

Belford Medical Practice Newsletter

Summer 2026 Newsletter

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Practice News

Welcome to the Summer edition of the practice newsletter.

We hope you are enjoying the sunny weather and staying safe in the heatwave.

This month we have new members of staff that had joined the practice and we would like to give them a warm welcome.

Emily Haigh has joined the dispensary team. We also have a registrar with the practice for the next 6 months—Dr A Ibrahim and he looks forward to meeting some of our patients.

We would also like to wish Ayla from dispensary lots of luck as she begins her Maternity leave

Important Notice

Bank holiday date – Both Belford and Seahouses surgery will be closed –

Monday 31st August 2026

Our current staff list

GP partners: Dr S Moss

Dr C Longster

Dr J Barth

GPS: Dr L Murray and Dr E Philips

Practice Manager; Nicola Blair

Advanced Nurse

Practitioner; Carry Horrocks

Practice Nurses; Ailsa Hankinson, Helen Haugh, Shirin Ord

Healthcare Assistant; Sharon Leather

Dispensary Team;

Medicines Manager, Shannon Spain. Tracey Hay, Seahouses Branch Manager, Susan Black, Emma Coyle, Ayla, Smith, Kristin Thompson, Emily Haigh

Reception Team; Reception Manager and Secretary - Lauren Fairnington, Julie Brown (Secretary), Pamela Cochrane, Miriam Lindsay, Marian Hall, Valerie Bird

Domestic cleaner – Shiela Thompson

Did you know you can go to the Pharmacy for Insect bites?



See a pharmacist if: You or your child aged 1 year has an Insect bite or sting and

- Skin around it feels hot when you touch it or it looks red – redness can be harder to see on brown and black skin.
- It is painful
- The area looks swollen
- There is pus, fluid coming out of the insect bite or sting

A pharmacist can recommend treatments such as antihistamines and steroid creams and able to give some antibiotics as a GP if the bite or sting is infected.

See a GP if: a child under 1 year old has an insect bite or sting. You think you or your child have been bitten by a tick and have flu like symptoms . or a round or oval rash that may look like a bullseye.

<https://www.nhs.uk/conditions/insect-bites-and-stings/>

Are you flying off to find some more sun?

Protect your Moles – If you have lots of moles and freckles you need to take extra care.

Avoid getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 30 to protect yourself.

Keep an eye on any skin changes. Changes can include – a new mole, growth or lump. Any moles, freckles or patches of skin that change size, shape or colour,

Report these to your GP if they are found.

Protect your eyes –

A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.

Reflected sunlight from snow, sand, concrete and water and artificial light from sunbeds is particularly dangerous.

Avoid looking at the sun directly as this can cause permanent eye damage.

AN IMPORTANT MESSAGE FROM DR MURRAY

"There is a possible interaction between GLP-1 weight loss medications and oral contraception/HRT. These medications can make contraception less effective and can make HRT less safe. If you are prescribed GLP-1 agonists and also if you take the pill or oral HRT please contact us for an appointment, as you may need your dose adjusting or to consider alternative options."



WINTER COVID BOOSTER

The Practice is offering the Winter boosters and emails have started to go out to patients to book an appointment. As we have in previous years we will holding various clinics.

During the 2026 Winter campaign the following groups are eligible for the COVID-19 vaccine:

- **All adults aged 75 years and over including individuals aged 74 who will have their 75th birthday before the campaign ends (June 2026).**
- **Patients under 75 who are at risk.**

If you are not sure if you are eligible, contact the surgery and we will be able to let you know. Anyone not wishing to have one, please contact the surgery to decline.

The clinics are for vaccines only, please do not discuss any health problems.

!! IF ANYONE NO LONGER NEEDS THEIR APPOINTMENT PLEASE CONTACT THE SURGERY TO CANCEL !!

Messages from the Practice Nurses

If you are interested in doing a baby First Aid course, then please let a member of the reception team know and we can let you know when we organise the next one.

*Soon information will be going out about the flu/covid clinics, please remember these appointments are only for this, and Nurses do not have the enough allocated time to discuss any other matters.
Thank you for your understanding.*

When booking in for an annual review with a nurse, ensure you have picked up the correct urine specimen pots from the surgery. It is helpful if this can be collected before your appointment so it can be brought to your appointment. It is vital we have the correct pot. This also goes for infections – it may be a different required specimen pot, best to check with reception and let them know why you have been asked to collect a sample pot.

Please arrive 5 minutes before your blood appointment and ensure you have your coat off and ready. This will support staff to try and keep appointments from running late.

We thank you for your continued support.



Messages from the Reception team Download the NHS App.

We are encouraging patients to download the NHS App. The App is a secure application which allows its users to manage their own healthcare online by using a phone, tablet or computer. When logging in you can access various health services which includes viewing your own health for information and allow you to manage your appointments. To set up the App you may need proof of identity using a photo ID or the surgeries **registrations** details. Once you are set up then you can order repeat prescriptions or book appointments. If you need help with setting up the App then please do not hesitate to ask one of the reception team and they will be more than happy to lend a hand.



Changes to confirmation of appointment booking

We are switching to email as our main source of communication. Please check with a member of the reception team that we have the correct email address on your record. Please note when booking an appointment, you no longer get an automatic text as confirmation. You will however still get a text the day before your appointment as a reminder,

Message from the Dispensary team

Please note the dispensary in both Seahouses and Belford does not open to collect medicines until 9am. This is to allow staff to prioritise phone calls for appointment booking for the day.

Did you know we can offer a delivery service to Beal, Lowick, Chatton and Holy island? If orders are in by a Friday, items can be delivered the following Wednesday. If this is a service, you are interested in then please let us know.