

Practice Newsletter

September 2021



Practice Hours

Our extended hours continue, and we are open at 7.30 am on Monday and Tuesday, 8.00 am Wednesday to Friday.

Staffing Changes in the Practice

Dr Abigail Thompson and Dr Nate Aspray join the Practice team to cover maternity leave for Dr Zamoyski and Dr Ross.

Blood Tube Shortage

You may have seen/heard the news coverage regarding the national shortage of blood tubes throughout the NHS/UK. We are endeavouring to manage the impact this is having on our patient and their care. You may be contacted to postpone your appointment because of this issue. Please be reassured that appointments will only be delayed if appropriate. Please also be mindful that the Reception team who may call you only have limited information and cannot answer any clinical questions regarding your health/condition. If you have any concerns, please arrange a telephone appointment with one of the medical or nursing team.

Thank you for your understanding.

Flu Jabs

Flu jabs are now being offered at the Practice. Patients will be contacted when it is appropriate to book an appointment.

Deliveries of the vaccine will be staggered over September and October so please wait to be contacted before ringing the Practice.

Diabetes Get Moving Classes for Patients

Diabetes UK are running a free 10 week Get Moving Programme via Zoom this September. Each week patients will have the chance to try a different gentle activity and join in a chat about diabetes topics.

If you have diabetes and are doing less than 30 minutes of physical activity a week, you can give the Diabetes UK Helpline Team a call on 0345 123 2399 to register your interest, or click on this link to find out more [Sign up to our free 'Get Moving' classes | Diabetes UK](#)

Practice Closures

Please note the practice is closed between 1.00 pm – 2.00 pm every Monday and closed all afternoon from 12.30 pm on Tuesday 7 September and Wednesday 13 October 2021 for staff training.

Big Local Gateshead

BL Gateshead continue to host several activities in the area.

Teams Wheelers Community Cycle Club – Wednesday 10 am, Thursday 6 pm, Friday 10 am and Sunday 9am – meet at the BLG Bungalow (next to St Aidan's School), Derwentwater Road. £1 per ride or £5 for the year.

BLG Craft Club – Wednesday 1 pm – 3 pm, BLG Bungalow

Pop Up Shop – Friday 2 pm – 4 pm, BLG Bungalow

Plant Swap Shop – Wednesday 9.30 am – 12.30 pm, Community Allotment, Arkle Street

More information about Big Local Gateshead and all services/activities offered can be found at <https://www.blgateshead.org.uk/whats-on>

Teams & Dunston Alive - TADA

A series of community events will be held in September in the Teams and Dunston area.

Thursday 16 September, 5.00 pm – 7.00 pm - Walk, Talk, Sign

Starting outside the Staithes Café and finishing at Plot 42, Gateshead Carers Association. British Sign Language translation is provided throughout the event.

Saturday 18 September, 5.00 pm – 8.00 pm - Kindred Spirit Ghost Walk

Starting at Bensham Grove Community Centre and finishing at the Café Under the Spire.

Thursday 30 September, 3.00 pm – 6.30 pm - End of Festival Celebration!

Café Under the Spire

More information is available from Christine Frazer (Christine.frazer@nhs.net) or on the Facebook page [@TeamsandDunstonAlive](#)

Practice Walking Group

Would you like to meet new people and enjoy a nice walk in the local area?

Come along and join the Teams Practice Health Champions walking group. The group meet every Thursday at 10.00 am at the front of the Practice. The walk is just over one mile and walked at a leisurely pace, chatting about the local area and its history. The group also enjoy a cuppa at the end of the walk too! No need to book just turn up.