

# Practice Newsletter

## July 2024



### **Practice Hours**

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

### **Practice Closures**

The Practice will be closed between 12pm and 1pm every **TUESDAY** for staff training.

The practice will be closed all afternoon from 12pm on 17<sup>th</sup> of July for further staff training. We will re-open as normal on Tuesday the 16<sup>th</sup> of July at 7.30am.

### **Prescription Line**

When ordering your prescriptions please leave clear message with your name, date of birth and the medication you require followed by the pharmacy you would like this to go to. Please allow up to 5 days from acute items to be processed this because it needs to be authorised by the GP who started you on the medication.

We do not issue urgent prescriptions so please make sure you order your medication in plenty time.

Allow at least 48 hours for your prescriptions to be processed and sent to the chemist.

If you are on any controlled drugs and are needing these early or extra for going away the GP may ask for proof of travel before these can be issued. If controlled drugs are lost, you must contact the police for a crime number.

Any prescriptions ordered after 6pm on a Friday will not be processed until we re open on Monday morning and issued at your chemist 48 hours after.

If you have had any changes made to your medications in hospital, please allow us time to receive your discharge summary before these changes can be processed.

## Ultraviolet Safety Month



In July, we raise awareness that UV is the root cause of most skin cancers and encourage the public to take precautions. The AAD recommends that the public #PracticeSafeSun the year-round by following three simple steps while outdoors:

- Seek shade when appropriate.
- Wear sun-protective clothing
- Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.

## **Missed Appointments**

If you are not able to attend your appointment, or you no longer need to be seen by a member of our team, please ring the practice so the appointment slot can be given to other patients who may really need that appointment.



**GP appointment?  
Can't make it?  
Don't need it?**

**CANCEL IT!**

## **Good Care Month**



Good Care Month is observed during the entire month of July. It aims to acknowledge our hard-working social care workers and the services they provide for those in need throughout the U.K. It also helps inspire the public to consider social care as a viable career choice.

A big reason why social care plays an important part in the healthcare system is that the U.K. has an aging population. Life expectancy has significantly increased in recent decades. The number of people living longer lives has grown rapidly. It's estimated that by 2036, one in four of the population will be over 65.

## **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.



# Alcohol Awareness Week 2024

July 15 - July 21



## What is Alcohol Awareness Week?

Alcohol Awareness Week is a chance to get people thinking about drinking. It's a week of awareness-raising and campaigning for change.

Alcohol Awareness Week is run and managed by Alcohol Change UK. Each year, Alcohol Change UK sets the date and theme for the upcoming campaign and shares free digital resources for people to take part.

## Happy National Picnic Month!

If you enjoy getting out of the house and eating outdoors then July is the month for you, as the whole of this month is National Picnic Month! There's something about the summer weather that brings out the relaxed hippy in us all, and what better way to wind down after a busy day/week at work than to slip on your sandals, pack up your picnic basket and head to the outdoors with your nearest and dearest. So, get yourself outside this National Picnic Month.



TEAMS LIFE CENTRE & GATESHEAD FC FOUNDATION



# FOOTBALL

## Coaching

**FREE**  
SESSIONS

YOUTH AGE  
**11-16**

**FRIDAY**  
**5:30PM - 6:30PM**  
FROM FRIDAY APRIL 18TH

COACHING BY EX GATESHEAD FC CAPTAIN

**BEN CLARK**

### VENUE

TEAMS LIFE CENTRE, ASKEW RD  
GATESHEAD NE8 2PW

**TURN UP AND REGISTER ON  
THE NIGHT**



## Teams Life Centre

Transforming the community together

# 50<sup>TH</sup> CELEBRATIONS

Our building has been serving the Teams Community for  
50 years this year!

Here are our celebration Plans:

<b>June/July</b> Display in main community space Just pop in!	Photo board of years gone by And 70's, 80's & 90s memory boxes
<b>Monday 24<sup>th</sup> June</b> 12:30pm - 2:30pm (preschool children and parents)	Teddy Bears Picnic for Toddlers Bring a teddy bear!
<b>Monday 22<sup>nd</sup> July</b> 11am	Plant a tree, Plant a plant All Welcome!
<b>Thursday 15<sup>th</sup> August</b> 12pm	Afternoon Tea (SOLD OUT)
<b>Saturday 10<sup>th</sup> August</b> 11 - 2pm	70s Theme Party with food, music, Family Events Live music & children's activities (FANCY DRESS)

