

# Practice Newsletter

## November 2023



### Practice Hours

7.30 am – 6.00 pm Monday, Tuesday  
8.00 am – 6.00 pm Wednesday, Thursday & Friday

**Practice Closures:** The Practice is closed between 12.00 pm – 1.00 pm every Tuesday for staff training.

We are closed on Tuesday 21<sup>st</sup> November from 12.00 pm for staff training.  
We will re-open at 8.00 am on Wednesday 22<sup>nd</sup> November.

### Staffing

We welcome back to the Practice Dr Naomi Radcliffe, one of our Doctors in Training. She has returned from maternity leave and will be with us until Christmas.

### Subways in Teams

Community leaders have been hearing from local people in our daily work on the ground in Teams and Dunston that there is concern around using the subways and crossing the A184.

A group of community representatives are working to bring together key people with resources and power in the community, to see if improvements can be made. We want to ensure that people have safe access to schools, doctor's surgeries, the maternity clinic and leisure and parks.

As a first step, a consultation questionnaire has been drawn up to find out how our patients are travelling to/from the Practice and gather any suggestions/ideas about how we could work towards improving things.

We would be very grateful if you could follow this link and complete the questionnaire - <https://forms.office.com/e/4tnphyp4Tx>

## Lung Cancer Awareness Month - November 2023



Lung Cancer is the third most common type of cancer in the UK. It's also difficult to spot the symptoms early on, so it's important to know what to look out for and how you can reduce your risk.

The symptoms of lung cancer can include:

- a cough for 3 weeks or more
- a change in a cough you have had for a long time
- a chest infection that does not get better, or repeated chest infections
- feeling breathless and wheezy for no reason
- coughing up blood
- chest or shoulder pain that does not get better
- a hoarse voice for 3 weeks or more.

If you have any of these symptoms, it is important to get them checked by your GP. Find out more about signs and symptoms and where you can find information and support - [Lung Cancer Awareness Month \(macmillan.org.uk\)](https://www.macmillan.org.uk)

## 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.



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 men.

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

[Movember - Changing the face of men's health - Movember](https://www.movember.com)

## 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.



**Teams Life Centre**

Transforming the community together



# **BREAKFAST CLUB**

## **FOR ALL**

### **TIMES**

Teams Life Centre's ALL NEW Breakfast Club begins 16th October and is open to everyone EVERY MONDAY from 8:30am - 10:30am. Perfect for a quick meal to start the day!

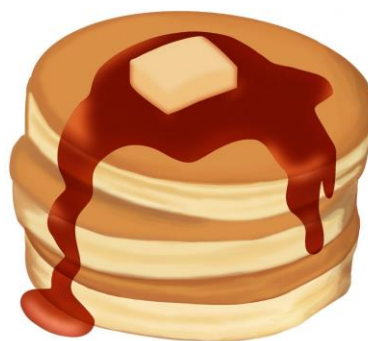


### **MAIN MENU**

Teams Life Centre Breakfast Club offers a WIDE range of breakfast cereal on our FREE menu including:

- Breakfast Cereal
- Fresh Fruit
- Porridge
- Yogurt (with Fresh Fruit)
- Toast
- Jam on Toast

We also have a range of Home Cooked Food available at affordable prices... so come on down! Everyone is welcome!



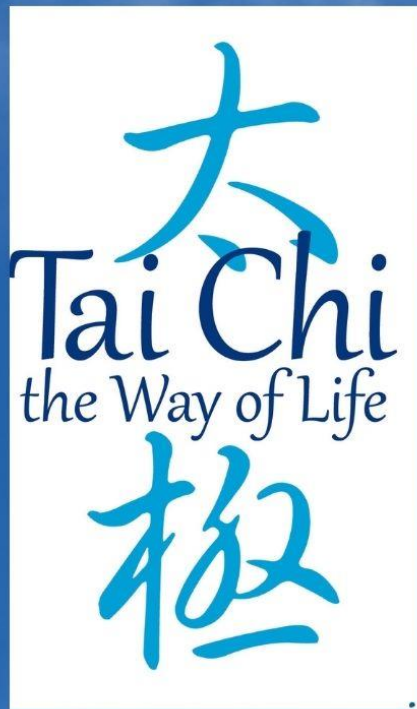
### **COMING SOON...**

Gentle Exercise and fun physical activity for all.

Introduction to Meditation.

**FOR MORE DETAILS, CALL**

**0191 478 1003**



**Big Local**  
**Gateshead**

*Mind and Body in  
Harmony*

Tai Chi  
Newcastle  
North East



**NEW INDOOR CLASS**

**12:30 - 1:30 PM**

**TEAMS LIFE CENTRE**

**ASKEW RD W GATESHEAD NE8 2PW**

**STARTING TUESDAY 7TH NOVEMBER 2023**

**£5 PER SESSION**

**Mobility Circulation Relaxation**

**For more information and for a booking form please email:**

**[info@taichinortheast.co.uk](mailto:info@taichinortheast.co.uk)**

**[www.facebook.com/taichinortheast](https://www.facebook.com/taichinortheast) mobile: 07895189108**