

Practice Newsletter

August 2022



Practice Hours

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

Following recently updated guidance, patients are no longer required to wear a facemask when visiting the Practice. **However, if you are displaying any Covid symptoms or have a respiratory illness/infection please continue to wear a facemask when visiting the Practice.**

If you prefer to continue wearing a facemask, you are welcome to do so.

Practice Closures

The Practice will be closed between **12.00 pm – 1.00 pm every TUESDAY** for staff training.

The Practice will also be closed all afternoon on **Thursday 29 September** for additional training.

Make the Right Choice

It can be tricky making the right choice!

With different options to choose from, you want to make sure you make the right decision, especially when you're unwell.

Whatever your medical need, there's an option for you - self-care, pharmacy, your GP practice, NHS 111 or A&E.

Make the right choice for you.



Missed Appointments

In July 2022 there were **112** patients who did not attend appointments with our Doctors, Nurses and Associated Clinical Staff.

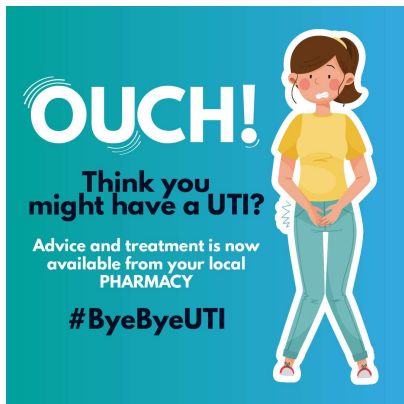
These are lost appointments that could be used by other patients.

If you are not able to attend your appointment, or you no longer need to be seen by a member of our team, please ring the Practice so the appointment slot can be given to other patients.

Think you have a Urinary Tract Infection?

No need to book an appointment with your GP.

Your local pharmacy can now provide immediate advice & treatment for a UTI – with no appointment required.



1 in 2 women may experience a Urinary Tract Infection in their lifetime.

If you are female, aged 16-64, and have a burning sensation when weeing, need to wee urgently or frequently, have cloudy wee or nowt much coming out then speak to your local pharmacist now for urgent advice & treatment.

Available at participating pharmacies only: <https://www.psne.co.uk/>

Read more here: <https://nenc-newcastlegateshead.icb.nhs.uk/community-pharmacies-to-offer-over-the-counter-advice-and-treatment-for-urinary-tract-infections/>

Big Local Gateshead

Teams Tots (0-2 year) – Tuesday 9:30 am – 11:30 am, £1.00 per session, BLG Bungalow

BL Allotment - every Tuesday morning join Suzanne on the community allotment for family gardening sessions alongside residents from local care homes. They're open to all ages from 10am at the community allotment on Arkle Street just off Bensham Bank - <https://fb.me/e/2JZgtac2F>

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, checking the FB page <https://www.facebook.com/BigLocalGatesheadUK> or visiting <https://www.blgateshead.org.uk/whats-on>

Big Local
Gateshead

Teams Life Centre

Baby & Toddler Group (0-3 yrs) - Monday 10:00 am – 11:30 am

A lovely welcoming group with lots of hands on activities, songs and play for the little ones and a chance to meet other parents and chat over coffee & toast.



This group is sponsored by The National Lottery Community Fund.

Citizens Advice Drop In - Wednesday 9:00 am – 11:30 am
Help with legal debt, housing and other problems. No need to book just call in and see our resident Citizens Advisor and have a coffee.

citizens
advice

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.

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>



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.



Restaurant Deals and Vouchers

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|  <p>Meerkat Movies & Meals 2for1 cinema AND restaurants</p> <p>How to get a year's 2for1 from £1ish. Click on this link for more info</p> |  <p>McDonald's food hacks Including £2.70 off 'McChicken sandwich'</p> |
|  <p>Feed a family of four for £10 at Morrisons Café - Including two adult meals, two kids meals and drinks</p> <p>Morrisons Café kids eat 'free' Every day when purchasing an adult main meal for £4.99+. Valid every day</p> |  <p>Pizza Hut £9 UNLIMITED lunch buffet - Eat as much pizza, pasta & salad as you like for a set price</p> |
|  <p>Asda Cafés kids eat for £1 No minimum spend required</p> |  <p>Bella Italia kids eat for '£1' - Valid when adult buys a main meal. Mon-Thu, 4pm-6pm only</p> |
|  <p>Café Rouge kids eat for '£1' When a full-price adult main is purchased. Excludes Saturdays.</p> |  <p>Dobbies kids eat for 'free' Valid when an adult main meal is purchased</p> |
|  <p>Gourmet Burger Kitchen kids eat for 'free' - Every day with the purchase of adult main meal</p> |  <p>Hungry Horse 'free' kids' breakfast When an adult buys a breakfast from £3.49 from 9-12 am Hungry Horse kids eat from £1 Mondays only. When adults buy a main meal</p> |
|  <p>Sizzling Pubs kids eat for '£1' Every Monday to Friday, 3 - 7 pm you can get a kids' main for just £1 with the purchase of an adult meal.</p> |  <p>PAUSA From June 27th 2022 children get 1 mini main, 2 snacks and a drink FREE with every £4 spend at Pausa Cafes at Dunelm stores.</p> |
|  <p>Preto Kids eat free all day, every day with paying adults at Preto. This offer is open to children up to 10 years old - This is an ongoing offer!</p> |  <p>Purchase one great value £9.50 breakfast at any Whitbread Inns pub or restaurant and two kids under 16 eat for FREE</p> |
|  <p>At Future Inns, under 5's always eat for free with any adult meal. During the school holidays, it's extended to under 12's.</p> |  <p>Two children under 16 years old can get a free breakfast every day with one paying adult!</p> |
|  <p>Two children get free breakfast with one paying adult! It has also been reported that if you sign up for their newsletter, they send out a code for kids to eat free, but I haven't personally tried this.</p> |  <p>The same as Beefeater, you can get two children free breakfast with one paying adult! It has also been reported that if you sign up for their newsletter, they send out a code for kids to eat free, but I haven't personally tried this.</p> |

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|  <p>Kid's eat free from 3pm-5.30pm, Monday to Thursday until 1st September 2022</p> |  <p>Kids eat FREE every Sunday for every £10 spent by an adult.</p> |
|  <p>Kids under 10 can eat free from the children's menu when grown-ups order mains from the main menu. Available every day 12pm - 5pm.</p> |  <p>Until the 3rd of September, kids can enjoy any meal from the children's menu for 95p, or £1.50 for a combo meal which includes one hot meal, jelly, a soft drink, and a piece of fruit.</p> |
|  <p>Children can eat for £1 with any adult main. The offer is valid Wednesdays only but all day.</p> |  <p>Nando's MoneySaving tips & hacks It rarely does deals but we've a list of ways to help you save</p> |
|  <p>Kids eat for free when you purchase an adult meal, Mon-Fri until 6pm.</p> |  <p>Kids eat for free when an adult clubcard member makes a purchase in the cafe</p> |

Takeaway food & drink deals

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|  <p>Just Eat 10%-30% off selected takeaways Check for a red flag to see if your local is included</p> |  <p>Domino's 2for1 pizzas (Tuesdays) Order online, in-store or over the phone</p> |
|  <p>Pizza Hut Delivery 2for1 (Tuesdays) Online or phone code for delivery or collection</p> | |