

# Practice Newsletter

## July 2022



### Practice Hours

7.30 am – 6.00 pm Monday, Tuesday  
8.00 am – 6.00 pm Wednesday, Thursday & Friday

Following recently updated guidance, patients are no longer required to wear a facemask when visiting the Practice. **However, if you are displaying any Covid symptoms or have a respiratory illness/infection please continue to wear a facemask when visiting the Practice.**

If you prefer to continue wearing a facemask, you are welcome to do so.

### Practice Closures

The Practice will be closed between 1.00 pm – 2.00 pm every **TUESDAY** for staff training.

The Practice will also be closed all afternoon on **Wednesday 15 June** for additional training.

### Staffing News

Dr Heaton will be out of Practice for the month of July. She will be returning in August and will be reducing her sessions with the Practice.

Jen McGonnell will be joining the Practice on 12 July as Senior Practice Nurse. Ruth Sande will also be joining the Practice on 12 July as Practice Nurse.

### Missed Appointments

In May 2022 there were **145** patients who did not attend appointments with our Doctors, Nurses and Associated Clinical Staff.

These are lost appointments that could be used by other patients.

If you are not able to attend your appointment, or you no longer need to be seen by a member of our team, please ring the Practice so the appointment slot can be given to other patients.



GP appointment?  
Can't make it?  
Don't need it?



## Talk to Us - Samaritans

The Samaritans annual awareness campaign is back this July.

Samaritans are here to listen 24/7. Throughout July, they will be running an awareness-raising campaign Talk to Us, to remind people that they're here for anyone who needs someone to listen.

Every year in July, Samaritans branches in the UK hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night. They offer a safe place to talk at any time, in your own way – about whatever's getting to you.

Calls to the Samaritans are free, from any phone – **116 123**

More information can be found at <https://www.samaritans.org/>



## #HowFit Home Fitness Plan

Don't exercise? 🤔 Take a look at the free NHS [#HowFit](#) home fitness plan ✅  
Improve your mobility, health and happiness with simple exercises you can do in your own home.

Some exercise is better than none – these NHS approved exercises are divided into four main areas but to gain the most benefit, try to complete all four if you can.

Mobility - Stability/balance/co-ordination - Strength - Cardiovascular Health

There are also three different levels of exercises, so you can choose a level that suits your own level of fitness best.

To find out more, visit 🙌 <https://www.howfittoday.co.uk>



## Teams Life Centre

**Baby & Toddler Group** (0-3 yrs) - Monday 10:00 am – 11:30 am

A lovely welcoming group with lots of hands on activities, songs and play for the little ones and a chance to meet other parents and chat over coffee & toast.



This group is sponsored by The National Lottery Community Fund.

**Citizens Advice Drop In** - Wednesday 9:00 am – 11:30 am  
Help with legal debt, housing and other problems. No need to book just call in and see our resident Citizens Advisor and have a coffee.



**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.

For information on all the other events at the Centre call **0191 478 1003** or visit the FB page <https://www.facebook.com/groups/517336139708640>



## 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.

