

Practice Newsletter

December 2021



**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

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.

Christmas Closures

The Practice will be on closed on Monday 27th December, Tuesday 28th December and Monday 3rd January.

Flu Jabs

Flu jabs are now available for all eligible patients. Please contact the Practice to book an appointment.

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 27th December, Tuesday 28th December and Monday 3rd January.

Any medication requests placed after we close on Friday 24th December will not be received by us until Wednesday 29th 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.

Teams Medical Practice Website

Our website has recently undergone an upgrade and we'd love to know what our patients think.

Please follow the link to give us your feedback:

<https://www.mysurgeryintranet.co.uk/psurvey.aspx?p=354446&a=A85023>

Thank you!

Big Local Gateshead – Jingle All The Way

Big Local Gateshead has some great events planned for the Festive Season:

Family Choir & Winter Wander

Choir Rehearsals - Tuesday 7 December, 4:30 pm – 6:30 pm, The Soundroom

Winter Wander - Friday 10 December, 4:30 pm – 7:00 pm. Meet at the Big Local Allotment – sing carols at 3 local care homes then finish at the Café Under the Spire for hot chocolate and mulled wine!

Lantern Making

Thursday 2 December, 1:30 pm – 3:30 pm, Big Local Bungalow

Thursday 9 December, 1:30 pm – 3:30 pm, Big Local Bungalow



More information about Big Local Gateshead and all services/activities offered can be found at <https://www.blgateshead.org.uk/whats-on>

Our Gateshead

Our Gateshead supports local 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

Teams Life Centre – Christmas Activities

Everyone's welcome to join in the Festive Fun at Teams Life Centre!

Christmas Fayre - Saturday 4 December, 10.30 am - 1.30pm - free entry

Kids Christmas movie - Monday 6 December, 4.00 pm - free entry

Musical Café - Wednesday 8 December, 12.00 pm – 2.30 pm - £3 per person

Toddler Times Party - Monday 13 December, 10.00 am - free entry

Kids Christmas Movie - Monday 13 December, 4.00 pm - £3 per person

Christmas Musical Buffet - Wednesday 15 December, 12.00 pm

Teams Kidz Christmas Disco - Wednesday 15 December, 4.30 pm - £1 pp

Christmas tea/movie - Friday 17 December, 12.00 pm - £3 per person

TLC Christmas guest service - Sunday 19 December, 4.00 pm - free entry

3 Course Christmas Meal - Monday 20 December, 12.00 pm (invitation only)

'Polar Express' Movie - Tuesday 21 December, 1.00 pm - £2 per person

Softplay/Christmas Craft - Tuesday 22 December, 11.00 am - 1.00 pm - £3



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.

