

# Practice Newsletter December 2024



**Merry Christmas and  
a Happy New Year  
from everyone at  
Teams Medical Practice**

## **Practice Hours**

7.30 am – 6.00 pm Monday & Tuesday

8.00 am – 6.00 pm Wednesday, Thursday & Friday

**Practice Closures** – every Tuesday between 12pm -1pm for staff meeting.

**Christmas Closures:** We will be closed Wednesday the 25<sup>th</sup> and Thursday the 26<sup>th</sup> of December. We will re-open as normal on Friday the 27<sup>th</sup> at 8am. We then are closed Wednesday the 1<sup>st</sup> of January and will re-open 8am on Thursday the 2<sup>nd</sup> of January.

## **Medication Stocks over the Christmas Period**

Please remember to check your medication stocks for over the Christmas period and order your medication in good time to ensure you do not run out over the holidays.

Any medication requests placed after we close on Tuesday the 24<sup>th</sup> of December will not be received by us until Friday 27<sup>th</sup> of December. This means that medications won't be at your nominated pharmacy until the following Monday. So, make sure you order in plenty time. **WE DO NOT ISSUE URGENT MEDICATION.** It is your responsibility to order all your medications on time. Via the app or prescription line. **0191 4608472**

### **Patient Information**

Dr Daniel Lai has now left the practice. He will be a great miss and we wish him all the best in the future.

Can we please remind all patients. When you are using the toilet can you please make sure you are leaving it clean and tidy before locking the door behind you and returning the key to reception.

### **Cancelling an Appointment**

It is important that you inform the reception staff if you are unable to attend your appointment. We are very short on appointments at the moment especially with our nursing team. So, by cancelling your appointment in timely manner can allow that appointment to be offered to another patient.

If you fail to notify the Practice that you are unable to attend, you will be sent a letter/text informing you that you have missed your appointment. Persistent defaulters maybe removed from the list.

You can also complete our appointment cancellation notification request form. This can only be used if your appointment has been arranged for more than 24 hours in advance. (Excluding weekends and public holidays). You can also text to cancel your appointment via the patient app.



### **Keeping warm and well in winter**

Keeping warm in winter is especially important as we get older as changes to our bodies often mean cold weather and winter bugs affect us more than they used to. The good news is there are things you can do to stay warm and well.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter/>

## **Practice Walking Group**

Come along and join the Teams Practice Health Champions Walking Group.

The group meet every Thursday at 10 am at the Practice.

The walk is just over one mile and walked at a leisurely pace, chatting about the local area and its history.

No need to book just turn up.



## **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.

## **Food bank Christmas Opening hours.**

Birtley Distribution - last session is Wed 18th Dec 2024 then closed until Wed 8th January 2025

Blaydon Distribution- last session is Friday 20th Dec 2024 then closed until Friday 3rd Jan 2025

Gateshead Distribution- last session is Monday 23rd Dec 2024 then closed until Thursday 2nd Jan 2025

The Warehouse - last session is Wed 18th Dec 2024 then closed until Monday 6th Jan 2025



**TADA**

**YOU'RE INVITED**

**GIFT SWAP**

Bring along a gift to add to our Swap Shop - do you have something to re-gift, something you have made, or a plant you've grown...choose a gift to take away.




to  
Dunston Activity Centre  
Ellison Road  
Dunston  
NE11 9SS  
**WEDNESDAY 4TH  
DECEMBER  
AND  
WEDNESDAY 11TH  
DECEMBER**

between

**2pm and 4 pm**

**ENJOY HOT  
DRINKS**



**SNACKS AND  
NIBBLES..**



**CHRISTMAS  
CRAFTING**

**FREE EVENT - ALL WELCOME**

for more information email: [christinefrazerbenshamgrove@gmail.com](mailto:christinefrazerbenshamgrove@gmail.com)



**TADA**



**YOU'RE INVITED**

**GIFT SWAP**

Bring along a gift to add to our Swap Shop - do you have something to re-gift, something you have made, or a plant you've grown...choose a gift to take away.



to  
Teams Life Centre  
Askew Road West  
Gateshead  
NE8 2PW


**THURSDAY 5TH DECEMBER**

**AND**

**THURSDAY 12TH DECEMBER**

between

**10am and 12pm**



**SNACKS AND  
NIBBLES..**



**ENJOY HOT  
DRINKS**

**FREE EVENT - ALL WELCOME**



**CHRISTMAS  
CRAFTING**

for more information email: [christinefrazierbenshamgrove@gmail.com](mailto:christinefrazierbenshamgrove@gmail.com)





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DA**



**YOU'RE INVITED**

**GIFT SWAP**

Bring along a gift to add to our Swap Shop - do you have something to re-gift, something you have made, or a plant you've grown...choose a gift to take away.




to  
Fountain Court  
Armstrong Street  
Bensham  
Gateshead  
NE8 4AF

**TUESDAY 3RD DECEMBER  
AND  
TUESDAY 10TH DECEMBER**

between

**10 am to 12.30pm**



**SNACKS AND  
NIBBLES..**



**ENJOY HOT  
DRINKS**



**CHRISTMAS  
CRAFTING**

**FREE EVENT - ALL WELCOME**

for more information email: [christinefrazerbenshamgrove@gmail.com](mailto:christinefrazerbenshamgrove@gmail.com)

## **MAKE SOMEONE SMILE THIS CHRISTMAS.**

If you any unwanted gifts or toys. Bring them to the surgery we have a collection box at reception. Ask Reception team for further details.

