



August Newsletter



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e-Consultation

Our e-consultation service can be accessed through our practice website. Simply follow the instructions and e-consult will either let you submit a request for the GP, or it will direct you to an appropriate service.

<https://mayfieldmedical.webgp.com/>

What can you do via e-Consult?

- Request or extend a sick note
- Request medication
- Get help and advice about your long-term conditions or your general health.
- Send a photo through for the doctor
- Request an appointment
- Administration query e.g. chase insurance report



New staff updates

Sarah Fleck – Receptionist
 Dr Esther Paul – GP Registrar
 Dr Mahdi Mousavi – GP Registrar
 Dr Dong Xuan Chan – GP Registrar
 Dr John Kahlil – F2 Doctor



Annual Reviews Appointments

Our annual review appointments run APRIL to MARCH, and you will be invited in for your review when you are due.

It is very important to have your annual review check-up so that any appropriate follow up and investigations can be undertaken for you.

Would you like to join our patient group?

What is a Patient Participation Group?

It is a group of patients who meet regularly to create partnership between patients, carers, and GP practice staff to improve healthcare services by

- Improving patient experience
- Enhancing communication
- Influencing practice decisions
- Supporting health promotion
- Supporting practice development
- Promoting patient health

If you would like further information on this, please contact

chelsea.pearson1@nhs.net

Bloods appointments

If you are due a blood test you will be sent a text message with a link to book one of our blood's appointments. If you do not have a mobile number, then you will be contacted by a member of the team to book this via telephone.

Children's bloods are carried out at the Children's Day Unit at South Tyneside District Hospital. If your child is due a blood test you will need to contact them on 0191 404 1048 to arrange an appointment.



A message from your GP Dr Stone

Jetting off this Summer? Scared of flying?

Many people are anxious about flying and it's understandable to want to take something that may "take the edge off".

Although benzodiazepines (e.g. diazepam) have previously been widely prescribed, UK guidance is now very clear that these drugs should no longer be prescribed for fear of flying, and there are important safety, medical legal reasons behind this.

Why aren't benzodiazepines recommended?

1. *They are not effective, nor appropriate for phobias.* The British National Formulary states that benzodiazepines are contraindicated for phobic states and should not be used for short-term, mild anxiety. NICE guidelines advise against using sedatives for mild or short-term anxiety and as fear of flying is considered a specific phobia, these medications are not indicated.
2. *They can impair your ability to respond in an emergency.* Benzodiazepines slow your reaction times, reduce coordination and impair decision-making. Although an in-flight emergency is rare, being under the influence of benzodiazepines could put you – and others – at risk if you cannot evacuate safely. In addition, taking benzodiazepines in combination with alcohol increases the risk of complications.
3. *They can cause paradoxical reactions.* A small number of people can react differently, experiencing agitation, aggression or disinhibition, and this can be dangerous in a confined space, putting you – and others – at risk.
4. *They increase the medical risks of a flight.* Sedatives increase the risk of blood clots (deep vein thrombosis) because they cause a deep sleep with reduced natural movement. They can also cause mild respiratory depression, making it harder to breathe at altitude where the oxygen is already lower.
5. *They carry risks of dependence and withdrawal.* Even short-term use can lead to tolerance and dependence, and withdrawal symptoms can include agitation, confusion and seizures. Long term use is also linked with cognitive side effects similar to dementia.
6. *Legal complications.* Some countries restrict or ban the use of benzodiazepines. The Civil Aviation Authority (CAA) also advises that sedative drugs are not recommended for fear of flying, for the same reasons above.

What can I do instead?

Fear of flying is very common, but there are several evidence-based treatments which are effective.

