

Practice Newsletter October 2023



Practice Opening Hours

We are open Monday & Tuesday 7.30am till 6pm, Wednesday, Thursday, and Friday 8am till 6pm.

Practice Closures

We are closed every Tuesday from 12pm till 1pm for staff meeting. We are also closed on Tuesday the 10th of October for staff training from 12 pm and will re-open Wednesday morning at 8 am.

Zero Tolerance – Abusive or Aggressive Behaviour

Our staff come to work to care for others, and it is important for all members of our staff to be treated with courtesy and respect. Aggressive or violent behaviour towards our staff will not be tolerated under any circumstances. Anyone giving verbal abuse to members of staff, either in person or over the telephone, will be sent a letter from the Practice Manager advising that this behaviour will not be tolerated. Any future violation of this policy will result in the removal from the Practice patient list.

Covid and Flu Clinics.

If you have received a text message to say you are eligible for your covid and flu vaccinations. The guidelines have changed from last year. So please be mindful that you may not be eligible this year although you were eligible last year. Please call the surgery to speak a receptionist who will be able to help you.

PATIENT INFORMATION

Appointments:

Can we please kindly ask if you are calling the practice for sick notes, annual reviews, nurse's appointments, can you call back after 10am. This will help reduce waiting in the que and help us to deal with patients who need a same day appointment.

Please note just a phone call is still classed as a GP appointment. Be aware that if you are having chest, abdominal pain, ear ache the GP advises for a face-to-face appointment as this can require an examination. Staff will guide you and let you know accordingly.

Annual reviews

When you receive your text inviting you to come for your annual review can you please make sure you are booking this appointment in within the month. Nurse's appointments can be booked in up to 4 weeks in advance.

If you require your blood pressure, weight and height please be aware that we have a machine in the waiting area that's free of charge for patients to use during practice opening hours. Please note we closed 12pm till 1pm every Tuesday for staff meetings.

Prescriptions

Please note we do not do urgent prescriptions. You can order your medications up to 7 days in advance. The process will take 24-hours to process medications. This allows time for the doctor to sign the prescription off and then for the pharmacy to get it ready. If you are calling after 4pm on Friday, please note your medications won't be ready until the Tuesday as we are not open weekends. We have a lot of prescriptions to process on Monday morning from the weekend, so your patience is appreciated.

If you have been discharged from hospital and your medications have been changed. Please allow time for us to receive the changes from the hospital. We cannot issue any hospital prescriptions until we have all the documents required.

Updating information

If you have changed your contact details, address etc, can you please make sure you inform the practice. This helps us to keep your record up to date.

Fancy being a health champion?

Are you passionate about your GP Practice?

Would you be interested in volunteering alongside the GP's, nurses, staff, patient, and community members?

If so, please email the practice with your name and contact number to:

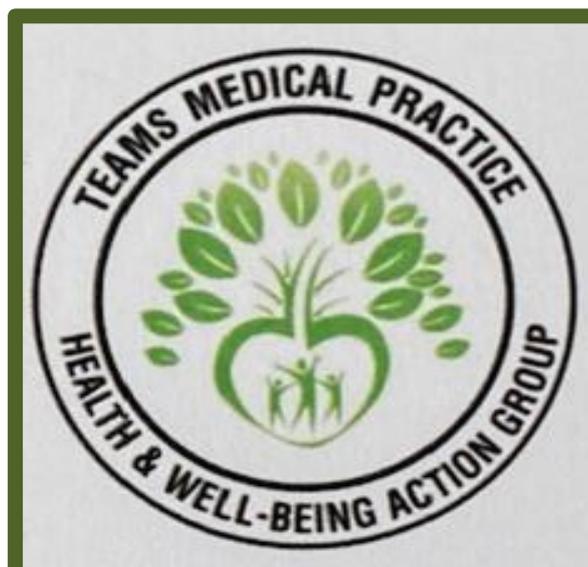
nencicb-ng.a85023@nhs.net (subject health champion interest)

Your interest will be passed onto Lesley Gooding our Practice Manager and Lead Health Champion.

