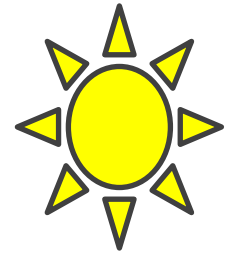


Practice Newsletter March 2023



HELLO SPRING

Practice Opening Hours

We are open Monday & Tuesday 7.30am till 6pm, Wednesday, Thursday, and Friday 8am till 6pm.

You are no longer required to wear my face mask in the surgery. If you would like to wear one this is your own choice, and we can provide one for you.

Practice Closures

We are closed every Tuesday from 12pm till 1pm for staff training.

We are also closed on Wednesday the 15th of March for staff training from 12pm and will re-open Thursday morning at 8am.

NHS Health checks

The NHS health check is a health check-up for adults aged 40 to 74. It is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes, or dementia. As we get older, we have a higher risk of developing one of these conditions. Your health check help to find ways to lower this risk. In your appointment the nurse will check your weight, height, blood pressure, smoking/alcohol intake and discuss any family illness history.

DNAs

We have had a huge increase in patients not attending appointments there has been 83 unattended appointments in February alone. If you are not receiving reminders for your appointments, please let a member of the admin team know so that we can investigate this further for you in the hope this helps to reduce the number of unattended patients.

Due to the junior doctor strikes we will have limited appointments on the 13th, 14th, and 15th of march. We appreciate your patience during this time.

Spring has sprung at last and there's lots going on in Teams to get excited about! Sadly, we won't be

organising a full spring programme this year as we're still getting settled in here at Victoria Road Scout Centre BUT there are still plenty of opportunities for all we would love to invite you along to. As always, if you would like to find out more about any upcoming events then check our [Facebook page](#) or send us an email!

Victoria Road Scout Centre Grand Opening

Sunday, March 5th - 12 midday until 3pm - FREE

Herb Hub Launch Event Thursday, March 16th - 10am until 3pm - FREE



Teams Tots

Every Tuesday, 9:30-11:30am - £1 per child

Ran by parents for parents, Teams Tots offers a relaxed environment for children aged 0-5 years. There are plenty of toys and games for little ones, free snacks, and free drinks.



Teams Wheelers Community Cycle Club

Every Wednesday, Friday, and Sunday, meeting 9:30am - £5 yearly membership

Teams Wheelers are a bike club with a difference, offering support and opportunities for those of all skill and experience levels from complete beginners to long-distance veterans! Their qualified ride leaders take out 3 groups a week for rides both short and long, there are club bikes and helmets to borrow for just £1, they refurbish second-hand bikes for sale offer basic training to learn how to look after your own bike, and even teach adult cycle confidence classes.



