

Practice Newsletter

February 2020



Find us on facebook and twitter for updates about the practice and things happening in the local area.

Walking group –held every Thursday at 10am, starting at the front of the Practice and taking in different routes around Teams. Come and join us – everyone is welcome and best of all it is FREE.



Are you due your cervical screening? – contact us to book your appointment.

- Cervical screening (a smear test) checks the health of your cervix. The cervix is the opening to your womb from your vagina.
- It's not a test for cancer, it's a test to help prevent cancer.
- All women and people with a cervix aged 25 to 64 should be invited by letter.
- During the screening appointment, a small sample of cells will be taken from your cervix.
- The sample is tested for changes to the cells of your cervix.
- Finding abnormal changes early means they can be monitored or treated so they do not get a chance to turn into cervical cancer.
- You'll get your results by letter, usually in about 2 weeks (however this can take slightly longer).
- Try not to put off cervical screening. It's one of the best ways to protect yourself from cervical cancer.

We hold weekly healthy eating advice and weigh in sessions. These are held every Friday between 12 noon and 1pm. If you are interested in losing weight please come along and have a chat to Charlotte - you can either make an appointment or drop in.

Free beginners weekly running group - You can run at your own pace in a supportive group environment. Sessions can be tracked through the Couch to 5k app. No booking is required. Just come along to Gateshead Redheugh Community Club, NE8 2TQ. It is held every Thursday 5.30pm-6.30pm from 9th January to March 2020.

Sicknotes should now be ordered via our website by selecting request sicknote on the econsult pop up. Our website is www.teamsmedicalpractice.nhs.uk

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: - 24th March 2020

Would you like to sign up for newsletters by email or to receive letters from us by email instead of by post? You can also book appointments and order medications online too. Please speak to reception.

If you aren't able to attend appointments please let us know in good time so the appointment can be offered to other patients.

New homes in Teams - Big Local Gateshead is a community organisation ran by local residents who want to improve the area. Part of their long term plan is to build a new housing development of about 15 homes on Charlton Walk park off Derwentwater road, a site with a long history of anti-social behavior and fly-tipping. The project will provide training, jobs, and affordable homes for local people, the development will be led by the community, and provide an income to help us support more community activities for years to come. Please give us your thoughts on the project so we can include them in our plan. In order to demonstrate to Gateshead council that the project is worthwhile and has the support of the community, we want to include the input and ideas of as many people as possible who live in the area. Please complete this very short questionnaire (just 6 questions long) you can find below. If you can spare a few minutes please fill it out and pass it along, the more people we can include the better. <https://www.surveymonkey.co.uk/r/6MTH3QK>

There is still time to get your flu vaccine. If you are eligible and would still like to have your flu vaccine for this year please contact us to book your appointment. We have limited stock left so would advise you contact us as soon as possible before it's too late.

Handy information about prescriptions.

- The number of our prescription line: 0191 4608472.
- Our prescription line is open 24 hours a day 7 days a week.
- We offer a quick turnaround of just 24 hours for repeat medication (medication from your past or acute list can take longer to process as these cannot be issued by our reception staff).
- You can order medication online if you are signed up for our online services.
- It's quick and easy to sign up for our online services. Just come to reception to fill in a simple form with some ID and we can give you your log in details while you wait.
- The right hand side of your prescriptions has a handy tick box list which can be posted in our prescription box at our front desk.
- You can order medication at our front desk
- We advise you order your medication in good time before you run out completely. You can order when you have up to 7 days supply left.
- Some chemists can order for you.
- We can send your prescription electronically to a pharmacy of your choice.
- There are lots of chemists with late opening hours and weekend opening so you can collect at a time convenient to you.
- Details of local chemists and their opening times can be found on www.nhs.uk
- Ask about repeat dispensing if you have been on your repeat medication for a while. We will issue batches of medication to your chosen pharmacy so you will not need to order every month from us.