

Practice Newsletter

April 2023



Happy Easter from Everyone at Teams Medical Practice

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 is closed between 12.00 pm – 1.00 pm every Tuesday for staff training.

We are closed on Friday the 7th of April and Monday the 10th for the easter bank holidays. We open as normal on Tuesday the 11th of April at 7.30m.

To all the patients and staff at Teams practice

Thank you for your support over the years I have worked here. I have enjoyed my time working with you all and am sad to be leaving but will be moving on to pastures new in Cumbria with my family which we are looking forward to. 31st of March will be her last day at the practice. We wish her all the very best for the future.

Kindest Regards Dr Ross.

Dr Lai will be starting on the 11th of April who will be taking over from Dr Ross as a new GP. Dr Ross will still be working remotely over the next 3 months to help welcome to new members to the team making sure they settle into their roles.

Patient Information.

New Blood Pressure Machine: This is located at the back of the waiting area and is free to use at any time during surgery hours. If you have been asked to take a blood pressure reading, feel free to come and use the machine and hand in the slip to reception if you need any help just ask a member of the reception team.

Script line: We do not take requests or queries over the telephone. Please use the script line for all medication/queries. The number is 0191 4608472. This gets checked Monday to Friday 8am till 6pm. Any messages left after 6pm. Please note we do not accept URGENT prescriptions please order your medication on time.

DNAS: We have had a huge increase in patients not attending the practice for their appointments. This has had a massive impact on the practice. If you are unable to attend the surgery for your appointments, can you please let the reception team know in a timely manner so that your appointment can be offered to a patient who need it. This month we have had 88 unattended patients.

We have some new team members joining us:

Dr Mulroy will be leaving the practice in June and Dr Catterall will be taking over you may have seen her in the surgery already working alongside Dr Mulroy.

We also have a new admin member. Kris who is due to start in the practice on the 3rd of April. He will be working alongside the admin team as a team lead.

Irritable Bowel Syndrome (IBS) Awareness Month

If you have irritable bowel syndrome (IBS), you are not alone – IBS is common with prevalence estimated at 10%-15%. Yet many people remain undiagnosed and unaware that their symptoms indicate a medically recognised disorder.

IBS Facts

- 10-20% of people in the UK are living with IBS
- Only 40% of them will seek medical help
- It is more common in women, but still affects many men
- People of all ages have IBS, from young children to the elderly
- The primary symptoms are what we call the ABCDs of IBS – Abdominal pain, Bloating, and Constipation and/or Diarrhoea
- Symptoms can come and go, so you might feel well for a while only to get symptoms again

More information can be found at:

[Guts UK - committed to fighting all digestive diseases \(gutscharity.org.uk\)](http://gutscharity.org.uk)

[IBS Awareness Month - About IBS](#)

Stress Awareness Month

April is Stress Awareness Month, a time to increase awareness about both the causes and cures for our modern stress epidemic.

The last two years have been the most challenging we have faced. As we emerge from the pandemic, it's vital that the community support experienced by many people during this challenging time continues. Although restrictions have mainly been lifted, people need support now more than ever as they adjust to a new way of living.

The pandemic has had a hugely detrimental effect on the nation's mental health and sense of community. Disrupted social lives, the cancellation of large gatherings, travel restrictions and working from home have kept us in one place for long periods of time. However, one of the positives to emerge from this unparalleled situation has been the community spirit and support shown by so many to so many.

<https://www.stress.org.uk/national-stress-awareness-month/>



Bowel Cancer Awareness Month

April is Bowel Cancer Awareness Month and a fantastic annual opportunity to raise awareness of bowel cancer.

Bowel cancer is treatable and curable especially if diagnosed early.

Nearly everyone survives bowel cancer if diagnosed at the earliest stage. However, this drops significantly as the disease develops. Early diagnosis really does save lives

More information and support can be found at:

<https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month>



Teams Life Centre - What's New in 2023?

MONDAY	10.00am – 1.00pm	Back to Basics Cookery*
	1.15pm – 2.30pm	KARAOKE CAFÉ
TUES	11.30am – 3.00pm	ADVANCE MENS
	6.00pm - 7.30pm	SLIMMING WORLD
WEDS	09.30am- 11.30am	CITIZENS ADVICE DROP IN
	12.00pm - 2.15pm	MUSICAL CAFÉ
	4.30pm - 6.00pm	TEAMS KIDZ (age 5-11)
	6.30pm - 7.30pm	TEAMS TEENZ (12+)
THURS	11.00am- 1.00pm	FRIENDSHIP GROUP
	5.00pm - 8.30pm	DISABILITY DISCO
	5.00pm – 7.00pm	KIDZ FOOTBALL
FRIDAY	10.00am – 12.00pm	COOKING ON A BUDGET*
FRIDAY	5.00pm – 7.00pm	KIDZ FOOTBALL
SATURDAY	9.00am – 10.00am	FOOTBALL (age 4-5)
	2.00pm onwards	PARTY HIRE AVAILABLE

EVERY WEEK DAY: * FREE LAPTOP ACCESS

* CAFÉ OPEN AND NEW2U SHOP

CALL 0191 4781003