Cognitive behavioural therapy (CBT) – highly effective for specific phobias. You can access this by self-referring to the Lifecycle service online at

<https://www.stsftmentalhealth.nhs.uk/our-services/south-tyneside/talking-therapies/how-access-us/self-referral> or by calling 0191 524 3535

Breathing techniques and grounding strategies, listening to music, distraction with reading/puzzles

Speaking to cabin crew about your fears

Fear-of-flying courses run by major airlines –

EasyJet Fearless Flyer: <https://fearlessflyer.easyjet.com>

British Airways Flying with Confidence:

<https://flyingwithconfidence.com>

<https://flyingwithoutfear.com/>

PRESCRIPTIONS

Due to the telephone demand increasing daily, we would recommend you **order your repeat prescriptions via your online app.**

This is a more efficient way, and you can see when your prescriptions are due and when they have been processed. If you are not set up for this, please contact our reception team or call into the practice and our reception team can help facilitate this for you.

Housebound patients can call the practice between 11-12 to order prescriptions.

Please note if you call outside of this time, you may be asked to call back in the allocated hours due to the phone lines being extremely busy.

If you have a prescription query that cannot be dealt with online/you do not have access, please contact the practice and our reception team can assist you.



Patient online access NHS app

Download the NHS app or log in through the NHS website to access NHS services online.

What you can do with the NHS app

- Order repeat prescriptions and nominate a pharmacy where you would like to collect them
- Book and management appointments
- View your GP health records
- View your NHS number
- Register your organ donation decision
- Book and manage COVID-19 vaccinations



World Breast Feeding Week 1-7th August

Supported by WHO, UNICEF and many Ministries of Health and civil society partners, World Breastfeeding Week is held in the first week of August every year.

Breastfeeding is one of the most effective ways to ensure child health and survival and yet currently, fewer than half of infants under 6 months old are exclusively breastfed.

In 2018, a World Health Assembly resolution endorsed World Breastfeeding Week as an important health promotion strategy. With a different theme each year, it aims to promote the enabling environments that help women to breastfeed – including support in the community and the workplace, with adequate protections in government policies and laws - as well as sharing information on breastfeeding benefits and strategies.

<https://www.who.int/campaigns/world-breastfeeding-week>



Cycle to Work Day 6th August

Cycle to Work Day is a nationwide celebration of commuting by bicycle – promoting health, sustainability, and eco-conscious travel. Whether you're a seasoned cyclist or a curious beginner, the day offers a perfect opportunity to embrace active transport and enjoy the benefits of riding to work. Supported by cycling organizations, employers, and local councils, this annual initiative helps reduce carbon emissions, relieve public transport congestion, and support mental and physical wellbeing.

What is Cycle to Work Day?

Cycle to Work Day is the UK's biggest celebration of everyday cycling. It encourages people of all ages and backgrounds to ditch the car or train and choose their bikes for the daily commute. First launched in 2013 by Cyclescheme, the day has since grown into a major national campaign with thousands of participants across the country.



<https://www.cyclescheme.co.uk/cycletoworkday>

International Overdose Awareness 31st August

International Overdose Awareness Day is a global event held every year on **August 31st**. It is the world's largest annual campaign dedicated to remembering those lost to drug overdoses, acknowledging the grief of families and friends, and reducing the stigma of drug-related deaths while educating the public.

Core Goals

- **Remember:** Honor the lives of those who have passed away from drug-related overdoses without stigma or shame.
- **Act:** Highlight practical, evidence-based overdose prevention solutions and promote access to recovery services.
- **Educate:** Teach the public how to recognize the warning signs of a potential overdose and understand harm reduction strategies, such as using the opioid reversal medication naloxone.



UV Safety Awareness

It serves as a vital reminder to protect your skin and eyes from harmful sun exposure to prevent sunburns, premature aging, and skin cancer.

Core Sun Safety Practices

To effectively reduce UV damage, health organisations recommend these three primary steps:

- **Apply Sunscreen:** Use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher, and reapply every two hours.
- **Seek Shade:** Avoid direct sunlight, especially during peak UV hours (10:00 AM to 4:00 PM).
- **Wear Protective Gear:** Dress in lightweight, sun-protective clothing, a wide-brimmed hat, and UV-blocking sunglasses.

