

Practice Newsletter

July 2023



Practice Hours

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

Practice Closures

The Practice will be closed between 12pm and 1pm every **TUESDAY** for staff training.

The practice will be closed all afternoon on the 11th of July from 12pm for further staff training. We will re-open 8am on Wednesday 12th of July as normal.

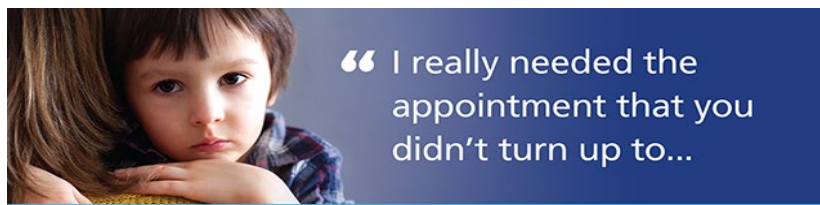
Prescription Line

Please use this to order your medication, please note we **do not** accept repeat prescription request on the main phone line.

When ordering please leave a clear message with your name, date of birth and the items you need followed by which pharmacy you wish you medications to go to. Any medications ordered after 6pm on a Friday will not be picked up until the Monday for Tuesday collection.

Missed Appointments

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 who may really need that appointment.



GP appointment?
Can't make it?
Don't need it?

CANCEL IT!

Happy National Picnic Month!

If you enjoy getting out of the house and eating outdoors then July is the month for you, as the whole of this month is National Picnic Month!

There's something about the summer weather that brings out the relaxed hippy in us all, and what better way to wind down after a busy day/week at work than to slip on your sandals, pack up your picnic basket and head to the outdoors with your nearest and dearest. So, get yourself outside this National Picnic Month, and with a whole month of celebrating ahead of you the culinary possibilities are Gastronomical! (Pun very much intended).



It's Summertime!!!!

Tips to Beat the
Summer Heat
www.gigglesgalore.net

 **Stay Hydrated**
Drink water frequently on hot summer days.

 **BE COOL**
Stay indoors & use a programmable thermostat to help keep you and your home cool.

Eat Fresh
Try eating cold foods, grilling outdoors & avoid using the oven.

 **Enjoy a Dip in the POOL**

Treat Yourself to a Cool Treat
Stock your freezer with Popsicles, ice cream and frozen fruit to enjoy when you are feeling a little too hot.



Looking for fun activities to do visit this website for great family fun ideas this summer.

<https://www.northeastfamilyfun.co.uk/2019/07/whats-on-north-east-summer-holidays-2019.html>

Free Summer Sport Camps!

Week 1: Multisports- Thursday 27th/Friday 28th July

Week 2: Football- Thursday 3rd/Friday 4th August

Week 3: Multisports- Thursday 10th/Friday 11th August

Week 4: Football- Thursday 17th/Friday 18th August

Week 5: Multisports- Thursday 24th/Friday 25th August

10:00-2:00 each day, free hot meal provided!

For ages 5-11, completely free!! (Year 1-Year 6 from September 2023)

All days will include the relevant sports our sports hall at the Teams Life Centre, NE8 2PW

Ran by fully qualified sports coaches, who will make the days unique come and join the fun!!

To book, please text Lucy 07709692614, we have limited spaces available and based on our previous camps, expect a fast sell out!



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.

