

Practice Newsletter

April 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 Tuesday 10 May for additional training.

Lloyds Pharmacy - New Opening Hours

From **Friday 1st April 2022**, Lloyds Pharmacy, Watson Street, will be changing their opening times. The new opening times will be:

Monday	09:00 am - 6:00 pm
Tuesday	09:00 am - 6:00 pm
Wednesday	09:00 am - 6:00 pm
Thursday	09:00 am - 6:00 pm
Friday	09:00 am - 6:00 pm

Bowel Cancer Awareness Month

April is Bowel Cancer Awareness Month and a fantastic annual opportunity to raise awareness of bowel cancer.



Bowel cancer is treatable and curable especially if diagnosed early.

Nearly everyone survives bowel cancer if diagnosed at the earliest stage. However, this drops significantly as the disease develops. Early diagnosis really does save lives

More information and support can be found at:

[Bowel Cancer Awareness Month 2022 | Bowel Cancer UK](#)

Stress Awareness Month

April is Stress Awareness Month, a time to increase awareness about both the causes and cures for our modern stress epidemic.

The last two years have been the most challenging we have faced. As we emerge from the pandemic, it's vital that the community support experienced by many people during this challenging time continues. Although restrictions have mainly been lifted, people need support now more than ever as they adjust to a new way of living.

The pandemic has had a hugely detrimental effect on the nation's mental health and sense of community. Disrupted social lives, the cancellation of large gatherings, travel restrictions and working from home have kept us in one place for long periods of time. However, one of the positives to emerge from this unparalleled situation has been the community spirit and support shown by so many to so many.

More information and support can be found at:

[Stress Awareness Month 2022 - The Stress Management Society](#)

Testicular Cancer Awareness Month

Testicular cancer is the most common cancer in young men. Every year 2,400 men are diagnosed with testicular cancer in the UK, but it is 98% curable if detected early. Monthly self-exams and early detection are key.

More information on testicular cancer and how to carry out a self-exam can be found at:

<https://www.testicularcancerawarenessfoundation.org/tc-awareness-month>
[Testicular cancer | Cancer Research UK](#)

Irritable Bowel Syndrome (IBS) Awareness Month

If you have irritable bowel syndrome (IBS), you are not alone – IBS is common with prevalence estimated at 10%-15%. Yet many people remain undiagnosed and unaware that their symptoms indicate a medically recognised disorder.

IBS Facts

- 10-20% of people in the UK are living with IBS
- Only 40% of them will seek medical help
- It is more common in women, but still affects many men
- People of all ages have IBS, from young children to the elderly
- The primary symptoms are what we call the ABCDs of IBS – Abdominal pain, Bloating, and Constipation and/or Diarrhoea
- Symptoms can come and go, so you might feel well for a while only to get symptoms again

More information can be found at:

[Guts UK - committed to fighting all digestive diseases \(gutscharity.org.uk\)](#)
[IBS Awareness Month - About IBS](#)

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.



Teams Life Centre

Easter at Teams Life Centre!

Teams Life Centre
Transforming the community together

EASTER FAYRE

Saturday 9th April
11am—2pm

- Easter stalls
- Café Open
- NEW2U Shop
- Children's Room
- Tombola
- Easter Craft
- Raffle
- Prize for best egg

For further details, call:
0191 4781003

Teams Life Centre
Transforming the community together

AND #BRIGHTENTHEDAY

FREE CHILDRENS EVENTS DURING EASTER HOLIDAYS
11, 13, 14, 20, 21 and 22 April
10am-1pm

- 2 hours of multisports ran by **NUFC FOUNDATION TRAINERS**
- Followed by a **COOK and EAT** sessions sponsored by **GATESHEAD COUNCIL**.
 - Children ages 5-11 welcome
- Parents must register children and pick up/drop off

For further details, call:
0191 4781003

Also being held at Teams Life Centre each week:

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.

Big Local Gateshead

Spring Fete - Saturday 9th April, 1:00 pm -4:00 pm
at Arkle Street Community Allotment - FREE

Join us to welcome spring to Gateshead in style!
Expect live music, crafts, seed sowing, face painting, information and activity stalls, an afternoon tea and bake sale, and an Easter bonnet competition judged by the Mayor of Gateshead!



Litter Pick - Monday 11th April, 10am-12 midday at Redheugh Football Club
We want to do our bit to keep Eslington Park tidy and make sure our family picnic can be enjoyed by even the smallest children. Help us litter pick from Redheugh Football Club through the Festival Park along the river Teams and join us for a bite to eat afterwards. All welcome, tools provided just wear sturdy shoes or boots.

Family Picnic - Tuesday 12th April 1-4pm at Eslington Park, signposted from Redheugh Football Club - FREE
Bring a picnic & make the most of the spring sunshine together - expect activities for all ages from tiny tots to teens including crafts, circus skills, rhyme time, baby mindfulness & kids relaxation, & an Easter egg hunt. Open to all ages young & old!

For more information on any of these events check out the Big Local Gateshead Facebook page or email hello@blgateshead.org.uk

Also happening at Big Local Gateshead:

Teams Women's Group - Monday 1:00 pm – 3:00 pm, BLG Bungalow

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

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

Pop Up Shop – Friday 2:00 pm – 4:00 pm, BLG Bungalow

Teams Wheelers - the group 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.

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 or visiting <https://www.blgateshead.org.uk/whats-on>

Big Local
Gateshead