

GP Partner: Dr D Cordner

GP Partner: Dr S Aval

General Practitioner: Dr E Stone

General Practitioner: Dr T Ndubuisi

General Practitioner: Dr A Rajagopal

Business Manager: Mrs C Pearson

Operations Manager: Miss K Scott



July Newsletter



Tel : 0191 489 7183

www.mayfieldmedicalgroup.nhs.uk

Facebook: @MayfieldMedicalGroupJarrow

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



Cervical Screening Appointments

It is important to attend the surgery when you are due your cervical screening appointment. To book an appointment please contact 0191 489 7183. A smear test (also called cervical screening) is important because it helps detect early changes in the cells of the cervix that could potentially develop into cervical cancer if left untreated.

<https://www.nhs.uk/tests-and-treatments/cervical-screening/>

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.



Prescription line closure

From the 1st of August 2026 we will no longer accept repeat prescription requests over the telephone.

The NHS App is designed to allow a convenient and fast way to request your medication. It allows you to see what medications you are prescribed, when they were last issued, and to communicate with the surgery if needed.

Alternatively, you can order in one of the following ways:

- **Repeat Dispensing: This is where automatic bulk scripts are issued to the pharmacy. No need to request from us, simply notify the pharmacy when you are running low. You would only need to request from us when your last bulk script has been dispensed by the pharmacy. Ask at Reception or send us an eConsult if you wish to set this up.**
- **You can ask your nominated pharmacy to order your medication on your behalf. Please note, not all pharmacies offer this service.**
- **Obtain Proxy Access to online services on behalf of a patient. This is most suitable for children or those with carer support. Please speak to a member of our reception team.**

The move to digital prescription requests aims to relieve the pressure on our phones lines so they can be more accessible for patients who need medical help. Thank you to all patients for your continued support.



Repeat dispensing

A **repeat dispensing prescription** is a way for patients with stable, long-term conditions to receive their regular medicines without needing to request a new prescription from their GP every month.

Here's how it works:

Your GP authorises multiple issues at once.

- Instead of issuing one prescription each month, your GP creates a batch of prescriptions (often enough for 6–12 months, depending on the medication and your circumstances).

You collect your medicines as scheduled.

- You don't need to contact your GP for every refill during the repeat dispensing period.

Review before renewal.

- Once all the authorised issues have been used, your GP will review your medication before setting up another repeat dispensing cycle.



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



Alcohol Awareness Week 6-12th July

Alcohol Awareness Week is a **national campaign in the UK** led by the charity Alcohol Change UK, aimed at encouraging open conversations about alcohol use, raising awareness of its risks, and supporting individuals who may be struggling with drinking habits.

The campaign highlights how alcohol can affect physical and mental health, relationships, productivity, and long-term wellbeing, including risks of liver disease, high blood pressure, stroke, cancer, and depression

When is Alcohol Awareness Week?

In 2026, Alcohol Awareness Week runs from **Monday, July 7th to Sunday, July 13th**. The dates may vary slightly each year, but it typically takes place in early to mid-July. During the week, a variety of activities, campaigns, and educational sessions take place across the UK to engage individuals, families, and professionals in meaningful conversations around alcohol use and health.

[Alcohol Awareness Week | Alcohol Change UK](#)

[Alcohol support - NHS](#)



Samaritans Awareness Day 24th July

"Talk to Us" is an annual campaign organised by the **Samaritans**, a UK-based charity that provides emotional support to people in distress, particularly those at risk of suicide. The campaign was initiated in **2016** to encourage open conversations about mental health, reduce stigma, and highlight the availability of confidential support services.

It emphasises the importance of talking about feelings, connecting with others and seeking help when needed.

Samaritans is the charity that prevents suicide through the power of human connection.

Connecting people in crisis with trained volunteers who will always listen. People calling for change with those who need to listen. People who've been there before with those struggling now.

Samaritans Awareness Day is on 24 July because we're here to listen 24/7.

Help us raise awareness and funds to prevent suicide today. Because tomorrow could be too late.

<https://www.samaritans.org/>



Sarcoma Awareness Month

Why Awareness Matters

Sarcomas are uncommon cancers that develop in the bones and soft tissues (such as muscles, fat, nerves, and blood vessels). Because they are rare and have non-specific symptoms, diagnosing them quickly is a major challenge. Catching the disease early often leads to less aggressive and much more effective treatment.

Key Symptoms to Look For

While most lumps and pains are not sarcomas, you should always trust your instincts and consult your GP if you notice any of the following:

- **Lumps:** A new lump, or an existing lump that is growing rapidly, changing, or larger than a golf ball.
- **Bone Pain:** Unexplained bone pain or tenderness that may worsen at night or come and go.
- **Stomach Issues:** Persistent stomach pain, feeling sick, loss of appetite, or feeling full after eating very little.
- **Unusual Bleeding:** Blood in your vomit or your poo
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<https://sarcoma.org.uk/sarcoma-awareness-month-2025/>



UV Safety Awareness Month

UV Safety Month is a dedicated campaign held every July to raise awareness about the dangers of ultraviolet radiation. 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.

