

Practice Newsletter

January 2020



Happy New Year and welcome to our first newsletter of 2020. We also welcome back Dr Zamoyksi who returns from maternity leave on 2nd January 2020.

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 interested in signing up for Dry January? By not drinking alcohol for the whole of January it can help with better sleep, more money in your pocket, healthier insides, more energy, brighter skin, and so much more! People who sign up for Dry January, whether online or via the free app are TWICE as likely to make it through the whole month alcohol-free compared to those who go it alone.

The app can also track calories and work out how much money you have saved by not drinking alcohol. Visit www.alcoholchange.org.uk/get-involved/campaigns/dry-january or download the app.

Is it your New Years' resolution to lose weight? 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 running group designed to help beginners.

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. For more information visit nufoundation.org.uk or telephone 03443721892 ext 8451.



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.

Job roles in the practice:

Sue Jennings – Practice Manager/Business Partner

My role in the practice is very varied and no 2 days are the same. I am responsible overall for managing the team, finance, health and safety and liaising with outside agencies. I work very closely with our Health Champions/Patient Forum which is one of the most satisfying parts of my role.

I lead for finance for the Gateshead Inner West Primary Care Network, sit on the Gateshead Federation Board and I am the Primary Care Engagement Lead for Gateshead (I lead for research across the 30 GP practices in Gateshead).

January can make even the most energetic of us feel down in the dumps. See our 10 tips for helping beat the January blues.

1. **Go outside.** Exposure to daylight is good for us, and we often become depressed in darker months due to our limited sunlight exposure.
2. **Avoid setting unrealistic new years resolutions.** No one likes to be a failure – so you should definitely make sure your New Year's resolutions are actually achievable! Unrealistic resolutions set you up to fail, and make you feel even worse when you cannot fulfil them.
3. **Try something new.** Why not try some new hobbies or activities.
4. **Make plans.** Having something to look forward to fills our day-to-day lives with a sense of purpose, excitement, and joy.
5. **Self-reflect.** If you're feeling down in January, it may be worth evaluating what could make you happier in your life, as these issues are often brought to the forefront when you're feeling low.
6. **Exercise.** Exercise could be exactly what you need to lift your spirits.
7. **Morning quiet time / meditation.** Every morning for 30-60min do something that brings you peace.
8. **Don't skip meals.** Skipping meals crashes blood sugar, leaving you feeling lethargic and anxious and can lead to bingeing later. Food is fuel! Better mental health starts with a healthy relationship to the foods we eat.
9. **Eat more fruit and vegetables.** When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.
10. **Get a good night's sleep.** Go to bed and wake up at the same time every day.