

# Practice Newsletter

## November 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.

### Appointments

The phone lines open at 7.30 am on Mondays and Tuesdays, Wednesday – Friday 8.00 am. The phone lines are very busy during this time for patients booking same day GP appointments.

We ask that you avoid contacting the Practice for sicknotes, routine appointments for doctors and nurses (not same day) until after 10.00 am, which avoids our busiest periods.

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.

### 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, please ask and you can receive your flu jab while you are here.



Nasal spray flu vaccine is available for those children aged 2 or 3 years on 31<sup>st</sup> August 2022 (born between 1<sup>st</sup> September 2018 and 31<sup>st</sup> 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>

### **Pancreatic Cancer Awareness Month – November 2022**

The pancreas is a gland that produces digestive juices and hormones. Pancreatic cancer is when abnormal cells in the pancreas start to divide and grow in an uncontrolled way and forms a growth (tumour).

The cancer cells can grow into surrounding blood vessels or organs such as the small bowel (duodenum). And may spread to other areas of the body.

Around 10,500 people are diagnosed with pancreatic cancer in the UK each year. It is the 10th most common cancer in the UK.

Pancreatic cancer is more common in older people. More than 45 out of 100 people diagnosed (more than 45%) are aged 75 and over. Pancreatic cancer is uncommon in people under 40 years old.

To find out more information about pancreatic cancer, visit the CRUK website:

[About pancreatic cancer | Cancer Research UK](#)



**CANCER  
RESEARCH  
UK**

### **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.



## Movember - Men's Health Awareness Month

Responsible for thousands of moustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health.



Mental health and suicide prevention, prostate cancer and testicular cancer – we're taking them all on. Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support me

Movember funds groundbreaking projects all over the world, engaging men where they are to understand what works best and accelerate change.

If you have any concerns regarding your health please contact the Practice or for more information regarding Movember visit their website

<https://uk.movember.com/>

## Teams Life Centre

**Warm Space** - Teams Life Centre is a 'warm space'. Everyone is welcome to pop in and stay warm, have a cuppa and enjoy some company.

**Community Pot** - over the coming weeks the Centre will be providing a community pot of hot food for people to either eat in or take away.

**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>

