

GP Partner: Dr D Cordner

GP Partner: Dr S Aval

General Practitioner: Dr E Stone

General Practitioner: Dr T Ndubuisi

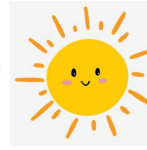
General Practitioner: Dr A Rajagopal

Business Manager: Mrs C Pearson

Operations Manager: Miss K Scott



June 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



Diabetic Screening Programme

It is important to attend the diabetic screening programme if you are a diabetic. To book an appointment please contact 0191 419 2430. Without diabetic screening there are many complications that can happen to your eyes and feet – see below links for more information.

<https://www.diabetes.org.uk/about-diabetes/looking-after-diabetes/complications/retinopathy>

<https://www.diabetes.org.uk/about-diabetes/looking-after-diabetes/complications/feet>

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 Tonti Ndubuisi

I've got a bad head!

We hear this a lot in the surgery, especially as routines change with the seasons. Most headaches are common, short-lived, and can be managed at home. But knowing the difference between a "normal" headache and one that needs a check-up is key.

The usual suspects

Tension headaches– the most common. Feel like a tight band around your head. Often linked to stress, poor posture, missed meals, or lack of sleep.

Migraines– throbbing pain, often on one side, with nausea, light/sound sensitivity. Can last hours to days.

Dehydration & eye strain – also common triggers, especially with more screen time and warmer weather.

Simple things that help most headaches

1. Hydrate- Aim for 6-8 glasses of water a day. Dehydration is a fast trigger.
2. Sleep & routine: Try for 7-9 hours and keep regular sleep/wake times.
3. Move & posture: Take breaks from screens every 30-45 mins. Gentle neck/shoulder stretches help tension.
4. Eat regularly: Skipping meals drops blood sugar and can trigger headaches.
5. Medication: Paracetamol or ibuprofen work well for many, if taken early and with food/water. Always follow the dose on the packet and avoid using them more than 2-3 days a week to prevent medication-overuse headaches.

Red flags – seek medical review promptly if you have:

- A "thunderclap" headache that comes on in seconds
- Headache with fever, stiff neck, rash, or confusion
- Weakness, slurred speech, vision changes, or loss of balance
- Headache after a head injury
- The worst headache of your life, or a pattern that's suddenly changed
- Headache with persistent vomiting, or waking you from sleep repeatedly

These signs are uncommon but important to rule out.

When to book an appointment

If headaches are frequent, lasting more than a few days, not easing with simple measures, or affecting work/school, book a routine appointment. We can review triggers, examine you, and discuss next steps like migraine prevention or referral if needed.

Most headaches aren't dangerous, but you don't have to just put up with them. Keep a simple headache diary for 2 weeks – note food, sleep, stress, and pain relief used. It helps us find patterns fast.

Stay hydrated and take care of your head this month!

Best wishes,
Dr Tonti Ndubuisi

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



Men's Health Week (15-21st June)

Organised by the Men's Health Forum this campaign aims to raise awareness of preventable health conditions and highlight the important of physical and mental wellbeing.

As men are statistically less likely than women to visit their GP early, this week is dedicated to dismantling stigma around men seeking medical and mental health help.

In the UK, death by suicide remains the biggest killer of men under the age of 50, emphasizing the need for open conversations about mental health.

It is important that men book an appointment at the GP if they are having symptoms that need to be checked and it is important that they speak out about their mental health if they are struggling.



<https://www.menshealthforum.org.uk/mhw>

Diabetes Awareness Week (8-14th June)

Led by Diabetes UK, the campaign's central mission is to "Strike Out Stigma" aiming to change public perceptions and reduce the daily judgement experienced by those living with diabetes.

8 out of 10 people living with diabetes say they've faced negative attitudes because of their diabetes - people passing judgement, making sweeping statements, or blaming and shaming people living with diabetes. This is diabetes stigma and it causes real harm to millions. Nobody chooses diabetes and it isn't anyone's fault. By changing the way we talk about diabetes, together we can create a world where diabetes does no harm.



<https://www.diabetes.org.uk/support-us/diabetes-week>

Carers Week (8-14th June)

Carers Week is an annual campaign run by a group of organisations including Carers UK, Age UK and Carers Trust along with other health charities. Each year it highlights an issue faced by carers, and celebrates the vital contribution made by the UK's 5.8 million unpaid carers with local events.

This year's campaign theme is 'building carer friendly communities' which focuses on empowering unpaid carers and advocating for better support systems across the UK.

It's common to feel lonely or isolated as a carer, especially as friends and family might not understand how tough it can be. All the supporter charities involved in Carers Week provide opportunities to get in touch, through online forums and social networks, helplines and local support groups. [Carers Trust](#) and [Carers UK](#) have online directories where you can find out about services near you.

<https://www.carersweek.org/about-carers-week/latest-news/posts-folder/2026/january/carers-week-dates-for-2026/>

<https://www.carersuk.org/press-releases/carers-week-2026-launches-theme-building-carer-friendly-communities/>

<https://www.macmillan.org.uk/cancer-awareness/carers-week>



World Blood Donor Day (14th June)

World blood donor day celebrates voluntary donors across the UK. This day raises awareness for safe blood supplies and provides a great opportunity to book an appointment to donate blood at your local clinic.

The NHS Blood and Transplant (NHSBT) uses this day to encourage new donors to register, often running campaigns to encourage younger donors and highlight the need for specific blood types.

If you are interested in becoming a blood donor visit the NHS Blood Donation website for further information. Here you can find out if you are eligible to give blood and if you are how to book an appointment to give blood or plasma.

<https://www.blood.co.uk/>

