



# PARKSIDE SURGERY NEWSLETTER

## APRIL 2025

This month we say goodbye to our registrars Dr Prem Kannan, Dr Lalit Maheshwari and Dr Anaeto Muogbo. We would like to welcome our new registrar's Dr Robert Schofield and Dr Albagir Abdallah. We will also welcome back registrar's Dr Lucy Amany and Dr Binumol Abraham who have worked at the surgery before so some of you may have met them already.

We are pleased to advise that our practice nurses Hannah and Melanie have passed their training to be able to do cervical screenings independently. This means we can provide more appointments for patients.

Cervical screening is one of the best ways to protect yourself from Cervical Cancer.

Training closure date: Wednesday 16th April from :1.30pm.

### SPRING COVID CAMPAIGN

The Spring Covid vaccine is available at the surgery for anyone over the age of 75 years.

There are various dates available

Please contact the surgery to book an appointment.

### **Proxy access to your child's records-**

**Children aged between 0-11:** Parents are able to request proxy access of their children's records. This does not include full record access but you are able to view the summary care record, book appointments and make medication requests.

A parent will need to have registered in the surgery for online access on their own records (not just on the NHS App) and then completed a proxy access form for their child.

**Children between 11-16** years old will only be allowed online access after a Gillick competency test has been performed. A Gillick Competency test requires a face to face appointment with a doctor to check whether the child is mature enough to make their own decisions.

The forms are available to collect from reception.

### EASTER BANK HOLIDAY

#### CLOSURES

The surgery will be closed on the following dates for Easter:

Friday the 18th April

&

Monday the 21st April.

If you need medical assistance during this time please call

111.

## **Stress Awareness Month**

### **What is stress?**

Stress is a word lots of people use when they feel things are getting too much to deal with. Stress is different for everyone and most people will deal with stress at some point in their lives.

### **Some of the symptoms of stress and how you might feel:**

Nervous, worried, irritable, tearful, sad, angry and unable to settle. You may eat too much or too little and start drinking or smoking more than usual. You may also experience problems sleeping.

Your body may show signs of stress. You may become dizzy, get stomach pains, muscle pains, headaches and you may experience chest pain or your heart may beat faster.

### **What can you do to feel less stressed?**

**Talk about how you are feeling.** Talking with friends and family may help relieve the symptoms of stress.

**Have some “Me Time”** - Try to take time out to relax, socialise, or do something you enjoy.

**Eat well** – Try to eat a healthy diet and avoid drinking too much alcohol which can make the situation worse. Don't eat on the go, take the time to have a healthy meal.

**Exercise**— where possible, try to do 30 minutes of moderate intensity exercise for at least 5 or more times per week. Exercise is a great stress buster.

**Practice Deep breathing or controlled breathing exercises.** Our body is the first to show signs of stress, trying breathing exercises can help to relax us.

**Try to do one thing at a time so as not to get overwhelmed.** Focus on the tasks that will make a difference first. Make a list and try to come up with a solution. This will help you feel more in control.

**Try not to take too much on, and don't feel guilty for saying no.**

Visit the following website for more information, help and advice: <https://selfhelp.cntw.nhs.uk/self-help-guides/stress> or link [Stress :: Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust](#)

**If you have tried all this and need more help, speak to a healthcare professional. Here are some numbers you could call; Mind : 0300 123 3393 Rethink: 0808 801 0525**

**LEAD WITH LOVE** is this years theme for National Stress Awareness Month. Encouraging us to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face.

## **Awareness days- April**

**Bowel Cancer Awareness month**— Knowing the symptoms of bowel cancer is important to spot it early. The earlier it is found the more treatable it will be.

Symptoms include: Blood in your poo, bleeding from your bottom, change in bowel movements, losing weight and your not sure why, unexplained tiredness and a pain or lump in your tummy.

For more information: <https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month/> or link [Bowel Cancer Awareness Month | Bowel Cancer UK](#)