

Practice Newsletter

October 2021



Practice Hours

7.30 am – 6.00 pm Monday, Tuesday

8.00 am – 6.00 pm Wednesday, Thursday & Friday

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 Wednesday 13 October 2021 for staff training.

Zero Tolerance Policy

At Teams Medical Practice we operate a **Zero Tolerance Policy** in line with the Government's campaign for health service staff. This states that GPs and their staff have a right to care for others without fear of being attacked or abused. To successfully provide these services a mutual respect between all the staff and patients must be in place.

On several occasions in recent weeks this, unfortunately, has not been the case. Our Practice staff aim to be polite, helpful, and sensitive to all patients' individual needs and circumstances. They understand and appreciate that ill patients do not always act in a reasonable manner and will take this into consideration when trying to deal with a complaint or misunderstanding. However, aggressive behaviour, either by telephone or in person, will not be tolerated and may result in patients being removed from the Practice list and, in extreme cases, the Police being contacted.

The current Covid situation and levels of cases within the Gateshead area mean we must continue to protect our patients and our staff. Currently this means telephone consultations where possible. Face to face appointments will be offered if appropriate.

We would ask you to treat our staff with dignity and respect, as we expect them to treat you – our patients. We appreciate your continued support.

Flu Jabs

Flu jabs are continuing to be offered in the Practice. As deliveries of the vaccine continue to be staggered, patients will be contacted when it is appropriate to book an appointment.

Stoptober - Quit Smoking this October

Stoptober is a Public Health England (PHE) initiative that encourages smokers to abstain from smoking for 28 days in October. The 28 smoke-free days are based on the statistic that if you can quit smoking for 28 days, you are 5 times more likely to quit permanently.

Stopping smoking is one of the best things you can do to improve your health. When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too - and they start almost immediately.

Download the free NHS Stoptober app to help you quit smoking and start breathing easier.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support



It's never too late to quit, so join in this Stoptober. Let's do this

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month which aims to raise awareness of the disease.

Did you know breast cancer is the most common type of cancer in the United Kingdom?

Around 55,000 people are diagnosed with breast cancer in the UK every year, that's the equivalent of one person every 10 minutes (source: Breast Cancer Care). It is often thought of as a condition that only affects women, but men can also develop it as well.

As the likelihood of getting breast cancer increases with age, all women aged from 50 to their 71st birthday who are registered with a GP are automatically invited for breast cancer screening every 3 years.

Knowing what your breasts look and feel like and checking them regularly can help you detect when something is wrong. If you're worried about breast cancer symptoms, such as a lump or an area of thickened tissue in a breast, or you notice that your breasts look or feel different from what's normal for you, do not wait to be offered screening, see a GP.



Our Gateshead

Our Gateshead supports local residents of Gateshead to find activities, advice, support and information on a wide range of topics.

Please visit the website to find out about activities and support in your area:
www.ourgateshead.org

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.

Teams Tots (0-2 year) – Tuesday 9.30 am – 11.30 am, £1.00 per session, BLG Bungalow

Men of Teams - Men's Group covering wellbeing/exercise, DIY tips, activity days and much more. Tuesday 1:30 pm – 3.30 pm, BLG Bungalow

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

Coming Soon.....Halloween Event

Running during the school half term with spooky story tellers, fancy dress competitions, games & food.



A Harvest Festival event is also planned to take place at the BLG Allotment. More details to follow.

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

Practice Walking Group

Come along and join the Teams Practice Health Champions Walking Group.

The group meet every Thursday at 10 am at the Practice.

The walk is just over one mile and walked at a leisurely pace, chatting about the local area and its history.

No need to book just turn up.



Teams Life Centre

There are many activities taking place in the Teams Life Centre, Askew Road.
All Welcome!

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| Monday | 9:30 am | Toddler Times |
| | 5:30 pm | Kids Basketball |
| Tuesday | 10.00 am | Storytime |
| | 6.00 pm | Full Body Workout |
| | 6.30 pm | Slimming World |
| Wednesday | 10.00 am | Life Skills Online |
| | 5.00 pm | Youth Group Age 7+ |
| Thursday | 12.00 pm | Musical Café |
| | 5.00 pm | Dog Training |
| Friday | 10.00 am | Befriending Group (BAME) |
| | Monthly | Supper Club |
| Saturday | 8.30 am | Phoenix Fitness |
| | Monthly | Soft play Café |
| Sunday | 4.00 pm | Alpha Course Tea |

More information about the Teams Life Centre and all activities offered can be found at
<http://www.dunstonfamilychurch.co.uk/tlc>

Talk Before You Walk Campaign



We're here to help you but before you turn up



➔ Visit [111.NHS.uk](https://111.nhs.uk)



➔ Call [NHS111](https://111.nhs.uk)



➔ Use the [NHS app](https://111.nhs.uk)

No queues | No waiting | Just expert help

The Talk before you Walk campaign was introduced in 2020 to ensure patients are receiving the most appropriate health care treatment, to prevent overcrowding and the spread of COVID-19 in emergency departments. Patients are being encouraged to contact your Practice, visit 111.nhs.uk, call NHS 111 or use the NHS app for medical advice before presenting at A&E. If you have not contacted any of these services and attend A&E you may be turned away. There is also an increasing demand within our accident and emergency departments.