

Practice Newsletter

September 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 **12.00 pm – 1.00 pm every TUESDAY** for staff training.

The Practice will also be closed all afternoon on **Thursday 29 September** for additional training.

Know Your Numbers Week - 5-11 September 2022

Know Your Numbers week encourages adults to know their blood pressure numbers in the same way they know their height and weight. When you Know Your Numbers! you can take steps to look after your blood pressure and lead a long and healthy life and take the necessary action to reach and maintain a healthy blood pressure.

More information can be found at: www.bloodpressureuk.org/know-your-numbers

Or you can pop into the Practice to check your blood pressure on the new monitoring machine in the waiting room.

No appointment needed!



Blood Pressure UK
Helping you to lower your blood pressure

Flu Jabs

Flu jabs are now being offered at the Practice. Patients will be contacted when it is appropriate to book an appointment. Deliveries of the vaccine will be staggered over September and October so please wait to be contacted before ringing the Practice.

Quit Smoking

Quitting smoking reduces the risks of 16 types of cancer, heart disease and stroke, as well as reducing the risk of severe complications from COVID-19. There's never been a more important time to quit – to get started visit TodayistheDay.co.uk



Or make an appointment with a member of the clinical team at the Practice to discuss the free smoking cessation service.

You can also speak to a Stop Smoking specialist from [Smokefree Gateshead](http://SmokefreeGateshead) at smokefree@gateshead.gov.uk or on **0191 433 3058**.

Big Local Gateshead

Teams Tots (0-2 year) – Tuesday 9:30 am – 11:30 am, £1.00 per session, BLG Bungalow

BL Allotment - every Tuesday morning join Suzanne on the community allotment for family gardening sessions alongside residents from local care homes. They're open to all ages from 10am at the community allotment on Arkle Street just off Bensham Bank - <https://fb.me/e/2JZgtac2F>

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, checking the FB page <https://www.facebook.com/BigLocalGatesheadUK> or visiting <https://www.blgateshead.org.uk/whats-on>

Big Local
Gateshead

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.

