

Practice Newsletter

October 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.

Updates about the Practice

We have multiple medical students and doctors in training in the Practice. When booking an appointment we always ask the symptoms so will only book you in with the medical students if you consent to this and if the symptoms are appropriate for the appointment, medical students work under the guidance of GPs. Doctors in training are a little different to medical students these are qualified doctors who are training to become a GP and they can deal with any medical conditions the same as our usual GPs.

Dr Mulroy and Dr Heaton are no longer Partners in the Practice, they are still working at the Practice but are focusing more on their specialised interests. Dr Mulroy specialises in drug and alcohol and Dr Heaton is now focusing on training new doctors.

This month we say goodbye to Helen, our lovely Assistant Practice Manager, she has worked for the Practice for around 17 years. She will be a big miss to the Practice and to the patients, we wish her luck in her new job as a Manager of an ADHD / Autism service.

Flu Jabs

Please contact the Practice if you are eligible for the flu vaccine and we can book you an appointment. If you already have an appointment here for other reasons, we can give you it while you are here.

Nasal spray flu vaccine is available for those children aged 2 or 3 years on 31st August 2022 (born between 1st September 2018 and 31st August 2022) or children with long term health conditions.

Please note we do not offer covid vaccines in the Practice.



PROVIDING SPACES WITH RESPECT, DIGNITY & WARMTH



Gateshead Council have created a directory of all the places available to our residents so that anyone who is cold knows where they can go to get warm, stay warm and enjoy a little company and some hot refreshments.

Visit the link below to search the directory for the nearest warm space, their opening times, contact details and for more details about what's on offer at each location.

<https://www.gateshead.gov.uk/article/21258/Warm-Spaces-directory>

Lloyds Teams Pharmacy

We are receiving lots of calls from patients who are having problems contacting the pharmacy next to the Practice. The pharmacy is not linked to the Practice at all, we just hire the same building they do. We do not have any other telephone numbers to call them so cannot offer any extra help to get in touch with them.

Appointments

The phone lines open at 7.30am on Mondays and Tuesdays, Wednesday – Friday 8am. The phone lines are very busy during this time for patients booking same day GP appointments.

Same day appointments are released online at the same time as on the phone – if you would like to book online and are not registered for this, please bring ID to the Practice and complete a quick form, we will register you for our online services while you wait and provide you with log in details which you can use straight away.

We ask that you avoid contacting the Practice for sicknotes, routine appointments for doctors and nurses (not same day) during the busiest periods from the Practice opening until 10am.

Reminder that we always ask the symptoms when booking appointments so we can book you with the best person for the symptoms you have. Sometimes this can be booking you with a mental health specialist, arranging for a pharmacist to contact you about a minor ailment, arranging for you to speak to a physio etc. This not only saves your time but also gets you to the specialist who can give you the best care for your problem.

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.