

Practice Newsletter December 2023



Merry Christmas and
a Happy New Year
from everyone at
Teams Medical Practice

Practice Hours

7.30 am – 6.00 pm Monday & Tuesday

8.00 am – 6.00 pm Wednesday, Thursday & Friday

Practice Closures – every Tuesday between 12pm -1 pm for staff meeting.

Christmas Closures: We will be closed Monday the 25th and Tuesday the 26th of December. We will re-open as normal on Wednesday the 27th at 8am. We are closed Monday the 1st of January and will re-open 7.30am on Tuesday the 2nd of January.

Medication Stocks over the Christmas Period

Please remember to check your medication stocks for over the Christmas period and order your medication in good time to ensure you do not run out over the holidays. The Practice will be on closed on Monday 25th & Tuesday 26th December.

Any medication requests placed after we close on Friday 22nd December will not be received by us until Wednesday 27th of December. This means the medication will not be at the Pharmacy until the day after for regular repeat prescriptions and some chemists then require an additional 24 hours to process the medications. Some items can take longer depending on whether they are in your repeat list or not.

Registration Services

We have made some changes to our registration services.

You can now register online. If you do not have access to a computer, you can come into the surgery and request a handwritten form. You can also email the practice with the completed form. This can all be found on our practice website.

<https://gp-registration.nhs.uk/A85023/gpreistration/landing>

Patient Information

Please note that we are training practice. This means that we teach doctors in training to gain experience and students to allow them to gain medical experience. Our GP's in training are fully qualified and are training to work in a GP practice under supervision from our partner GPs.

These doctors can prescribe you with medications and assess you like any of our other doctors can. We provide clinics with them to allow them to practice under the supervision of a fully qualified GP. So please be mindful when booking your appointment that may not always see the same doctor, but your notes are accessible to all clinical staff in/at your appointment.

Join our Patient Participation Group

Patient Participation Groups (PPGs) belong to GP Practices and have been set up to involve patients and voluntary and community groups in their care. We want to engage with patients to make sure the needs of local people are considered.

The PPGs aim to share experiences, discuss what is working well and explore what changes are needed to improve patients' experiences.

Joining our PPG is easy! Please follow the link on the website, or contact the Practice to become a member.

<https://www.teamsmedicalpractice.nhs.uk/patient-participation-group>

You can also join our Facebook Group -

<https://www.facebook.com/groups/904783247224478/>

Cancelling an Appointment

It is important that you inform the reception staff if you are unable to attend your appointment, this will allow that appointment to be offered to another patient. If you fail to notify the Practice that you are unable to attend, you will be sent a letter informing you that you have defaulted from your appointment. Persistent defaulters maybe removed from the list.

You can also complete our appointment cancellation notification request form. This can only be used if your appointment has been arranged for more than 24 hours in advance. (Excluding weekends and public holidays). You can also text to cancel your appointment.

Practice Walking Group

Come along and join the Teams Practice Health Champions Walking Group.

The group meet every Thursday at 10 am at the Practice.

The walk is just over one mile and walked at a leisurely pace, chatting about the local area and its history.

No need to book just turn up.

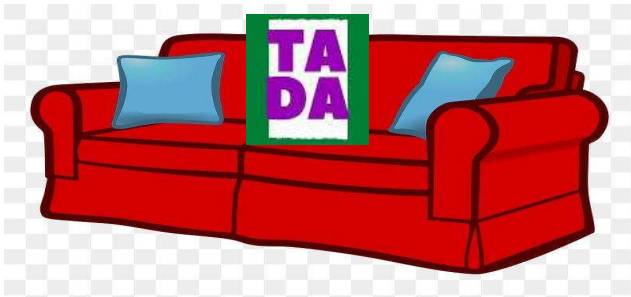


Our Gateshead

Our Gateshead supports residents of Gateshead to find activities, advice, support, and information on a wide range of topics.

Please visit the website to find out about activities and support in your area: www.ourgateshead.org

Big Local
Gateshead



**Teams and Dunston Alive
Community Living Room
Friday 8th December 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. We will be talking about loneliness and communication.

Contact Christine Frazer 07596969334



WALKING FOOTBALL

10AM-11AM

EVERY TUESDAY FROM 5TH DECEMBER



SPORTS HALL
Teams Life Centre,
Askew Road West,
Gateshead, NE8
2PW



BENEFITS
FREE taster sessions
PRO trainers
ZERO experience
needed



0191 4781003



www.teamlifecentre.org