



May 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



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

Stepping Into Spring? Watch Out for Heel Pain

The sun is coming out, and the feet are getting some air... the flip flops are out; so are sandals and heels, trainers and more physical activities to look great for the season.

With all that extra walking, running, and lighter footwear, it's also the time of year we see more patients with heel pain - often caused by *plantar fasciitis*.

What is plantar fasciitis?

It's irritation of the plantar fascia, a thick band of tissue running along the bottom of your foot from your heel to your toes. It acts like a shock absorber and supports your arch. When it's overstretched or strained, it becomes inflamed and painful, usually near the heel.

Common triggers in warmer months:

- Switching to flat shoes like flip flops or sandals with little arch support
- A sudden increase in walking, running, or standing
- Walking barefoot on hard surfaces
- Tight calf muscles from less stretching in winter

What does it feel like?

- Stabbing heel pain, often worse with the first steps in the morning or after rest
- Pain that eases with movement but can return after long periods on your feet
- Tenderness along the arch of the foot

What helps?

Most cases improve with simple self-care:

1. Footwear: Choose supportive shoes with a cushioned heel and arch support. Save flip flops for short periods only.
2. Stretching: Gently stretch your calves and the bottom of your foot daily.
3. Rest & Ice: Reduce aggravating activities and roll a cold bottle under your foot for 5-10 minutes.
4. Pacing activity: Build up walking and exercise gradually as the weather improves.

When to contact the surgery:

If heel pain persists beyond 2 weeks despite self-care, is severe, or you have swelling, numbness, or difficulty walking, book an appointment. We can assess you, rule out other causes, and discuss treatments like podiatry or physiotherapy.

Enjoy the sunshine and get moving - just give your feet the right support to keep up with you!

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



Skin Cancer Awareness Month

May is Skin Cancer Awareness Month dedicated to educating the public on preventing, detecting and treating the world's most common cancer.

There are 3 main types of skin cancer:

- Melanoma
- Squamous cell carcinoma (SCCs)
- Basal cell carcinoma (BCCs)

BCCs and SCCs are different from melanoma. They are called non-melanoma skin cancers and are more common than melanoma.

The symptoms of skin cancer:

- A new or changing mole
- A lump on the skin
- A patch of scaly, crusty or rough skin
- Sores or scabs
- Changes under the nails or on the palms or soles

Speak to your GP if you have any of these symptoms.

Main cause of skin cancer:

Most skin cancers are caused by skin damage that happens from exposure to ultraviolet (UV) light from the sun or sunbeds. All types of skin are at risk of sun damage and skin cancer. The risk is highest if you have skin that tends to burn easily or freckle in the sun.

What can I do to prevent skin cancer?

The best protection is to cover up and be safe in the sun. Check your skin regularly and tell your GP if you notice any unexplained skin changes. Avoid using sunbeds or sunlamps.

Top tips for staying safe in the sun:

- Use 5* UVA with at least an SPF 30. Re-apply every 2 hours and more often if you have been swimming or exercising.
- Drink plenty of water.
- Cover up with a hat and long sleeves.
- Wear UV blocking sunglasses to protect your eyes.
- Do not use sunbeds or sunlamps.



<https://www.macmillan.org.uk/cancer-awareness/skin-cancer-awareness-month>

World Hypertension Day Sunday 17th May 2026

High blood pressure (also called hypertension) can lead to serious problems like heart attacks or strokes. But lifestyle changes and blood pressure medicines can help you stay healthy.

Symptoms of high blood pressure

High blood pressure does not usually cause any symptoms. Many people have it without realising it. Rarely it can cause symptoms such as:

- Headaches
- Blurred vision
- Chest pain

Risks of having high blood pressure

If it's not treated, it can increase your risk of serious conditions such as:

- Heart disease
- Heart attacks
- Strokes
- Heart failure
- Kidney disease
- Vascular dementia

How you can help lower your blood pressure

Healthy lifestyle changes can help lower your blood pressure.

DO:

- Have a healthy balanced diet
- Exercise regularly
- Lose weight if you're overweight

DON'T

- Eat too much salt
- Drink too much alcohol or caffeine
- Smoke

Medicines for high blood pressure

A GP will usually prescribe medicine for high blood pressure if:

- your blood pressure is very high
- you're at higher risk of problems linked to high blood pressure, such as a heart attack or stroke
- your blood pressure is still high after making healthy lifestyle changes

Get your blood pressure checked at a pharmacy or GP

surgery if you think you might have high blood pressure or might be at risk of having high blood pressure, you're aged 40 or over and have not had a BP check for more than 5 years.



<https://www.nhs.uk/conditions/high-blood-pressure/>