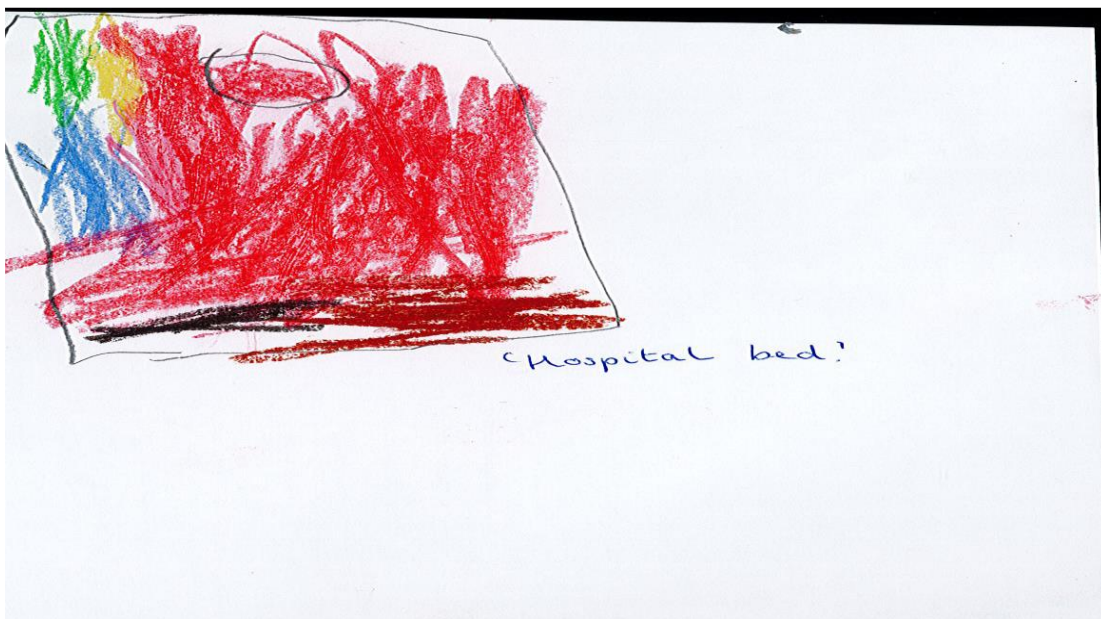
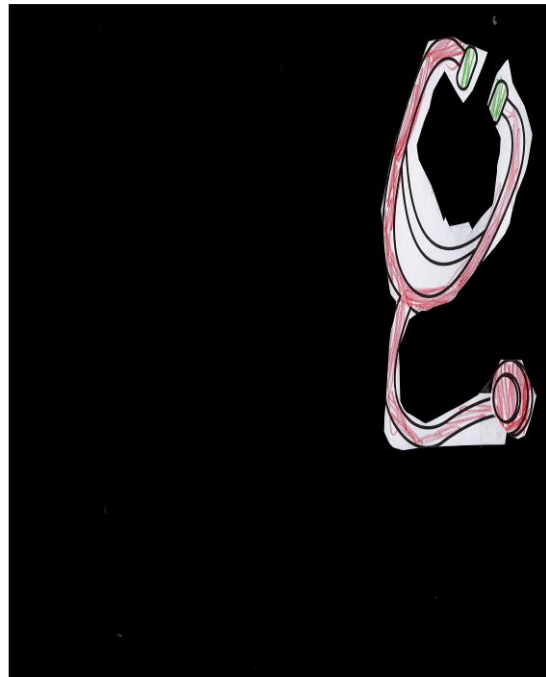
The Pop-Up Shop Every Friday 1-3pm

The weekly pop-up shop is all about ending food waste in Teams, volunteers take surplus food from all over Gateshead and offer it back to local people at low cost. Everything we offer is either priced at about a quarter supermarket prices or completely free! You can usually expect plenty of fruit and veg, bread, pastries and sweet treats, tins and jars, flowers, meat and meat-free meals, and all sorts of other essentials. We also offer a free help-yourself cafe so you can get your weekly shop and stop for a cuppa and a chat.





Jen and Emma from the nursing team visited Carr Hill Primary school. We supported their learning regarding 'staying healthy'. We had a slide show with lots of colourful pictures and focus areas aimed at healthy eating, exercise, brushing teeth and how going to a doctor was a safe place. We had equipment to show the children how doctors and nurses monitor their health, the children had great fun with the practical side of the visit. They loved playing with the bandages, listening to their friends' heart beats and using the thermometer. Lots of happy, interactive children.



Some of the lovely pictures from the children at Carr Hill Primary school.

Prostate cancer Awareness Month



1 in 8 men will get prostate cancer. If you're over 50, or you're black, or your dad or brother had it, you're at even higher risk.

Prostate cancer is not always life-threatening. But when it is, the earlier you catch it the more likely it is to be cured.

For more information visit www.prostatecanceruk.org or speak to your GP if you have any worries.

Things you can do to help prevent prostate cancer are:

- Having a healthy and active lifestyle
- Stop smoking and drink less
- Increase your vitamin D.

Symptoms to look out for:

- Difficulty starting urination.
- Weak or interrupted flow of urine.
- Urinating often, especially at night.
- Trouble emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine or semen.

