

St Andrew's Medical Practice Spring 2026 Newsletter

Issue 1

In this newsletter:		
Easter Bank Holiday Hours	Autism and ADHD Right to Choose	Check In on Arrival at the Surgery
Spring Covid Vaccinations	Gluten Free Prescriptions	Keeping your Details Updated

**- OPENING HOURS -
EASTER BANK HOLIDAY WEEKEND**

The practice will close at 6pm on Thursday 2nd April and will re-open at 8am on Tuesday 7th April.

Please remember to order any repeat prescriptions in advance to avoid any delays over the Easter bank holiday weekend.

When the surgery is closed, call **NHS 111** for free where the right healthcare professional will see you, as close to your home as possible.

In an emergency, you should call **999**.

Please Note: The eConsult service will close at 12 noon on Thursday 2nd April and will re-open at 8am on Tuesday 7th April.

DID YOU KNOW...?

If you wish to discuss confidential or sensitive information at reception, you can ask to speak somewhere more private - please just ask at reception.

CHECK IN ON ARRIVAL



When you arrive at the surgery, please use the self-check-in screen to let us know you're here for your appointment!

If your clinician isn't aware that you've arrived, this may lead to unnecessary delays or even missed appointments.

If you have any problems using the self-check-in screen, please go to reception, where we will be happy to help you.

SPRING COVID CLINIC

Our Spring Covid Clinics will begin on Monday, 13th April for those aged 75+ or severely immunosuppressed.

If eligible, you will receive an invitation by text or letter asking you to book your appointment.

You're welcome to call in to reception and enquire after 13th April if you haven't yet received your invitation.

**St Andrew's Medical
Practice**

Providing NHS Services

St Andrew's Medical Practice, Sensier House, St Andrew's Lane, Spennymoor, DL16 6QA
01388 817777

www.standrewsmedicalpracticespennymoor.nhs.uk

UPDATE ON AUTISM AND ADHD ASSESSMENT SERVICES

Autism and ADHD assessment services across North East and North Cumbria ICB area continue to experience exceptionally high levels of demand, resulting in longer waiting times. This reflects a national picture driven by increased awareness and changes in how people seek and access support.

To manage this pressure in a planned, fair and responsible way, the ICB has temporarily agreed revised activity plans with Right to Choose (RTC) providers for new autism and ADHD assessments. This approach is designed to protect existing services and ensure that people already in the system continue to receive safe and appropriate care. It is being applied consistently across all commissioned RTC providers.

For more information, visit the Latest News section of our website, where you will find a link to the North East and North Cumbria Integrated Care Board website.

VISIT OUR WEBSITE

St Andrew's Medical Practice website has lots of information and resources to help you.

Visit the website where you can:

- Access eConsult to get advice from your doctor, self-help information and administrative support.
- Self-Refer to lots of services including Drug and Alcohol Recovery, Physiotherapist First Contact Practitioners (FPC), Podiatry and Footcare, Sexual Health Services and many more.
- Find out helpful information about the practice, such as accessibility and support available.

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SPRING CLEAN YOUR CONTACT DETAILS



Do we have your current phone, email and home address?

If you're not sure, have recently moved or changed contact details, please check at reception that we have your up-to-date details so you always receive important information and reminders from the surgery.

GLUTEN-FREE PRESCRIPTIONS



As of 1st March 2026, adults aged 25 and over will not get NHS prescriptions for gluten-free flour and bread. But if you're under 25 you can still get these items on prescription.



100% of patients who completed a survey after using eConsult would recommend the eConsult service to family and friends!

You can access eConsult via our website.

St Andrew's Medical Practice Opening Hours

Our opening hours are **Monday to Friday** from **8 am to 6 pm**, except on Bank Holidays.

There is Primary Care coverage across our Primary Care Network between
✓ 6 pm and 8 pm, Monday - Friday
✓ Saturdays, 9 am to 5 pm.

Please note at these times your appointment will be at one of five practices within the PCN. You will be advised of the location at the time you book your appointment.

Sundays and Bank Holidays are covered by NHS 111 service.

In an emergency, you should call 999.