

# Practice Newsletter

## November 2024



### 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 for training from 12pm on Wednesday the 27<sup>th</sup> of November and will re-open as normal on the Thursday the 28<sup>th</sup> at 8am.

### Flu clinics.

If you have had a text message from us saying you are eligible, please contact the reception to make your appointment.

The guidelines have changed some patients may not be eligible.

Flu and Covid eligibility follows:

- those aged 65 and over.
- pregnant women
- carers
- frontline workers
- if you are immunosuppressed or are in close contact with someone who is immunosuppressed.

Further information can also be found on our practice website or asking a member of admin.

For Covid vaccines please visit the Government website or call 119.

## Recognizing National Epilepsy Awareness Month

November is National Epilepsy Awareness Month (NEAM), and the call to action is "Share Your Purple Power." This year's theme celebrates the unwavering strength, resilience, and courage of epilepsy warriors, alongside their families, caregivers, and advocates. By amplifying our purple power through personal journey stories, education, and awareness, we can foster a united community that breaks down stigma and empowers everyone in their journey. Together, we have the power to shine a light on the incredible strength of the epilepsy community and make a lasting impact for epilepsy awareness.

### 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.



**MOVEMBER**

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](#)

### 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

## WARM SPACES

F O R G A T E S H E A D

PROVIDING SPACES WITH  
RESPECT, DIGNITY & WARMTH



**Warm Space** - Teams Life Centre is a 'warm space'. Everyone is welcome to pop in and stay warm, have a cuppa, and enjoy some company.

**Community Pot** - over the coming weeks the Centre will be providing a community pot of hot food for people to either eat in or take away.

**Friendship Group - Thursday** 11:00 am – 12:00 pm. Come along for a coffee and a chat. A great way to meet new friends of all ages. Café, New2You shop, picture quiz, play pool, learn new skills, meet new people.

**Community Café** - Monday to Friday, 9:00 am – 2:00 pm - come along for an excellent selection of sandwiches, snacks, and full meals, including a daily special.

For information on all the other events at the Centre call **0191 478 1003** or visit the FB page <https://www.facebook.com/groups/517336139708640>





# Free Naloxone Training

Teams Medical Practice Watson St, |  
Gateshead NE8 2PB

Tuesday 26th November 12- 1pm

**Limited spaces.** Email;

[Christinefrazerbenshamgrove@gmail.com](mailto:Christinefrazerbenshamgrove@gmail.com)

to book.

## Naloxone Training Drop In

We offer a free training session on overdose awareness and naloxone, the drug that temporarily reverses the effects of an opioid overdose.





**Narcotics Anonymous**  
**– A Resource In**  
**Your Community**  
**(FREE Public Event)**



**Narcotics Anonymous would like to invite you to attend a FREE public information event on Tuesday 5th November 2024 (6.15pm until 7.45pm)**

Jo's Cafe, Dunston Activity Centre,  
Ellison Road, DUNSTON, Gateshead NE11 9SS

Narcotics Anonymous is a 12-Step fellowship whose primary purpose is to help addicts get clean, stay clean and find a new way to live.

We are opening a new weekly NA meeting at Dunston Activity Centre later in November.

If you encounter addicts through your job, know someone who may be an addict or think you may be an addict yourself, this event aims to provide information about how NA works.

**No appointment needed — just turn up**



**North East Area Contact:**  
pr@northeast.ukna.org  
**UK PI Web:** pi.ukna.org

**Timetable for Tuesday 5th November**

- 6.15pm: Welcome & Refreshments
- 6.30pm: An Introduction to NA
- 6.45pm: NA Myths & Realities
- 7.00pm: Comfort Break
- 7.15pm: Spiritual Principles of NA
- 7.30pm: Any Questions?

(attend any/all sessions you wish)



**Teams Life Centre**

Transforming the  community together

# FRUIT SALAD CLUB

Storytime and activity play for  
preschoolers

Every Monday afternoon

1pm - 2:45pm



**£1 per  
child**

- Storytime with Alison
- Play activity or craft themed with the story
- Free fruit salad snack & drink
- Tea/coffee for adults and help and support where needed
- Sports Hall time at the end of the session

Cafe open before session if  
needed

contact:  
0191 4781003



Gateshead  
**FAMILY**  
**HUBS**



# 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.

## **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 behavior 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 behavior will not be tolerated. Any future violation of this policy will result in the removal from the Practice patient list.

# Chair exercise Light movement and Drumming!

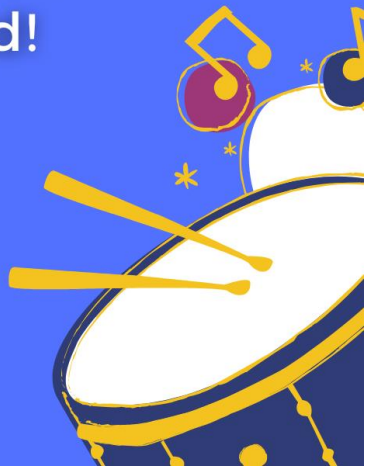
.....  
Every Monday  
12:30 - 1:30pm  
with Smallmatter  
.....



Gentle exercise to music  
to get a new week off to  
a good start!



All FREE. Come along  
and make new friends.  
No booking required!



For more details,  
contact:  
0191 4781003