

Northgate Medical Centre

Summer 2022 Newsletter

First Contact Physiotherapy

Bone, joint or muscle pain?

See the physiotherapist here!



First Contact Physiotherapy

The physio will:

- Assess you and diagnose what's happening
- Give expert advice on how best to manage your condition
- Refer you on to specialist services if necessary.



www.csp.org.uk/fcp

The role of First Contact Physiotherapists (FCPs) in Primary Care is to assess patients with soft tissue, muscle and joint pain and to decide on the most appropriate management pathway. FCPs are physiotherapists with expertise in the assessment and management of Musculoskeletal (MSK) conditions. They may also be known as Advanced Practice Physiotherapists or MSK Practitioners. This service gives you faster access to expert diagnosis and you will leave with the advice and exercises you need to start tackling the problem. The physio can also refer you on to hospital services where necessary, order tests and write prescriptions.

Appointments are available on Monday and Tuesdays here in the Fountains building.

Please speak to a member of the reception team to see if you are suitable to be referred.

PRACTICE CLOSURES

The surgery will be closed between 12-5pm on the following days for staff training

- Wednesday 22nd June
- Thursday 14th July
- Tuesday 16th August

And closed all day for the following bank holidays

- Thursday 2nd and Friday 3rd June for the Queens Platinum Jubilee
- Monday 29th August

PRACTICE NEWS

The surgery would like to welcome our new registrar **Dr Mather** who will be working Tuesday, Thursday and Friday.

We have said goodbye and good luck to our receptionist **Emily** who has moved on to pastures new.

Coil Clinics

We are now able to offer IUD/IUS (coil) fittings here at the surgery. If you would like to be booked in for an appointment, then please contact the surgery for more information.

Spring Covid Booster

Who is being offered a spring booster?

- People aged 75 years and over
- Those in care homes
- People aged 12 years and over with a weakened immune system

The spring booster is available to the above patients who received their first booster around 6 months ago.

To book in please call 119 or visit the NHS website.

econsult

NHS

You can now access GP services online
Anytime, anywhere, for free.

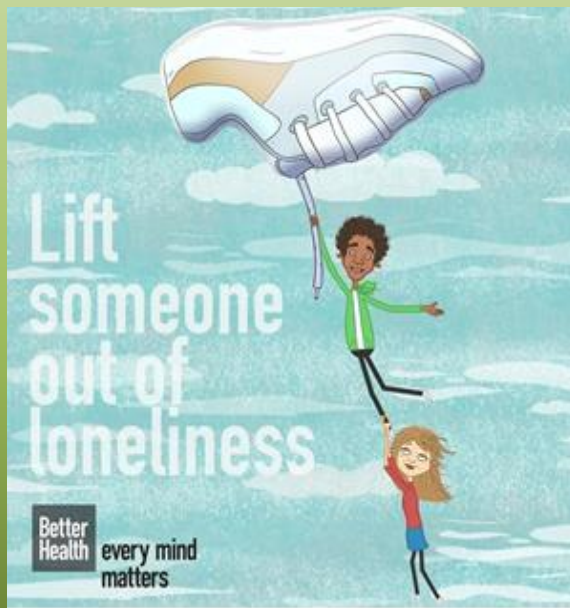
What are you waiting for?
There's no need to wait with eConsult.
Visit your practice website to find out more.



Did you know that you can request medical advice from your GP surgery by filling out an eConsult on line and your request will be reviewed and actioned within 48 hours.

Visit www.northgatemedicalcentre.nhs.uk/econsult

*This service is for medical advice and is not available for making prescription requests.



Loneliness

Loneliness is an issue that can affect us all, young or old, at any point in our lives. We might live in a busy city or a rural location, on our own or with others and still feel isolated.

You should not blame yourself for feeling like you are struggling, now or at any other time.

We have some fantastic help available if you feel like you need some support, such as our Social Prescriber, and we also offer some low-level counselling. Please speak to reception for more information. Alternatively visit the link below for some self-help.

www.nhs.uk/every-mind-matters/lifes-challenges/loneliness

Really Green Smoothie

<https://www.eatingwell.com/recipe/270514/really-green-smothie/>

Ingredients

- 1 large ripe banana
- 1 cup packed baby kale or coarsely chopped mature kale
- 1 cup unsweetened vanilla almond milk
- ¼ ripe avocado
- 1 tbsp chia seeds
- 2 tsp honey
- 1 cup ice cubes

Method

- Combine banana, kale, almond milk, avocado, chia seeds and honey in a blender.
- Blend on high until creamy and smooth.
- Add Ice and blend until smooth.
- Enjoy in your favourite glass

EatingWell

