

Practice Newsletter

November 2020



When attending the practice for appointments we have a new intercom system for entering the practice. Please ensure you press the button that is lit up when it is close to your appointment time. Be aware that if you attend too early for the appointment you will be asked to wait outside and asked to press the buzzer again nearer your time.

The Big Local Gateshead have started a new pen-pal service with the care homes in the area to help everyone feel more connected. It's open to everyone, no matter your age or writing ability.

How it works:

Write an introduction letter giving out only your first name and not any other personal information, for instance "I am Kelly, I live in Teams and have 2 children". Please do not seal the envelopes by licking them. You could talk about things you enjoy, your family and friends or the places you like to go. You can ask questions to get a conversation going. Some of the recipients will be writing with help of a carer but some will be writing by themselves so give them plenty of prompts to encourage them. Write a separate list of your hobbies and interests on the front of the envelope, this will help the recipients choose a pen-pal with something in common.

Try to keep the letter friendly, informal and short (less than a single size of A4). Use large font or clear handwriting.

Once you have finished the letter just pop it in the red post box outside of the Big Local Bungalow on Derwentwater Road.

The Big Local will then take the letters to a care home and their staff will match you with a resident and help them write you a reply.

All of the replies will be at the pop up shop for you to collect - just ask a volunteer if there is any post for you. Put your reply in an envelope with your pen pals name on it when you are allocated one.

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.

Practice Closures - Please note the practice is closed between 1pm-2pm every Monday and closed all afternoon from 12.30pm on the following dates for staff training: - 10th November 2020.

We are also closed the bank holidays on Friday 25th December, Monday 28th December and Monday 1st January 2021.

Have you been invited for a flu vaccine but not booked in for this yet? There is still time to book in for your vaccine. Please contact us to book an appointment.

Also please let us know if you do not want to have this so we can put this on your records.

Royal Osteoporosis Society (ROS) better bone health for everybody - Newcastle and District Support Group.

Please consider joining us as members of the ROS. Membership benefits include: an information-packed 100-page book explaining all about osteoporosis, an exclusive quarterly magazine and member-only online content. Individual membership costs £18 annually. To join please email membership@theros.org.uk or telephone 01761 473287.

Nurses Helpline open during lockdown and they are now fully staffed again and can be contacted on freephone 0808 800 0035 (hours: 9.00 - 13.00, 14.00 - 17.00 Monday to Friday)

Another way to support the ROS is by purchasing our beautifully designed Christmas cards available on our online shop - theros.org.uk/shop. All cards are 140 x 140mm and cost £3.75 per pack of 10. Another option is to hold a virtual Bake for Bones event or take on a 206 challenge. Please get in touch with our fundraising team on 01761 473287 if you would like more information. From being a charity, whose staff, volunteers and members had a face to face relationship it has had to put the health of all those involved first. It saddens us that the meetings will not be held in the same way for the foreseeable future and until we can once again meet at Brunswick Methodist Church Hall the meetings will be virtual.

We at Newcastle are looking for our very own "Online Champion" to help with IT support. If anyone feels that they can spare some time and get involved please contact Fiona Cooper fiona.cooper@theros.org.uk and she can tell you more about the role

At the moment we are trying to arrange a programme for 2021 which we intend to use same dates as in the past e.g.: the 2nd Monday in March, June, September and December and will e-mail the information when this is finalized. The March and June meetings will be virtual, but the September and December meetings will depend on the current COVID 19 situation. It would be helpful if you could let us know if you would be interested in joining if these virtual meetings.