NHS Providing NHS services

mayfield medical group

GP Partner: Dr D Cordner
GP Partner: Dr S Aval
General Practitioner: Dr E Stone
General Practitioner: Dr T Ndubuisi
General Practitioner: Dr A Ali
Business Manager: Mrs C Pearson
Operations Manager: Miss K Scott

November 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

econsult

New Staff Updates

Dr Abbie Ali – Salaried GP
Kelly Elliott – Advanced Nurse Practitioner
Sophie Powell – Admin Apprentice



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 practice?

You can join our friendly practice by scanning the QR code below, registering through our website, or visiting the surgery to complete a paper registration form.

https://www.mayfieldmedicalgroup.nhs.uk/services/register-as-a-patient/



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.

Have you confirmed your details with the NHS?

You may have received a letter from NHS England Primary Care Support England (PCSE) advising you to confirm your details with the NHS.

They are writing to check that the NHS holds your correct address for you so that GPs and other NHS Services can use it to send you information about your health.

If your GP does not have your up-to-date address, they may not be able to contact you. This means you might miss important messages about your health, including appointments, health checks or vaccinations.

What you need to do:

Let NHS England Primary Care Support England know if the NHS has the correct address for you or if you need to make changes. You can find clear instructions on the back of this letter.

There are 3 options:

Option 1: text YES and your reference number to 07860055388 (usual contact charges apply)
Option 2: tick the box on the form and return to PCSE in their envelope included with the letter.
Option 3: visit https://pcse.england.nhs.uk/contact-us/patient-registrations-enquiry-categories/list-maintenance-patient-use-only or scan the QR code on your letter and complete the online form.

If your home address is not correct:

Option 1: register with a new GP
Option 2: speak to your GP who can update your address.

If you do not reply within 30 days of the date of the letter:

NHS England PCSE will start the process of removing you from your GP's practice list. This is to protect your personal information and stops letters from going to the wrong address.

If you have received one of these letters, please follow the above instructions and confirm your address. Please also contact us your GP to ensure that you are still registered with our practice and that your address is correct.

Immunisation Awareness

Why immunisation awareness is important

1. Prevents serious diseases
Vaccines help protect against illnesses such as:



- Measles
- Influenza COVID-19
- Polio
- Meningitis

2. Protects vulnerable people
Vaccination helps protect babies, older adults, and people with weakened immune systems who may be more at risk.

3. Prevents outbreaks
When enough people are vaccinated, diseases are less likely to spread. This is called **herd immunity**.

4. Saves lives
Vaccines have prevented millions of deaths worldwide by reducing infectious disease.

5. Encourages informed health decisions
Awareness campaigns help people understand vaccine benefits, safety, and when vaccinations are needed.

Common immunisation awareness messages

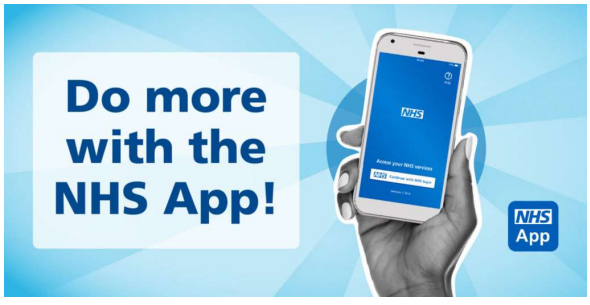
- Keep vaccinations up to date
- Follow recommended vaccine schedules
- Ask healthcare professionals for advice
- Vaccination protects both you and your community

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



Movember

Movember is a campaign in November that raises awareness of men's health issues, including cancer and mental health, and encourages men to seek help and support.

Why Movember is important

It raises awareness of key men's health issues, including:

- Prostate cancer
- Testicular cancer
- Mental health problems such as depression and anxiety
- Suicide prevention and emotional wellbeing

Why awareness matters

1. Encourages early detection

Talking about symptoms and attending check-ups can help catch cancers early.

2. Promotes mental health support

It helps reduce stigma so men are more likely to talk about how they feel and seek help.

3. Saves lives through fundraising

Money raised supports research, education programmes, and support services for men.

4. Starts important conversations

The moustache is a symbol that helps spark discussions about men's health.

https://uk.movember.com/

Self-Care Week – Mind & Body 18-24th November

Organised by the Self-Care Forum, the UK-wide annual awareness week focuses on empowering individuals, families, and communities to manage their physical health and mental wellbeing proactively.

Key details for Self-Care Week 2026:

- **The Theme:** "Mind & Body". The campaign emphasises a holistic approach to health, with a specific spotlight on healthy eating as one of the 7 Pillars of Self-Care.
- **Key Actions:** Communities, workplaces, and healthcare providers (like GP practices and local pharmacies) will share actionable advice on living healthily, coping with everyday challenges, and maintaining a good work-life balance.
- **Where to get support:** You are encouraged to look beyond just the GP. Pharmacists can serve as your first port of call for minor ailments and direct you to the right services, while the NHS website and Self-Care Forum offer downloadable fact sheets and guides.

Self-Care Week promotes the importance of looking after both physical and mental health through healthy habits, stress management, and taking responsibility for everyday wellbeing.

https://www.selfcareforum.org/

Anti-Bullying Alliance Week 16-20th November

Anti-Bullying Week in the UK will take place from Monday 16th to Friday 20th November. Coordinated by the Anti-Bullying Alliance, the theme for 2026 is "Break the Silence". The event kicks off with Odd Socks Day on November 16th to celebrate individuality.

The goal of the campaign is to encourage children, young people, and adults to start conversations about bullying, speak up safely, and act together.

Key Activities & Resources

- Odd Socks Day: Supported by CBeebies presenter Andy Day and his band, everyone is encouraged to wear mismatched socks to symbolize that what makes us unique is something to be celebrated.
- Free School Packs: The Anti-Bullying Alliance provides downloadable teaching resources, lesson plans, and assemblies tailored for educational and youth settings.
- Parent & Carer Packs: Specific toolkits are made available so families can guide their children through their school years and identify safe ways to handle bullying

16 Days of Action Against Domestic Violence November 25th – 10th December

16 Days of Action Against Domestic Violence is an international campaign that raises awareness of domestic abuse, supports survivors, and encourages action to prevent violence and promote safe relationships.

It highlights all forms of abuse, including:

- Physical abuse
- Emotional and psychological abuse
- Financial control
- Coercive control
- Sexual abuse

These issues are often hidden, so awareness helps people recognise the signs.

Encourages people to seek help

The campaign promotes support services for survivors and encourages people to speak out safely.

Promotes prevention and education

It teaches people about healthy relationships and warning signs of abuse.

Supports victims and survivors

It helps reduce stigma and shows survivors they are not alone.

https://campaign.unwomenuk.org/16-days