

# Practice Newsletter

## June 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 15 June** for additional training.

### Staffing News

Dr Heaton will be out of Practice for the month of July. She will be returning in August and will be reducing her sessions with the Practice.

Dr Thompson will be joining the Practice on a permanent basis from June.

### Carers Week – 6<sup>th</sup> to 12<sup>th</sup> June



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The COVID-19 pandemic had a monumental impact on unpaid carers' lives – not only because of the increased amount of care that many provided, but because of the far-reaching effect that providing this level of care has had on unpaid carers. Many people also took on new caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

More information about support available to Carers and events during Carers Week can be found at: [www.carersweek.org/](http://www.carersweek.org/)  
[www.carersuk.org/](http://www.carersuk.org/)

## **New Parent and Carer Support Line**



North East Counselling Services (NECS) knows that sometimes parents and carers may be concerned about the emotional wellbeing of their children. Since our launch in 2006, we've experienced a steady increase in children accessing, and benefiting from, counselling. This has been even more so over the last 2 years as we move through the impacts of the COVID-19 pandemic.

It's hard for a parent or carer to see their child struggling. Sometimes, it's difficult to know what to say or do, or where to get support from if it's needed. Because of this we've developed a confidential parent and carer support line to provide a listening ear for those who feel they would like some help and guidance.

**If you feel you'd like to speak to one of our qualified counsellors, call us on 0333 358 3040 from 1st April 2022.**

**We're taking calls from Monday to Friday between 10am – 2pm.**

**You're also welcome to leave a message outside of these hours to request a call-back during our opening times.**

**It's important to note this service is not a crisis line. If you are in crisis, call 111 or 999.**

## **Cervical Screening Awareness Week 2022 - 21<sup>st</sup> to 26<sup>th</sup> June**

During Cervical Screening Awareness Week 2022 is about raising awareness of cervical screening (smear tests).

Cervical screening is a free health test available on the NHS as part of the national cervical screening programme. It helps prevent cervical cancer by checking for a virus called high-risk HPV and cervical cell changes. Cervical screening is not a test for cancer, it's a test to help prevent cancer.

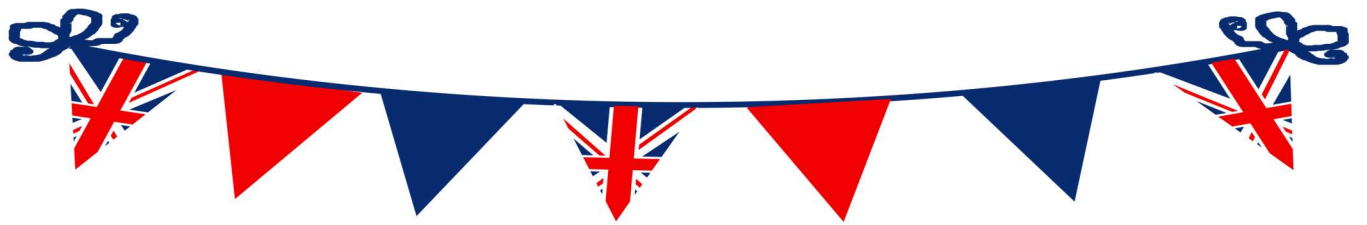
At a cervical screening (smear test) appointment, a nurse takes a sample of cells from the cervix using a small, soft brush. The test only takes a few minutes. The nurse will explain what will happen during the test and answer any questions.

More information regarding screening and screening awareness week can be found at:

<https://www.nhs.uk/conditions/cervical-screening/>

[Cervical Screening Awareness Week | Jo's Cervical Cancer Trust \(jostrust.org.uk\)](https://www.jostrust.org.uk)

Contact the Practice to arrange an appointment.



# **TEAMS JUBILEE FLING**

**SATURDAY 4<sup>TH</sup> JUNE**

**12 PM -3PM**

**TEAMS LIFE CENTRE,  
ASKEW RD WEST**

- **AFTERNOON TEA**
- **MUSIC & DANCING**
- **GAMES & CRAFTS**
- **TOMBOLA & RAFFLE**

**FANCY DRESS AND BEST CAKE  
COMPETITION**



**Big Local  
Gateshead**



## **Practice Walking Group**

The Walking Group meet every Thursday at 10.00 am outside of the Practice and 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.

