

**Educational Closing Dates:**

**The practice will be closed on the following afternoons:**

* **Thursday 21st November 2019 - 13:00pm to 18:00pm**
* **Thursday 12th December 2019 – 13:00pm to 18:00pm**
* **Thursday 16th January 2020 – 13:00pm to 18:00pm.**
* **For access to medical services during closure call 111**

**OPENING TIMES:**

**Monday 8:00am – 6:00pm**

**Tuesday 8:00am – 6:00pm**

**Wednesday 7:00am – 6:00pm**

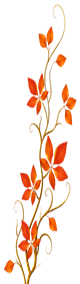
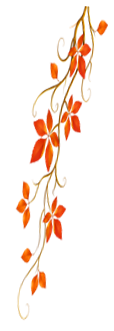
**Thursday 7:00am – 2:00pm**

**Friday 8:00am – 6:00pm**

**We also offer extended weekend hours on a Saturday and Sunday.**

**Please ask the receptionist for further details of weekend opening times.**

**Please note we no longer close for lunch.**

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**Five Ways to Stay Healthy this winter:**

* **Banish Winter Tiredness (spend more time outdoors, get a full night’s sleep)**
* **Eat more Fruit and Veg**
* **Drink more milk**
* **Have a Hearty Breakfast**
* **Try new activities for the whole family (walks, exercising, ice skating)**

**Patient Participant Group:**

**The patient group consists of patients registered with the practice who are interested in developing the practice and the services available to you as a patient.**

**We meet on a quarterly basis and would welcome new members. If you would like to be a member but are unable to attend group meetings, we offer the ability to register via email and would welcome your participation through email.**

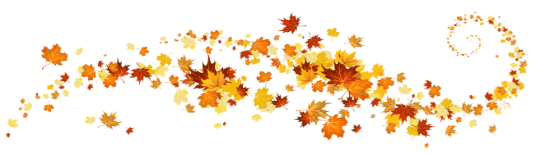
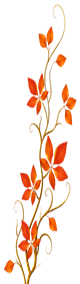
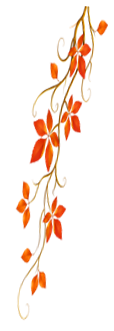
**CHRISTMAS AND NEW YEAR OPENING TIMES:**

**We will be closed on the following dates over the Christmas and New Year period:**

* **Wednesday 25th December (Christmas Day)**
* **Thursday 26th December**

**(Boxing Day)**

* **Wednesday 1st January (New Year’s Day)**

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**Contact Us:**

* **Telephone number: 01914832106**
* **Email:** [**STYNCCG.Victoria-Medical-Centre@nhs.net**](mailto:STYNCCG.Victoria-Medical-Centre@nhs.net)
* **Address: Victoria Medical Centre, 12-28 Glen Street, Hebburn, NE31 1NU**

**Patient Online Access:**

**If you have access to the internet you could ask the reception team for a PIN access code. This will allow you to make GP appointments, access your medical records and order prescriptions online!**

**If you have any problems registering with Online Access, please contact the surgery and the reception team will be happy to help you with the initial registration.**

***Please note once your PIN access code has been sent you only have 7 days to activate this before it expires!***

**FLU SEASON IS HERE:**

**Protect Yourself and Protect Others.**

**You can drop in the surgery any time for your flu vaccination, no appointment is needed.**

**If you have any questions or to find out if you are eligible, please speak to reception!**

**VICTORIA MEDICAL CENTRE**

**AUTUMN NEWSLETTER 2019**

**E-Consult:**

**E-consult is an online triage tool that enables GP’s to conduct consultations more efficiently; you can have your symptoms remotely assessed by your own GP without the need to visit the surgery.**

**To access please log onto:**

[**www.victoriamedicalcentrehebburn.nhs.uk**](http://www.victoriamedicalcentrehebburn.nhs.uk)

**GPs: Dr. Singh, Dr. Ghosh and Dr. Saraf**