

# Practice Newsletter - October 2024



## Practice Opening Hours

We are open:

Monday & Tuesday 7.30am till 6pm

Wednesday, Thursday & Friday 8am till 6pm

## Practice Closures

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

We are also closed on Tuesday 8<sup>th</sup> October for staff training from 12 pm and will re-open Wednesday morning at 8 am.

## **Zero Tolerance – Abusive or Aggressive Behaviour**

**Our staff come to work to care for others, and it is important for all members of our staff to be treated with courtesy and respect.** Aggressive or violent behaviour towards our staff will not be tolerated under any circumstances. Anyone giving verbal abuse to members of staff, either in person or over the telephone, will be sent a letter from the Practice Manager advising that this behaviour will not be tolerated. Any future violation of this policy will result in the removal from the Practice patient list.

## **Covid and Flu Clinics.**

If you have received a text message to say you are eligible for your covid and flu vaccinations. The guidelines have changed from last year. So please be mindful that you may not be eligible this year although you were eligible last year. Please call the surgery to speak a receptionist who will be able to help you.

# PATIENT INFORMATION

## Appointments:

Can we please kindly ask if you are calling the practice for sick notes, annual reviews, nurse's appointments, can you call back after 10am. This will help reduce waiting in the que and help us to deal with patients who need a same day appointment.

Please note just a phone call is still classed as a GP appointment. Be aware that if you are having chest, abdominal pain, earache the GP advises for a face-to-face appointment as this can require an examination. Staff will guide you and let you know accordingly.

## Annual reviews

When you receive your text inviting you to come for your annual review can you please make sure you are booking this appointment in within the month. Nurse's appointments can be booked in up to 4 weeks in advance.

If you require your blood pressure, weight and height please be aware that we have a machine in the waiting area that's free of charge for patients to use during practice opening hours. Please note we closed 12pm till 1pm every Tuesday for staff meetings.

## Prescriptions

**MAKE SURE YOU ORDER IN PLENTY TIME FOR THE BANK HOLIDAYS.**

Please note we **do not** do urgent prescriptions. You can order your medications up to 7 days in advance. The process will take 48-hours to process medications. This allows time for the doctor to sign the prescription off and then for the pharmacy to get it ready. If you are calling after 4 pm on Friday, please note your medications won't be ready until the Tuesday as we are not open weekends. We have a lot of prescriptions to process on Monday morning from the weekend, so your patience is appreciated.

If you have been discharged from hospital and your medications have been changed, please allow time for us to receive the changes from the hospital. We cannot issue any hospital prescriptions until we have all the documents required.

# Fancy being a health champion?

Are you passionate about your GP Practice?

Would you be interested in volunteering alongside the GP's, nurses, staff, patient, and community members?

If so, please email the practice with your name and contact number to:

[nencicb-ng.a85023@nhs.net](mailto:nencicb-ng.a85023@nhs.net) (subject health champion interest)

Your interest will be passed onto Lesley Gooding our Practice Manager and Lead Health Champion.

## Walking Group

Every Thursday at 10 am the Health Champions and patients/walkers gather outside the Practice. They go for a walk around the community and chat about the local area before stopping at the Teams Life Centre for a cuppa.

Everyone is welcome.





Ask at reception about booking an appointment with our smoking cessation team.

It is well known that quitting smoking is beneficial for your physical health, but studies show that stopping smoking can also have a positive impact on your mental health.

**WITHIN DAYS TO WEEKS OF QUITTING SMOKING**



Your breathing may become easier and your energy levels may increase.



Also, your blood circulation may improve when you quit smoking.

**THESE IMPROVEMENTS TO YOUR HEALTH COULD ALLOW YOU TO**



Carry out more physical activities, including walking, and other forms of exercise.



As well as doing your day-to-day activities.

# What's on at Teams Life Centre

## WHAT'S NEW?

<b>MONDAY</b>	9.30am – 12.00pm		<b>YOUR VOICE COUNTS</b>
	12.00pm – 2.00pm	<b>*NEW*</b>	<b>LUNCH CLUB AND BINGO</b>
	1.00pm – 3.00pm	<b>*NEW*</b>	<b>TODDLER SOFT PLAY</b>
	5.00pm – 6.00pm		<b>MULTISPORTS FOR PRIMARY KIDS</b>
	6.00pm – 8.00pm		<b>FOOTBALL</b>
<b>TUES</b>	10.00am – 11.00am	<b>*NEW*CG</b>	<b>WALKING FOOTBALL</b>
	11.30am – 3.00pm		<b>ADVANCE MENS</b>
	5.00pm – 7.30pm		<b>KIDZ FOOTBALL</b>
<b>WEDS</b>	09.30am- 11.30am		<b>CITIZENS ADVICE DROP IN</b>
	12.00pm – 2.15pm		<b>MUSICAL CAFÉ £2</b>
	4.30pm – 6.15pm		<b>CORNERSTONE KIDZ (age 5-11) £1</b>
<b>THURS</b>	11.00am – 1.00pm		<b>FRIENDSHIP GROUP</b>
	5.00pm – 7.00pm		<b>KIDZ FOOTBALL</b>
	5.00pm – 8.00pm		<b>DISABILITY DISCO</b>
	5.00pm – 7.00pm		<b>KIDZ FOOTBALL</b>
<b>FRIDAY</b>	12:00pm – 3:30pm		<b>YOUR VOICE COUNTS</b>
	5:30pm – 6:30pm	<b>*NEW*</b>	<b>FOOTBALL COACHING (11 – 16 YEARS)</b>
	6:30pm – 8:30pm		<b>PARTY HIRE AVAILABLE</b>
<b>SAT</b>	9.00am – 10.00am		<b>FOOTBALL (age 4-5)</b>
	10.00am – 11.00am		<b>PRESCHOOL FOOTBALL</b>
<b>SAT+SUN</b>	2.00pm onwards		<b>PARTY HIRE AVAILABLE</b>

EVERY WEEK DAY -

\* FREE LAPTOP ACCESS

\* CAFÉ OPEN AND NEW2U SHOP

**CALL 0191 4781003**

**ALL NEW TEAMS LIFE CENTRE' FACEBOOK**

[WWW.TEAMSLIFECENTRE.ORG](http://WWW.TEAMSLIFECENTRE.ORG)

## Making Place Activity Sessions

Curiosity is good.

If you live in Teams / Dunston, please come along to our sessions this Autumn with artists Karen Rann & Tommy Anderson.

They are an opportunity to meet some fresh faces and help to creatively explore local heritage, including the people and places that make this area of Gateshead unique and special.

**All the activities are free.**

**Everyone is welcome.**



Sessions are at Big Local Gateshead, Tyne View Health Hub, off Rose Street, NE8 2LS.  
Meeting Wednesdays from 2<sup>nd</sup> October, 10am to 12, for five weeks  
And including a trip to Gateshead Archive (with free transport & drinks).

Find out more by calling in at Big Local Gateshead, phone 0191 4661500 or email [hello@BLGateshead.org.uk](mailto:hello@BLGateshead.org.uk)  
The Making Place project is with artist Karen Rann, Gateshead Arts Team & Gateshead Archive.  
(supported by the UK Government through the UK Shared Prosperity Fund)



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**ARTS COUNCIL  
ENGLAND**



**Big Local  
Gateshead**



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UP**

# This month is ADHD Awareness Month



