

Practice Newsletter

February 2022



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.

The Practice will also be closed all afternoon on Thursday 17 March for additional training.

Staffing News

Dr Zamoyski returns to the Practice this month following her maternity leave.

Dr Aspray will be leaving his post as Locum with the Practice to take up his new position with Second Street Surgery. We wish him well in his new role!

Digital Weight Management Programme

This is a **free** 12-week NHS programme designed to support you to be more active and lose weight, develop healthier eating habits and provide lots of structured support available on your smartphone, tablet or computer.

Managing your weight is extremely important in order to decrease your risk of various health conditions, including cardiovascular disease, mental health problems, Type 2 Diabetes, joint problems, and some cancers.

For more information contact the Practice, or complete the online form:

www.teamsmedicalpractice.nhs.uk/nhs-digital-weight-management-programme

World Cancer Day - 4 February 2022

Aims to save millions of preventable deaths each year by encouraging individuals to take action.



World Cancer Day is one singular initiative under which the entire world can unite together in the fights against the global cancer epidemic.

Cancer is a global challenge. In 2018, 18 million people world-wide were diagnosed with cancer. Today, thanks to research, 2 in 4 people in the UK survive their cancer for 10 years or more. The prospects of major advances in tackling cancer have never been greater, and international collaboration and funding are essential in realising these opportunities.

<https://www.worldcancerday.org/>

<https://www.cancerresearchuk.org/get-involved/donate/world-cancer-day-2022>

Time To Talk Day - 4 February 2022

Getting people to talk about mental health and by doing so help change lives. It's Time to Talk Day on Thursday 3 February 2022! Run by Mind and Rethink Mental Illness, Time to Talk Day is the nation's biggest mental health conversation.

Conversations have the power to change lives - helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it. However you start your conversation, let us know on social media with **#TimeToTalk**.

More information about Time to Talk Day along with support information, help and advice can be found on the website:

<https://timetotalkday.co.uk/>

<https://www.rethink.org/get-involved/awareness-days-and-events/time-to-talk-day/>



Big Local Gateshead

Community Planning Day

Ever thought you'd like to have a go at event planning? Well now's your chance, Big Local Gateshead are putting plans together for Spring community events and we need ideas, helpers, and volunteers to make it all happen. Come and help us make this spring the best one ever for all the family!

Join us at the Redheugh Football Club Café on Thursday 17th February from 10 - 12 followed by a free lunch, all welcome.

Bike Confidence Classes

This spring the Teams Wheelers community cycle club are aiming to get even more people out on their bikes - for transport, health, or just for fun! We're running bike confidence classes for over 16s for those who haven't cycled in a long time or maybe never have at all. We can provide you with a bike, helmet, refreshments, and the skills you need to get out an about with confidence.

Classes will run at a mix of days and times to suit all, to find out more or express an interest just send an email to hello@blgateshead.org.uk, message the Teams Wheelers group on Facebook, or call the office 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.

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 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, email us at hello@blgateshead.org.uk or call the Bungalow on 0191 477 3734.

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

Big Local
Gateshead

Practice Walking Group

The Walking Group meet every Thursday at 10.00 am outside of the Practice.

The Group 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.



LGBT+ History Month

The overall aim of LGBT+ History month is to promote equality and diversity for the benefit of the public.

This is done by:

- Increasing the visibility of lesbian, gay, bisexual and transgender ("LGBT+") people, their history, lives and their experiences in the curriculum and culture of educational and other institutions, and the wider community;
- Raising awareness and advancing education on matters affecting the LGBT+ community;
- Working to make educational and other institutions safe spaces for all LGBT+ communities; and
- Promoting the welfare of LGBT+ people, by ensuring that the education system recognises and enables LGBT+ people to achieve their full potential, so they contribute fully to society and lead fulfilled lives, thus benefiting society as a whole.

<https://lgbtplushistorymonth.co.uk/>



Teams Life Centre

Keep Warm This Winter - Teams Life Centre have a range of:

* Blankets * Duvets * Hats & Gloves * Coats

Free to anyone who needs them this winter. Call in to collect or donate.

Friendship Group - Thursday 11:00 am – 12:00 pm Starts 6 January 2022

Come along for a coffee and a chat. A great way to meet new friends of all ages.

* Café * new2u shop * picture quiz * play pool *learn new skills

Tai Chi Sessions

Tuesday 12:30 pm – 1:30 pm Beginner level Tai Chi sessions with Wendy Chan

Sessions are free of charge - to book a place info@gemarts.org / 0191 440 4124

Call 0191 478 1003 for more details.