

BELFORD MEDICAL PRACTICE



WINTER 2023

WINTER NEWSLETTER

**BELFORD MEDICAL PRACTICE
WISH YOU ALL A VERY MERRY
CHRISTMAS & A HAPPY AND
HEALTHY NEW YEAR**



Fiona our much loved Secretary retired after 37 years of working at BMP.

She has seen quite a few changes during this time one being from using pen and paper to using the computerised system.

She will be a big miss in the surgery.



We would like to remind patients that the surgery is on Facebook. If we could encourage you to follow us as we post all current information on this page—if phones are off or if we are short staffed.

LOCAL PHARMACIES

Belford Pharmacy Opening times

Sat 23rd December 9 am—12 midday

Sun 24th December—CLOSED

Christmas Day - CLOSED

Boxing Day—CLOSED

Wed 27th, Thurs 28th, Fri 29th—NORMAL OPENING HOURS

Saturday 30th Dec ember 9 am - 12 midday

TESCO PHARMACY IN BERWICK

Sun 24th December—10 am—4 pm

Christmas Day—CLOSED

Boxing Day—CLOSED

Wed 27th, Thurs 28th, Fri 29th, Sat 30th —NORMAL OPENING HOURS

SURGERY CHRISTMAS OPENING TIMES

CHRISTMAS SURGERY OPENING
TIMES

Belford and Seahouses Surgeries will be closed on Christmas Day and Boxing Day and will reopen on Wednesday 27th December,

REMOTE DELIVERIES

Last date for ordering medication to be delivered is Friday 15th December.

Last delivery date is Wednesday 20th December.

**Current Opening
Times**

Belford Surgery

01668 213738

8.30-6.00 Monday to Friday

Prescription Ordering

9am-2pm

Blood/X-ray Results

9am-2pm

Seahouses Surgery

01665 720917

Monday and Tuesday

8.30-6.00

Thursday

8.30 -5.30

Friday

8.30-12.30

Wednesday

Closed

Prescription Ordering

9am-2pm

Blood/X-Ray Results

9am-2pm

Website:

www.belfordmedicalpractice.nhs.uk

Facebook Page:

Belford Medical Practice

Dr Pawson

It was with great sadness that we learnt that Dr Bob Pawson passed away suddenly in September whilst staying with his daughter Jenny.

Many of you will remember him well. He arrived in Belford in 1979 to join Dr Byers and devoted years of hard work to the practice until his retirement in 2004.

His particular passion for obstetrics, palliative care and supporting the ambulance service at emergencies allowed him to drive around the countryside at high speed – always a would-be rally driver at heart.

Long supportive ‘chats’ at the end of surgeries were another favourite, sometimes leaving his receptionist team exasperated! But he never minded giving the extra time to those who needed it.

He was really supportive to me when I arrived in the practice in 1997 and he helped ensure the ongoing nurturing team spirit that I hope still prevails within the practice today.

Our thoughts and best wishes go to his daughters Fiona and Jenny and their families. We have been forwarding any memories you may have of Dr Bob onto them – please email the surgery if you would like us to do this.

Thank you

Emma Miller



MUM AND BABY YOGA

As part of a new PPG initiative, looking at different ways to improve health and supporting people with in our community, the practice is pleased to announce that we have gained the approval and funding to run our first pilot. This will be a 6 week mum and baby yoga course. These 1 hours sessions will start in January at Bell View and will include meditation, breath work and yoga poses/ asana flows. This course is available to any mum who has had a baby within the last 12 months and has had their 6 week check.

For further information and to register interest please contact Belford Medical Practice by email with the heading Mum and baby yoga. We will operate on a first come first served basis. We look forward to hearing from you





TRAVEL ADVICE

From 01/11/23 the Practice will no longer be offering any travel advice, medication or vaccinations. This is in line with other practices in the area.

The first point of contact for travel advice is MASTA via 0330 100 4272.

Online travel advice can also be accessed through:

- **Lloyds Pharmacy**
- **Superdrug Health Clinic**
- **Boots Travel Clinic**

Travel clinics based locally are:

- **MASTA at Newcastle and Forrest Hall**
- **Health Hut at Morpeth**
- **Travel Clinics Morpeth**

It is advisable to be arranging an appointment at least 6-8 weeks prior to travel to ensure you have the appropriate immunisations and medications before you travel.

IMPORTANT INFORMATION ABOUT APPOINTMENTS

We would like to reassure our patients that at no time since the start of the pandemic have we stopped seeing patients face to face, and continue to see patients daily in addition to our telephone consultations. By triaging we can see patients more promptly when the need arises. When all our appointments are taken for the day patients will be requested to ring back at 8.30 the following day or be given a telephone triage appointment in the future. Patients who deem their problem to be an emergency will have to provide details of their problem and this will be passed onto a GP who makes the decision of whether to ring the patient back or not, if calls are not returned by 6pm then the patient would need to ring the surgery back to secure a bookable slot.

We have reviewed and continue to monitor how we provide our services to enable us to meet patient demand and ensure a safe working practice for both patients and clinicians.

The demands post covid have meant that we have seen an increase in patient contacts up by 12% and this makes it impossible to return to our pre covid appointment model. Not only this, but we have seen that some of the changes to the way we provide our services have been advantageous and allow ease of access to some of our patients.

Belford Medical Practice
Croftfield
Belford
NE70 7ER

