

# Practice Newsletter

## March 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.

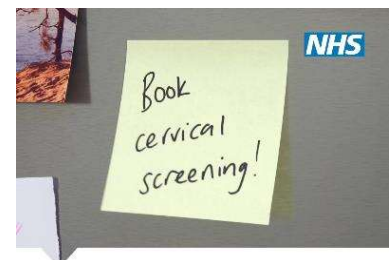
The Practice will also be closed all afternoon on Thursday 17 March for additional training.

### Cervical Screening Campaign

The Department of Health and Social Care, together with NHS England and NHS Improvement, are launching a Help Us Help You – Cervical Screening Campaign, to highlight the benefits of cervical screening and remind people that that it can help stop cancer before it starts.

The campaign encourages those eligible for screening – women and people with a cervix aged 25-64 - to respond to their cervical screening invitation letters and to book an appointment at their GP practice if they missed their last one.

If you would like to book an appointment with the nursing team for your cervical smear, please contact our Reception team.



**Don't ignore your cervical screening invite.**

### 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](http://www.teamsmedicalpractice.nhs.uk/nhs-digital-weight-management-programme)

## Ovarian Cancer Awareness Month

Ovarian cancer is a disease that can disrupt the normal function of the ovaries.



If it's left unchecked, it can affect other parts of the body too.

Ovarian cancer is the sixth most common cancer in women in the UK, with around 7,500 women diagnosed every year. It is classified as a rare disease and, on average, a GP will only see one case every five years. There is currently no reliable screening test for ovarian cancer, meaning that symptom awareness is our best means of early detection.

More information can be found at:

<https://ovarian.org.uk/march-ovarian-cancer-awareness-month/>

[Ovarian cancer - NHS \(www.nhs.uk\)](http://www.nhs.uk)

## No Smoking Day - 9 March 2022

Quitting smoking is a challenge but it's the best thing you can do for your health.

When you stop, you give your lungs the chance to repair and you will be able to breathe easier. There are lots of other benefits too – and they start almost immediately. It's never too late to quit.

There are lots of resources and support for anyone who would like to stop smoking.

Smoking cessation advice is also available from the Practice, please contact our Reception team to make an appointment.

More information can be found at:

<https://www.nhs.uk/live-well/quit-smoking/>  
[How to quit smoking - new year resolutions | BHF](#)

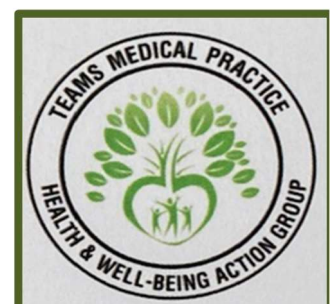


## Practice Walking Group

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



## **Big Local Gateshead**

**Teams Women's Group** - starting on **Monday 14<sup>th</sup> March**, join us for a cuppa and a chat at the Big Local Bungalow every Monday from 1 pm – 3 pm.

**Teams Tots** (0-2 year) – Tuesday 9.30 am – 11.30 am, £1.00 per session, BLG Bungalow

**Men of Teams** - Men's Group covering wellbeing/exercise, DIY tips, activity days and much more. Tuesday 1:30 pm – 3.30 pm, BLG Bungalow

**Pop Up Shop** – Friday 2 pm – 4 pm, BLG Bungalow

**BL Allotment** - Plant Swap on Monday and Wednesday morning at the Big Local Allotment on Arkle Street.

### **Bike Confidence Classes**

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](mailto:hello@blgateshead.org.uk), message the Teams Wheelers group on Facebook, or call the office on 0191 477 3734

### **Teams Wheelers**

The Teams Wheelers meet 3 days a week to lead sociable bike rides to suit any ability. A fleet of bikes is available to borrow if you don't have your own. We meet at the Big Local Bungalow at 9:30am on Wednesdays, Fridays, & Sundays.

To find out more check the Teams Wheelers Facebook group or give Lawrence a call on 07952 643715.

More information about Big Local Gateshead can be found by calling the Bungalow on 0191 477 3734, contacting the team by email at [hello@blgateshead.org.uk](mailto:hello@blgateshead.org.uk) or visiting <https://www.blgateshead.org.uk/whats-on>

The logo for Big Local Gateshead features the words 'Big Local' in a bold, sans-serif font. 'Big' is red, 'Local' is blue, and 'Gateshead' is black and positioned below 'Big Local' in a larger, bold, sans-serif font.

## **Teams Life Centre**

**Keep Warm This Winter** - Teams Life Centre have a range of blankets, duvets, hats, gloves and coats free to anyone who needs them this winter. Call in to collect or donate.

**Friendship Group** - Thursday 11:00 am – 12:00 pm. Come along for a coffee and a chat. A great way to meet new friends of all ages. Café, New2You shop, picture quiz, play pool, learn new skills, meet new people.

**Community Café** - Monday to Friday, 9:00 am – 2:00 pm - come along for an excellent selection of sandwiches, snacks and full meals, including a daily special.

**Call 0191 478 1003 for more details.**