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March Newsletter



Tel: 0191 489 7183

www.mayfieldmedicalgroup.nhs.uk

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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



CQC Inspection

Late last year we underwent a CQC inspection and rated Good!



Mayfield Medical Centre

CQC overall rating

Good ●

23 December 2025

[See the report >](#)

Find our full report here –

<https://www.cqc.org.uk/location/1-552412310?referer=widget3>

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 be part of 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 S Aval

It's that time of year again where the welcome turn in the weather brings with it itchy eyes, runny noses, sneezing and wheezing.

Most hay fever treatments are no longer available through prescriptions after our Health Board mandated that we save money for the NHS. The good news is almost all treatments are available over the counter.

Which ones should I buy?

Ask your pharmacist for cetirizine or loratadine. These are usually enough for most people. Fexofenadine is better still, but slightly dearer to buy.

What about my eyes?

Cromoglycate eye drops (Opticrom or Optrex) are great for itchy eyes. They don't last long, so you need to keep using through the day. Follow the instructions on the pack.

Olopatadine (Pataday) is more expensive but lasts longer.

Which nasal spray is best?

I swear by fluticasone for myself and my children, Pirinase by brand. Other steroid sprays are just as good, safe, effective, and with minimal side effects. You need to use them regularly for them to work properly.

What should I avoid?

Otrivine or other nasal decongestants. Using these for more than a few days can cause worsening and "rebound" symptoms upon withdrawal of the medicine. Fine for a day or two when you're blocked, but not really an effective strategy for managing hay fever through spring/ summer.

What general strategies should I adopt?

Pollen gets everywhere: onto bedsheets, clothes, hair, etc. Keep windows and doors shut, cover bedding with a bed throw, and launder regularly. A quick shower after work or school is a good way to get rid of pollen, along with a change of clothing.

What about steroid injections/ Kenalog?

A redundant and old-fashioned treatment, somewhat like using a sledgehammer to crack a nut. Modern nasal sprays and antihistamines have gotten so good now, that this is no longer necessary. Once you have a big dose of steroid injected, you can't undo it, and the side effects are not always trivial. Best avoided, and as a Surgery that always follows Evidence Based Medicine, we tend not to prescribe it.



Ask your pharmacist first



Take hay fever medicines to ease symptoms



Simple pain relief (paracetamol or ibuprofen) can help with headaches and sinus pain



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



Prostate Cancer Awareness Month

March is Prostate Cancer Awareness Month in the UK, a crucial time to highlight that 1 in 8 men will be diagnosed with the disease. It focuses on early detection, as symptoms are rare early on, and encourages high-risk groups—men over 50, Black men, and those with family history—to check their risk.

Symptoms to Watch: Although often asymptomatic in early stages, signs can include increased urination frequency (especially at night), difficulty urinating, or a weak flow.



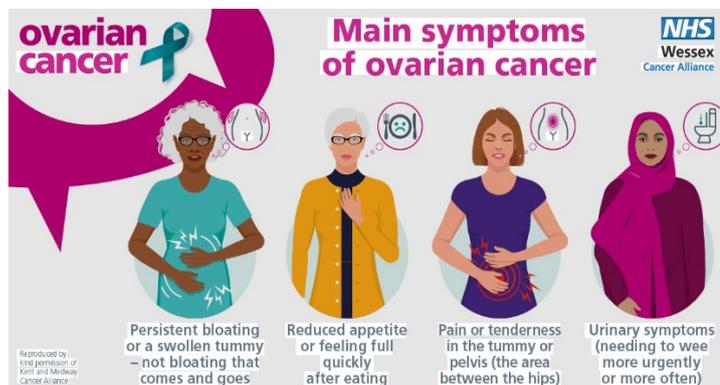
[March the Month 2026](#)

Ovarian Cancer Awareness Month

Ovarian Cancer Awareness Month is a dedicated period, typically observed in **March in the UK** and **September in the US**, aimed at increasing knowledge of symptoms, supporting research, and promoting early diagnosis. Key goals are to reduce late-stage diagnoses, as symptoms can be vague and often mistaken for less severe conditions, such as IBS.

Key Facts & Awareness Focus:

- **Symptoms:** Key symptoms to watch for include persistent bloating, pelvic or abdominal pain, feeling full quickly after eating, and needing to urinate more frequently.
- **Urgency:** Over two-thirds of women are diagnosed too late when the cancer is harder to treat
- **Action:** Early detection is critical for better survival rates.



[Ovarian Cancer Awareness Month in the UK](#) | [Ovarian Cancer Action](#) | [Awareness Months](#) | [Ovarian Cancer Action](#)

World Down Syndrome Day – Saturday 21st March 2026

World Down Syndrome Day (WSDS) is on Saturday, March 21, 2026, focusing on fighting loneliness and promoting inclusion. The 2026 campaign highlights the need for social connection, encouraging workplaces, schools, and communities to wear **#LotsOfSocks**, raise awareness, and challenge stereotypes to ensure people with Down syndrome are included.

Key 2026 Information

- **Theme:** The 2026 theme centres on combating loneliness and fostering connection.
- **Date:** Saturday, 21 March 2026.
- **Significance:** The date (3/21) signifies the triplication (trisomy) of the 21st chromosome, which causes Down syndrome.



[World Down Syndrome Day](#)

Brain Tumor Awareness Month

Types of brain tumours

There are many different types of [brain tumour](#). Primary brain tumours start in the brain and are usually named after the cell they develop from, or the part of the brain they start in. The most common type of brain tumours is called gliomas, which develop from cells that look like glial cells in the brain or spinal cord.

Secondary brain tumours (also called brain metastases) are tumours that start somewhere else in the body and spread to the brain.



Symptoms of a brain tumour

Symptoms depend on where the tumour is in the brain and how slowly or quickly it grows. The major [signs and symptoms of brain tumours](#) to look out for are:

- changes in personality or behaviour
- problems with thinking, reasoning or memory
- headaches
- seizures (fits)

These symptoms can be caused by a brain tumour. But they can be caused by other conditions too. It is important to get them checked by your GP straight away.

[Brain Tumour Awareness Month](#)