

# Practice Newsletter May 2023



## Practice Opening Hours

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

## Practice Closures

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

We closed 1<sup>st</sup>, 8<sup>th</sup> and 29<sup>th</sup> of May for the bank holidays. We will open as normal on the Tuesday at 7.30am.

## Prescriptions

Please make sure you are ordering your prescriptions on time and speaking clearly on the automated line leaving you name, date of birth and nominated pharmacy. You can order your medication 7 days in advance but no earlier.

**If you can not attend your appointment can you please let the surgery know so that we can offer the appointment to a patient who really needs it.**

## Mental Health Awareness Month

May is a time to raise awareness of those living with mental or behavioral health issues and to help reduce the stigma so many of us experience.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

<https://www.nhs.uk/nhs-services/mental-health-services/>



## National Walking Month

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>



## Whats on at Teams Life Centre this May

<b>WHAT'S NEW?</b>		
<b>MONDAY</b>	10.00am – 1.00pm 1.15pm – 2.30pm	Back to Basics Cookery* KARAOKE CAFÉ
<b>TUES</b>	11.30am – 3.00pm 6.00pm - 7.30pm	ADVANCE MENS SLIMMING WORLD
<b>WEDS</b>	09.30am- 11.30am 12.00pm - 2.15pm 4.30pm - 6.00pm 6.30pm - 7.30pm	CITIZENS ADVICE DROP IN MUSICAL CAFÉ TEAMS KIDZ (age 5-11) TEAMS TEENZ (12+)
<b>THURS</b>	11.00am- 1.00pm 12.30pm-1.30pm 5.00pm - 8.30pm 5.00pm – 7.00pm	FRIENDSHIP GROUP GENTLE EXERCISE DISABILITY DISCO KIDZ FOOTBALL
<b>FRIDAY</b>	10.00am – 12.00pm	COOKING ON A BUDGET*
<b>FRIDAY</b>	5.00pm – 7.00pm	KIDZ FOOTBALL
<b>SATURDAY</b>	9.00am – 10.00am 2.00pm onwards	<u>FOOTBALL</u> (age 4-5) PARTY HIRE AVAILABLE
<b>EVERY WEEK DAY:</b>	* FREE LAPTOP ACCESS * CAFÉ OPEN AND NEW2U SHOP	
<b>CALL 0191 4781003</b>		
<b>ALL NEW TEAMS LIFE CENTRE' FACEBOOK</b>		
<b><u>WWW.TEAMSLIFECENTRE.ORG</u></b>		
• Cooking pre booking only		

### May half term week, Family activities

Gateshead Activities: [Gateshead.gov.uk](https://ourgateshead.org/teams-life-centre), <https://ourgateshead.org/teams-life-centre>

National Trust events: See website for details.

<https://www.nationaltrust.org.uk>

