

# Practice Newsletter

## May 2022



### 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 for staff training.

The Practice will also be closed all afternoon on **Wednesday 11 May** for additional training.

### Staffing News

Dr Ross returns to the Practice this month following her maternity leave.

### The Little Orange Book

The Little Orange Book is an information book given to parents and carers of children in Newcastle and Gateshead. It contains information and advice about using health care services for your child/children.

Newcastle Gateshead Clinical Commissioning Group (NGCCG) have commissioned a study, conducted by researchers based at Northumbria, Newcastle, Teesside and Sunderland Universities, regarding experience of using The Little Orange Book.

The closing date for this survey is Thursday 2 June.

For more info and to complete the survey please follow this link: <https://northumbria.onlinesurveys.ac.uk/lob-evaluation>

**EVALUATING  
THE LITTLE ORANGE  
BOOK**

Would you like to complete a short survey about the Little Orange Book? Have Your Say!  
To participate, scan the QR code or visit:  
<https://northumbria.onlinesurveys.ac.uk/lob-evaluation>

You do not need to have used the Little Orange Book to participate in this survey.  
If you would like this information provided in another language or format, please contact Dr Lynette Shotton by email at: [lynette.shotton@northumbria.ac.uk](mailto:lynette.shotton@northumbria.ac.uk)

Logos: Northumbria University, Newcastle University, Teesside University, University of Sunderland, Newcastle Gateshead Clinical Commissioning Group

## National Walking Month

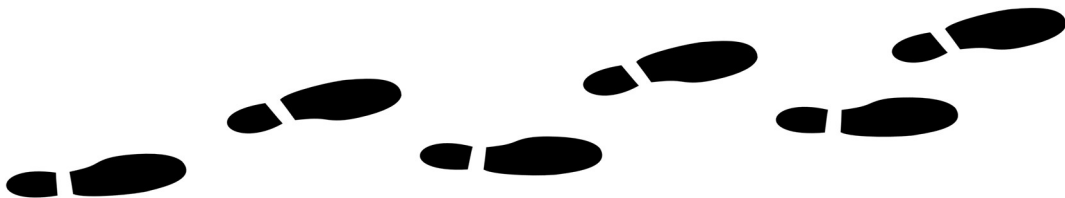
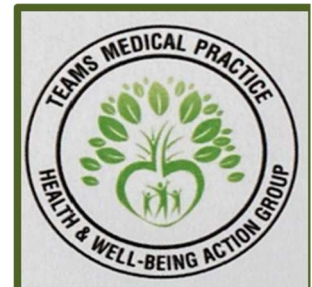
Walking is an easy and accessible way to improve physical and mental health and a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

As part of National Walking Month why not come along to the **Practice Walking Group**? We meet every Thursday at 10.00 am outside of the Practice and the walk is led by our Practice Health Champions.

The walk is just over one mile and walked at a leisurely pace, over a flat route. The group chat about the local area and its history along the way.

At the end of the walk the group gather for a cup of tea/coffee at a local venue.

There is no need to book - everyone is welcome.



## Skin Cancer Awareness Month

Skin cancer is the most common cancer in the world, therefore not only is May Skin Cancer Awareness Month in the UK, it's also World Skin Cancer and Melanoma Awareness Month.

There are 2 main types of skin cancer: Non melanoma skin cancer and melanoma skin cancer.

Melanoma is a type of skin cancer that develops from skin cells called melanocytes.

Non melanoma skin cancers tend to develop most often on skin that's exposed to the sun. There is a high cure rate for these cancers. Most people only have minor surgery and don't need further treatment. It is important that you check your skin regularly.

More information can be found at:

<https://www.cancerresearchuk.org/about-cancer/skin-cancer>

<https://www.nhs.uk/conditions/melanoma-skin-cancer/>

## Teams Life Centre

**Friendship Group** - Thursday 11:00 am – 12:00 pm. Come along for a coffee and a chat. A great way to meet new friends of all ages. Café, New2You shop, picture quiz, play pool, learn new skills, meet new people.

**Community Café** - Monday to Friday, 9:00 am – 2:00 pm - come along for an excellent selection of sandwiches, snacks and full meals, including a daily special.

**Tuesday 24<sup>th</sup> May** - Flower Planting and Soft Play, 10 am – 12 pm, £2 per child.

For information on all the other events at the Centre call **0191 478 1003** or visit the FB page <https://www.facebook.com/groups/517336139708640>

## Big Local Gateshead

**Teams Women's Group** - Monday 1:00 pm – 3:00 pm, BLG Bungalow

**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

**BL Allotment** - Plant Swap on Monday and Wednesday morning at the Big Local Allotment on Arkle Street

**Pop Up Shop** – Friday 2:00 pm – 4:00 pm, BLG Bungalow

**Teams Wheelers** - the group meet 3 days a week to lead sociable bike rides to suit any ability. A fleet of bikes is available to borrow if you don't have your own. We meet at the Big Local Bungalow at 9:30am on Wednesdays, Fridays, & Sundays.

More information about Big Local Gateshead can be found by calling the Bungalow on **0191 477 3734**, contacting the team by email at [hello@blgateshead.org.uk](mailto:hello@blgateshead.org.uk), checking the FB page <https://www.facebook.com/BigLocalGatesheadUK> or visiting <https://www.blgateshead.org.uk/whats-on>

**Big Local**  
**Gateshead**