

Practice Newsletter

November 2021



Practice Hours

7.30 am – 6.00 pm Monday, Tuesday
8.00 am – 6.00 pm Wednesday, Thursday & Friday

Please continue to wear a mask, unless exempt, when visiting the Practice. This ensures we continue to protect our patients and our staff.

Practice Closures

The Practice is closed between 1.00 pm – 2.00 pm every Monday and closed all afternoon from 12.30 pm on Tuesday 16 November 2021 for staff training.

Flu Jabs

Flu jabs are now available for all eligible patients. Please contact the Practice to book an appointment.

The Little Orange Book

A new 2021 version of Newcastle Gateshead Clinical Commissioning Group's (CCG) Little Orange Book has been launched with even more helpful advice for parents and carers of babies and young children aged 0-5yrs. The Little Orange Book provides up-to-date health advice and new sections such as covid-19.

<https://newcastlegatesheadccg.nhs.uk/.../Little-Orange-Book.p...>

Covid 19 Testing

⚠️ If you have symptoms of #COVID19 you MUST get tested!
Even if you have DOUBLE JABBED you can still spread the virus.

If you have:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste
- sneezing

You must get a PCR TEST to check if you have coronavirus. A rapid result lateral flow test (LFT) is only for people with no symptoms and is not sufficient.

You and anyone you live with should stay at home and isolate until you get your test result.

You can order a PCR test kit to be sent to your home or book an appointment at a walk-in or drive-through test site. (call NHS119)

Find out more and get free PCR test here [👉 https://crowd.in/wZwNF5](https://crowd.in/wZwNF5)

Movember - Men's Health Awareness Month

Responsible for thousands of moustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health. Men are dying on average 6 years earlier than women, and for largely preventable reasons. Mental health and suicide prevention, prostate cancer and testicular cancer – we're taking them all on.



Unchecked, prostate cancer rates will double over the next 15 years. Globally, testicular cancer is the most common cancer among men aged 15-39 years of age. And across the world, one man dies by suicide every minute of every day, with males accounting for 75% of all suicides.

Movember funds groundbreaking projects all over the world, engaging men where they are to understand what works best and accelerate change.

If you have any concerns regarding your health please contact the Practice or for more information regarding Movember visit their website <https://uk.movember.com/>

Lung Cancer Awareness Month

November marks lung cancer awareness month, an important time to get people talking about the world's biggest cancer killer.

A [closer look](#) at the ever-changing patterns of smoking rates in the UK shows the success, and challenges, for lung cancer. Recent figures for men reveal that lung cancer rates have fallen by nearly half in the last 40 years. But for women, lung cancer rates are still on the up – hitting a worrying increase of three quarters in the last four decades

At the moment, more than two-thirds of patients are diagnosed at a stage when it's too late for them to be offered treatment that could cure them. And fewer than 1 in 10 people diagnosed with the disease survive for at least five years after diagnosis. Clearly this needs to change.

The CR-UK patient information website has up-to-date, easy-to-understand pages about lung cancer.

To find out more please visit their website [Lung cancer | Cancer Research UK](#)



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

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

Musical Café – Teams Life Centre

From Wednesday 3rd November, 12 pm – 2.30 pm, the Musical Café will be open! Pop along for a singalong to the live band and enjoy some home cooked food.

Entry - £2.00 per person - Food extra.

Call 0191 478 1003 for more information.



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.



Christine Frazer – Teams & Dunston Community Worker

My name is Christine Frazer. I am working in Teams and Dunston as a Community Worker. I was a volunteer during lockdown for mutual aid and I got to know a lot of you while I was out and about on my bike.



I am now working alongside Teams Medical Practice to help make life a bit easier for the residents of Teams and Dunston.

I would love to hear what you have to say about your community. What do you love and what can we do to improve life in these parts? If you would like to have a chat or arrange to meet up, please send me an email - christine.frazer@nhs.net

Language Café - we are looking for volunteers for this is a project. A group of local residents who speak other languages, or who would like to learn new languages and meet new people, are getting together to talk about how and where we can start a Language Café. If you would like to be a part of this, please drop me an email

Pie & Peas - remember if you fancy pie and peas on a Thursday afternoon, head on over to The Tudor Rose pub in Dunston. Only £2.50 and £1 for hot drinks, a chance to meet new people, have a chat and some delicious local food. Gayle the landlady and her husband can't wait to welcome you.

Cream Teas - if a cream tea is more your thing, Riverside Delight have a Thursday afternoon cafe where you can have a cream tea and a good natter in their beautiful new Café. Don't be nervous about going alone. There are plenty of friendly faces to meet and chat to.

Smear Testing - women who are due a smear test can be sure to be rewarded and pampered with a treat from Fine Cuts Hairdressers on Ravensworth Road in Dunston. Simply bring along proof that you have had your smear test. Please contact Vicky at the Salon for more information on [0191 461 0066](tel:01914610066)