



September 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



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/>

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

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.

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.



A message from your GP Dr Aval

Why your GP doesn't always give you a diagnosis “So, what is it, then?”

It's a question I hear all the time. And sometimes, the honest answer is: **“I'm not sure yet.”**

That can be frustrating, but it's actually a normal part of medicine. Not every illness comes with a clear set of symptoms and a test that gives us an immediate answer.

Take a cough as an example. It could be a virus, asthma, reflux, an infection, or something else entirely. Abdominal pain is another good example: there are a huge number of possible causes, and sometimes we need to see how things develop before we know what's going on.

This is why your I might suggest treating the symptoms and seeing how things go, rather than immediately arranging a scan or referring you to a specialist. That isn't necessarily because I don't think there's anything wrong. Sometimes time is part of the diagnostic process.

But, and it's an important 'but': “wait and see” doesn't mean “ignore it”.

If your symptoms don't improve, keep coming back, get worse or change in some way, *please come back and tell us*. That new information can completely change our thinking.

So, if we say, “*Let's see how this goes, but if you're no better in two weeks, come back,*” please do exactly that.

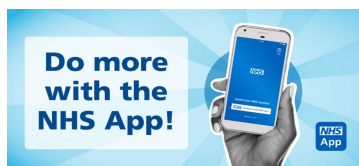
We don't always get the answer on the first visit. Sometimes the most useful piece of information is simply **what happens next**.

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



Winter is coming – don't underestimate the viruses

We often hear people say, “I never bother with the flu jab – I’m usually fine.”

That may well be true. But flu, COVID and RSV aren't necessarily mild illnesses, particularly as we get older or if we have other health problems. Every winter we see people who were perfectly well beforehand become seriously unwell with a respiratory infection.

So, who should be getting vaccinated this winter?

Flu: the NHS offers vaccination to everyone aged **65 and over**, pregnant women, children, people with certain long-term health conditions, care home residents, carers and some other groups.

COVID: this year's programme is more targeted. Vaccination is being offered to **everyone aged 75 and over**, residents of older-adult care homes, and people who are **immunosuppressed**.

RSV: vaccination is offered to **everyone aged 75 and over**, as well as pregnant women. This year the programme has also been extended to people aged **65–74 with certain long-term lung conditions or weakened immune systems**.

If you're offered one or more of these vaccines, **please take up the offer**. You might have had flu or COVID before and recovered without much trouble. That's great – but it doesn't guarantee the next infection will be the same.

Vaccination isn't about stopping you ever catching a virus. It's about **stacking the odds in your favour when you're most vulnerable to becoming seriously ill**.

A few minutes in the surgery or pharmacy could make a very big difference this winter.



Blood Pressure UK Know Your Numbers Week 7-13th **September**

Having your blood pressure checked regularly is important because high blood pressure (also called Hypertension) often has **no obvious symptoms**, but it can quietly damage your body over time.

It can detect a “silent” health problem early

Many people with high blood pressure feel completely fine. Regular checks can catch it before it causes complications.

It helps prevent serious health problems

Untreated high blood pressure increases the risk of:

- Heart disease
- Stroke
- Kidney disease Damage to blood vessels
- Vision problems

It helps monitor overall cardiovascular health

Blood pressure readings show how hard your heart is working to pump blood. Changes over time can give early warning signs of health issues.

The "Know Your Numbers!" campaign, run by Blood Pressure UK, is the UK's biggest annual blood pressure testing and awareness event. It aims to help the public identify undiagnosed hypertension (high blood pressure) by providing free checks and teaching people how to manage their blood pressure.



<https://www.bloodpressureuk.org/know-your-numbers/>

Worlds Biggest Coffee Morning

The World's Biggest Coffee Morning is a national fundraising event organised by Macmillan Cancer Support to raise money for people living with cancer.

For **2026**, the official date is **Friday 25 September 2026**, although people can host their coffee morning on any date that suits them. The event brings people together to enjoy coffee, tea and cakes while donating to support Macmillan's cancer services.

Why it is important

Money raised helps Macmillan provide:

- Emotional support for people affected by cancer
- Financial advice and guidance
- Information and practical help
- Support for families and carers
- Specialist healthcare services

Since it started in **1990**, the event has raised **hundreds of millions of pounds** to help people living with cancer across the UK.



<https://www.macmillan.org.uk/coffee-morning>

Organ Donation Week 21st – 27th September

Organ Donation Week 2026 in the UK runs from **Monday 21 September to Sunday 27 September 2026**. It is a national awareness campaign led by NHS Blood and Transplant to encourage people to:

- Learn about organ donation
- Record their decision on the NHS Organ Donor Register
- Talk to family and friends about their wishes

The week highlights the importance of donation because thousands of people across the UK are waiting for life-saving transplants, and one donor can potentially save or improve several lives. Current NHS figures show more than **8,000 people are waiting for a transplant** in the UK.

Common activities during Organ Donation Week include:

- Awareness campaigns in schools and communities
- Landmarks being lit **pink** to show support
- Social media campaigns using **#OrganDonationWeek**
- Sharing real stories from donors and transplant recipients

Organ Donation Week raises awareness of the importance of organ donation and encourages people to make and share their decision, helping save lives.



Urology Awareness Month

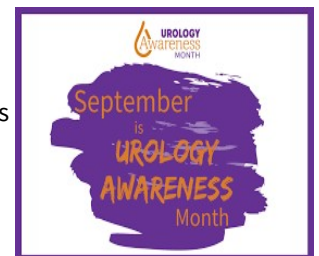
Urology Awareness Month is held every September in the UK and is organised by The Urology Foundation to raise awareness of urological health and encourage people to seek help for urinary and reproductive health problems. It focuses on conditions affecting the urinary system and, in men, the reproductive system.

The month helps to:

- Raise awareness of common urological conditions
- Encourage early diagnosis and treatment
- Reduce embarrassment or stigma around discussing symptoms
- Promote better understanding of urinary health

Conditions highlighted include:

- Prostate cancer
- Bladder cancer Kidney stones
- Urinary tract infection
- Incontinence
- Enlarged prostate



Many people ignore symptoms such as:

- Pain when passing urine
- Blood in urine
- Frequent urination
- Difficulty emptying the bladder

Getting checked early can help detect serious conditions sooner and improve treatment outcomes.

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