media. Please follow us where we post details about local and national campaigns and information.



@ The Health Centre - Great Ayton

Please can we reiterate our thanks to you all for your patience and support. Your words and gifts of encouragement and kindness have meant a great deal to us all at the surgery. We continue to work at more than our full capacity, with staff working overtime where they can, as our dedicated and professional teams endeavour to provide you with the best care we can