

Practice Newsletter

December 2020



We are now able to offer flu vaccines to all patients over the age of 50.

We are having a late night clinic on Monday 14th December from 6pm-9pm.

If you are over 50 year old and would like a free flu vaccine, please contact us to book an appointment.



From everyone at Teams Medical Practice we would like to wish you all a very Merry Christmas and Happy New Year.

Please ensure you contact us to renew your contraceptive pill in advance well before you are due to run out. We have changed our system for this recently and instead of us booking you for a telephone appointment we will be passing your details to our nursing team who will have a look at your records to see if you need a telephone appointment or not. We will then contact you to let you know.

Reminder to check your medication stocks for over the Christmas period and order your medication in good time to ensure you do not run out over the holidays.

We are closed Friday 25th December, Monday 28th December and Friday 1st January.

Any medication requests placed after we close on Thursday 24th December would then not be received by us until Tuesday 29th December when we return to the practice. This means the medication wouldn't be at the pharmacy until the day after that for regular repeat prescriptions and some chemists then require another 24 hours after that to process the medications. Some items can take longer than this depending on whether they are in your repeat list or not.

As you are aware due to the current situation with Covid most appointments are now telephone appointments. Just to make you aware calls from the practice can be from a different telephone number to the practice all together or from a withheld number.

If you have booked a phone appointment please ensure you are able to take the call. The same as any appointments there are sometimes delays calling you. If you have booked a phone appointment but do not receive a call on time please do not contact us straight away as sometimes clinics can be delayed.

Please ensure your phone is able to accept incoming calls from withheld numbers.

Covid vaccine – The vaccine has now been approved. We have already had numerous calls from patients about this. We do not yet know when we will start to deliver these. Once we know more information we will contact those who are eligible. Please do not call us.

Patient, Public and Carer Engagement Forum

If you want to keep track of local healthcare issues, and how you can influence our work in the NHS, our monthly online forum is a great place to start. 9 November saw the second of our new-look online forum events, including:
Updates on current issues we're asking for people's views on

- News from Newcastle City Council on care homes and Covid-19
- An update from Healthwatch
- The latest from our Head of Planning and Development around our commissioning intentions for the coming year
- An update on primary and secondary care

Below we have outlined some of the key themes that were discussed –but if you'd like more detail, you can view a recording on YouTube. If you find it difficult or prefer not to take part in online forums, please contact us at ngccg.involvement@nhs.net to find out how you can share your views.

Join us on 7 December!

The next forum takes place online on Monday 7 December, 10am-12pm and will cover:

- Busting the myths on Coronavirus
- Plans for a new resource to help teenagers in Gateshead with their healthcare needs. We'll be asking young people to find out what they would find helpful – like a booklet or app –with the chance for young people, families and health professionals to get involved and share their ideas
- The Recovery College Collective (ReCoCo) and the mental health services it provides

You can take part using these details:

- **Join on your computer or mobile app** -click here to join the meeting
- **Call in (audio only)** -020 3321 5208, code 875873311# United Kingdom, London. Phone Conference ID: 875 873 311#

Psychological impact of COVID- 19- pandemic and experience: An international survey.

You are being invited to take part in the second phase of a research study exploring the psychological impact of the coronavirus, its effect on our emotions, behaviour and wellbeing. If you took part in the first phase of the study, you are still able to take part in this second phase, conversely if you did not take part in the first phase, you are still able to take part in this second phase. Before you decide if you want to take part, we would like to inform you about why the research is being undertaken. Please click link below to find out more information and to sign up.

https://southernhealthnhs.fra1.qualtrics.com/jfe/form/SV_8H6IIPRGKm4kp93