All gifts will be donated to those in need.





[View this email in your browser](#)

**Big Local  
Gateshead**

**Member  
News**

## ❄️ WINTER NEWS 2024 ❄️

Season's greeting everyone!

It's that time of year again - Santa has let us know he's coming for a visit, we're digging out the glitter, and our lovely mechanics have been hard at work getting donated bikes ready for the little lads and lasses of Teams. There's plenty to get involved with and most of it is completely FREE this year, including our own annual general meeting which will include a buffet and karaoke after party this year - please do come down and join us!

### ❄️ Local Foraging Walk ❄️

**Tuesday 26th November - 12:30 - 3PM**

Discover local edible and medicinal plants around Gateshead riverside park. make and take home a rosehip syrup and tincture to alleviate coughs and symptoms of colds.

Big Local Gateshead, Tyne View Health Hub, Rose Street, NE8 2LS

### **LOCAL FORAGING WALK**

**12:30 - 3PM**

**TUES 26TH NOV  
AT TYNE VIEW  
HEALTH HUB**

Discover local edible and medicinal plants around gateshead riverside park. make and take home a rosehip syrup and tincture to alleviate coughs and symptoms of colds

**NATURAL  
WREATH  
MAKING**  
**1 - 3:30PM**  
**MON 2ND DEC**  
**FOUNTAIN COURT**  
**&**  
**TUES 3RD DEC**  
**TYNE VIEW**  
**HEALTH HUB**  
Make a beautiful winter  
wreath to take home using  
local natural resources

❄️ **Natural Wreath Making** ❄️

**Monday 2nd December - 1PM - 3:30PM**

Fountain Court, Armstrong Street, NE8 4AF

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**Tuesday 3rd December - 1PM - 3:30PM**

Big Local Gateshead, Tyne View Health Hub, Rose  
Street, NE8 2LS

Make a beautiful winter wreath to take home using  
local natural resources.

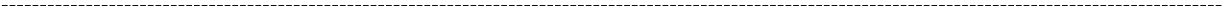


❄️ **Christmas Bike Sale** ❄️

**Saturday 7th December - 2PM - 4PM**

- ✓ Affordable
- ✓ Safety Checked
- ✓ Varying Styles and Ages

Big Local Gateshead, Tyne View  
Health Hub, Rose Street, NE8 2LS



**CHRISTMAS  
CRAFTS &  
CARDS**

**1 - 3:30PM**

**MON 9TH DEC  
FOUNTAIN COURT**



**TUES 10TH DEC**

**TYNE VIEW**

**HEALTH HUB**

We will be making cards together and trying out a mix of crafts to create christmas decorations and gifts

❄️ Christmas Crafts & Cards ❄️

**Monday 9th December - 1PM - 3:30PM**

Fountain Court, Armstrong Street, NE8 4AF

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**Tuesday 10th December - 1PM - 3:30PM**

Big Local Gateshead, Tyne View Health Hub, Rose Street, NE8 2LS

We will be making cards together and trying out a mix of crafts to create Christmas decorations and gifts.

❄️ Annual General Meeting ❄️

**Wednesday 11th December -**

**5:30PM**

You are cordially invited to join us for our annual general meeting - find out about the work we do, our plans for the future, how you can get involved, or receive support to start your own community project.

This is an open public event that anyone is welcome to attend, even if it's just for the free buffet and karaoke!

Teams & District Social Club,  
Derwentwater Rd, Gateshead NE8  
2SJ

**Big Local Gateshead**

*Working with local people to help them improve the community*

You are cordially invited to join us for our **annual general meeting**, to be held on Wednesday 11th of December from 5:30pm at the Teams & District Social Club, Derwentwater Road, Gateshead NE8 2SJ.

Find out about the work we do, our plans for the future, how you can get involved, or receive support to start your own community project.

**This is an open public event that anyone is welcome to attend, even if it's just for the free buffet and karaoke!**





[Book Now](#)

❄️ **Santa's Grotto** ❄️  
Sunday 15th December - 12PM - 3PM

🦌 **Santa is coming to Teams!** 🦌

- ❄️ 10 minute slots per family
- ❄️ Extra Christmas crafts available
- ❄️ **Booking essential!**

He is visiting us at:  
Big Local Gateshead, Tyne View  
Health Hub, Rose Street, NE8 2LS

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❄️ **After School Crafts** ❄️  
Monday 16th December - 4PM - 6PM

Print your own wrapping paper and cards, make a wreath, create some homemade tree decorations, make whatever you like! We will supply everything. All ages welcome, children must be accompanied by an adult.

Fountain Court, Armstrong Street, NE8 4AF

**AFTER SCHOOL CRAFTS**  
**4-6PM**  
**MON 16TH DEC**  
**FOUNTAIN COURT**  
Print your own wrapping paper and cards, make a wreath, create some homemade tree decorations, make whatever you like! We will supply everything. All ages welcome, children must be accompanied by an adult.



## ❄️ Santa Bike Ride ❄️

**Wednesday 18th December**

Team Wheelers are planning their annual tour of local care homes and primary schools in fancy dress to spread Christmas cheer! If you'd like to get involved then come to a regular Teams Wheelers ride on a Wed, Fri, or Sun morning from 10am.

Big Local Gateshead, Tyne View  
Health Hub, Rose Street, NE8 2LS



# Big Local Gateshead

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Our mailing address is:

*Tyne View Health Hub, Rose Street, Teams, Gateshead NE8 2LS*

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