

Practice Newsletter

January 2022



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.

Covid-19 Booster Clinics

Covid Booster Clinics will be taking place in the Practice on:

- Wednesday 5 January 2022, 8.30 am – 12.00 pm
- Wednesday 12 January 2022, 8.30 am – 12.00 pm

Please contact the Practice to book an appointment. Walk in's also welcomed.

Dry January

Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol as well as bring huge, obvious benefits - but the really good stuff is under the surface...

You'll notice your skin gets brighter, your wallet fuller, your days busier. Feel your step get bouncier, your mind calmer, your nights sleepier.

On the inside the benefits include:

- Lowers blood pressure
- Reduces diabetes risk
- Lowers cholesterol
- Reduces levels of cancer-related proteins in the blood.

More information and support can be found at www.alcoholchange.org.uk

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!

Barnardo's Boloh Helpline

Barnardo's has been funded by NHS England and Department for Health and Social Care (DHSC) to provide a helpline advising on respiratory illnesses, focused on supporting parents/carers from Black, Asian and Minority communities.

The Boloh helpline can provide advice, guidance and signposting support to parents /carers who are unsure about what to do if their child has a cough, cold or chest infection.

They can also provide information about:

- Chest infections in children
- How to access the right health support
- Self-managing respiratory infections at home



Boloh

Believe in children
Barnardo's

Call the helpline for advice if you're unsure what to do when your child may have a chest infection.

There will be lots of chest infections in young children this winter. **Be prepared.** Most children can be safely looked after at home, but sometimes they will need NHS support.

Find out more at:
<https://what0-18.nhs.uk>

Most cases resolve by themselves and can be safely managed at home

Call NHS111 or your GP if you have symptoms you are worried about

Go to A&E or call 999 in an emergency

Blues Busting Festival



Blues Busting Festival Teams Life Centre.

Saturday 15th January, 10:00 am – 2:00 pm

**Live music. Food. Soft Play. Local Stalls
and Mental Health Support and Information.**

Feel Good This Winter.

Contact: Christine.Frazer@nhs.net / 07596 969334



For more information about this event please contact Christine Frazer, Teams and Dunston Community Development Worker - Christine.frazer@nhs.net

Tai Chi Sessions - Sponsored by GemArts

Beginner level Tai Chi sessions delivered by Wendy Chan will begin on:

**Tuesday 18th January, 12:30 pm – 1:30 pm at
Teams Life Centre**

Sessions are free of charge, sponsored by GemArts.

To book a place please contact info@gemarts.org or call **0191 440 4124**



Practice Walking Group

Kick-start the New Year by getting active and joining the Practice Walking Group led by our Practice Health Champions.

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. Everyone welcome



Big Local Gateshead

Help Make a Difference in Teams

Big Local Gateshead is looking for people who can help support community projects that do amazing things in Teams - can you help by volunteering just a few hours a week? We need drivers to collect food from Marks & Spencer for our weekly pop-up shop, someone who can help set up for a toddler group, and anyone who is interested in training as a bike mechanic.

We can offer all sorts of opportunities to meet new people and training to improve your own skills, but most importantly you'll be a part of a community doing great things that improve the lives of local people. To find out more visit www.blgateshead.org.uk/volunteering, search Facebook for Big Local Gateshead and check our jobs page, send us an email at hello@blgateshead.org.uk, or call the Bungalow on 0191 477 3734.

Teams Wheelers

Getting out on a bike is a fantastic way to beat the January blues, and there's no need to cycle alone with a busy community bike club on your doorstep! The Teams Wheelers meet 3 days a week to lead sociable bike rides to suit any ability and is always looking for new members, we even have a fleet of bikes you can borrow if you don't have your own. We deliver training and support new riders all year round so don't let the weather put you off because we don't!

To find out more check the Teams Wheelers Facebook group, give Lawrence a call on 07952 643715, or pop along to a ride to say hi - we meet at the Big Local Bungalow at 9:30am on Wednesdays, Fridays, and Sundays.

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

Teams Life Centre - What's New in 2022?

Monday	9.30 – 11.30 am	Toddler Times
Tuesday - Friday	9.30 – 11.30 am	Family Playroom
Tuesday	10.00 - 11.00 am	Community Support
	11.30 - 3.00 pm	Advance Men's Group
	6.30 - 7.30 pm	Slimming World
Wednesday	12.00 - 2.30 pm	Musical Café
	4.00 - 6.30 pm	Teams Kidz
Thursday	10.00 - 11.00 am	Friendship Group
	11.30 - 3.00 pm	Advance Men's Group
	5.30 - 8.15 pm	Dogs Trust
Friday	COMING SOON	Monthly Supper Club
Saturday	11.00 - 1.00 pm	Monthly Soft Play
	1.00 pm onwards	Party Hire Available
Sunday	4.00 - 6.00 pm	Church Alpha

Call 0191 478 1003 for more details.



Prince's Trust

Prince's Trust Team Programme Recruiting now for January 17th Gateshead

Delta North
Consett
Delivering Education, Leisure, Training and Advice

Are you aged 16-25, Unemployed and not in full time Education? Why not gain a free qualification in Employment, Teamwork and Community skills with Delta North Consett Prince's Trust Teams.

You will develop your

Literacy and Numeracy skills

Handwriting, Spelling, Punctuation, Grammar

Communication skills

Speaking, Listening, Paying attention and Presenting.

Ability to work in a team

Teamwork, Getting on with people, Respecting others.

Set and achieve goals

Motivation, Planning, Organisation, Problem-solving.

Manage your feelings

Dealing with problems, Coping, Stress management.

Confidence

Self-esteem, Self belief, Self respect.

Reliability

Time-keeping, Meeting Deadlines, Taking Responsibility,
Attendance.

Job search and employment skills

Job search, CV Writing, Interview Techniques.

Leadership Skills

Empowering others, Standing out from the crowd.

Benefits

- Receive UPTO £200 for completing the course
- Travel expenses covered
- Team Work skills and outward bound activities
- Take part in a community project
- Take part in work experience
- High potential of securing a job/apprenticeship or education
- Develop yourself as a person and develop others around you.
- Meet new people, make new friends.



Please contact

07545163689

Team Leader

Jonathan McGee

Jonathan.mcgee@deltanorthconsett.com

Start date is the 17th of January 2022