

# The Glen Medical Group

Open: Mon, Tues, Wed, Fri 08:30am - 06:00pm, Thurs 08:30am - 08:00pm

The Glen Primary Care Centre, Glen Street, Hebburn, NE31 1NU

Email: [STYNCCG.theglenmedicalgroup@nhs.net](mailto:STYNCCG.theglenmedicalgroup@nhs.net)

Website: [www.theglenmedicalgroup.nhs.uk](http://www.theglenmedicalgroup.nhs.uk)

Tel: 0191 496 3770

## COVID-19 UPDATE

Half of South Tyneside adults (over 64,000 people) have now had their first Covid-19 vaccination, NHS leaders have confirmed. We are still in the process of contacting our eligible patients. If you receive a vaccination invitation to one of the mass vaccination centres such as the Nightingale or Centre for Life but this is not practical for you, you are able to wait to be invited to a local centre. Please remember, the Covid-19 vaccination will always be available free of charge and the NHS will never ask you to share bank details to confirm your identity. **If you are over 40 year old or you are in an at risk group and have not yet received your vaccination, please contact the surgery.** For regular updates, please visit our website, Facebook or Twitter page.

## EVERY MIND MATTERS

Every Mind Matters is here to help you manage and maintain your mental health, as good mental health makes such a difference. It helps us relax more, achieve more and enjoy our lives more.

Every Mind Matters gives you simple and practical advice to get a healthier mind and get more out of life—from how to deal with stress and anxiety, to boosting out mood or sleeping better. It will help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support. Find out more at [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)



## KOOTH

Kooth is a free, safe and anonymous online counselling and support service aimed at children and young people. It is an emotional well-being platform accessible through mobile, tablet and desktop. 1 in 5 children and young people suffer from mental health illness in any given year. With over 4000 logins per day, Kooth provides end to end support whatever the need.

Find more information at [kooth.com](http://kooth.com)



## DO YOUR BIT

As services start to recommence, the NHS CCG sends a reminder to “do your bit” and help keep A&E available for serious, life threatening emergencies. If your condition is not life threatening and you do turn up to A&E, you may be re-directed to a more appropriate service for your needs.



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## YOUNG CARERS

Young Carers do many things that other young people might not usually do, such as:

- Collect prescriptions and give out medicines
- Help someone get out of bed, get washed and get dressed
- Manage the family budget

The Young Carers service is still running through the pandemic period and can offer support to families with Young Carers throughout South Tyneside. The service has been offering support for 15 years with the aim of improving quality of life and reducing the risk of isolation. Find out more information on getting support at [southtynesideyoungcarers.org](http://southtynesideyoungcarers.org).

## POSITIVE FEEDBACK



Throughout the pandemic, the team have worked exceptionally hard and we have been very grateful to have received positive feedback from many patients. Positive feedback is always shared with the whole team. Thank you to all patients for your support during this unusual time.

## PRACTICE INFORMATION

**Prescription Line:** 0191 496 3771. This is an automated voicemail service that is available 24/7. You will need to leave a message including your full name, address, date of birth, contact number, and the names of medications you need to order. You can also order your prescriptions through patient access online.

**Text Cancellations:** 07874 221 946. This line should only be used for cancelling appointments. Please provide your full name, date of birth, address, appointment date and appointment time.

**Practice Manager:** Mrs Lynn Crutwell

**Facebook:** The Glen Medical Group

**Twitter:** @glenmedical