Walking Group

Every Thursday at 10 am the Health Champions and patients/walkers gather outside the Practice. They go for a walk around the community and chat about the local area before stopping at the Teams Life Centre for a cuppa.

Everyone is welcome.



October Half Term 2023

<https://gateshead.mumbler.co.uk/october-half-term/>

<https://gateshead.mumbler.co.uk/roundup-of-october-half-term-halloween-events/>

Top 10 Halloween Films - Tots to Teens

Tiny Terrors

It's the Great Pumpkin, Charlie Brown
Curious George: A Halloween Boo Fest
Pooh's Heffalump Halloween Party
Spookley the Square Pumpkin
Room on the Broom
Super Monsters Save Halloween 
Spooky Buddies
Scary Godmother
Franken Weenie
Coco 

Mini Monsters

Dreamworks Spooky Stories
Monster Family
Monster House
ParaNorman
The Little Vampire
The Addams Family (2019)
The Book of Life
Halloween is a Grinch Night
Dear Dracula
Wallace and Gromit: Curse of the Were-Rabbit 

Growing Ghouls

Scoob!
Corpse Bride 
Coraline
Casper
Fun Size
The Little Vampire
The Spiderwick Chronicles
Mostly Ghostly
The Haunted Mansion 
Dark Shadows

Classics

The Nightmare before Christmas
ET
Hocus Pocus 
The Witches 
The Craft
Beetlejuice
Buffy the Vampire Slayer (1992)
Edward Scissor Hands
Donnie Darko
Rocky Horror Picture Show 

Movie Marathons

Mickey's Treat & Mickey's House of Villains
Hotel Transylvania 1 - 3
Monsters Inc & Monsters University
Scooby-Doo 1 & 2
Halloweentown 1 & 2
Goosebumps 1 & 2
Ghostbusters 1-3
The Addams Family 1-3
Harry Potter 1-8
The Twilight Saga 1-5 

Add Your Favourites

*Cosy up on Halloween with a spooky family film, there's something for everyone from tots to teens!
Viewer discretion is advised - check age ratings, and for sensitive souls consider checking content.*


Your Local Parenting Community

Find more ideas for family-friendly days out & half term events on www.gateshead.mumbler.co.uk

HM Government **NHS**

STOP TOBER

STOP SMOKING AND GOOD THINGS HAPPEN

Commit to quit

Better Health Let's do this

HM Government **NHS**

STOP TOBER

STOP SMOKING AND GOOD THINGS HAPPEN

Food starts tasting better

Commit to quit

Better Health Let's do this

HM Government **NHS**

STOP TOBER

STOP SMOKING AND GOOD THINGS HAPPEN

You don't need 12 air fresheners

Commit to quit

Better Health Let's do this

HM Government **NHS**

STOP TOBER

STOP SMOKING AND GOOD THINGS HAPPEN

You get closer to that trip away

Commit to quit

Better Health Let's do this

Since it first launched 12 years ago, Stoptober has helped over 2.5 million smokers to make a quit attempt. The campaign is driven by evidence that if a smoker can make it to 28 days smoke free, they are five times more likely to quit for good.

The theme for this year's campaign is '***When you stop smoking, good things start to happen***', reminding smokers of the many benefits of stopping smoking and signposting to a range of proven tools to help them on their quitting journey. The campaign encourages smokers to search 'Stoptober' which will direct them to the [Better Health Quit Smoking](#) website. Advertising will run in England across radio, social, video on demand (VOD), out-of-home and digital display.

We also have a range of always-on stop smoking resources that you can use to support the campaign. These promote different types of quitting support, the health benefits of quitting smoking and 'top tips' to help smokers quit successfully. You can access these resources here on the [Campaign Resource Centre](#).



Teams and Dunston Alive Community Living Room

Friday 27th October 10-12



Ravensworth Road Methodist Church

Victoria Bungalows, 6, Ravensworth Rd, Dunston, Gateshead NE11 9BF

Come and have tea, cake, and a good natter about what is strong and wrong in our community. This time we will be talking about loneliness and communication.

Contact Christine Frazer 07596969334