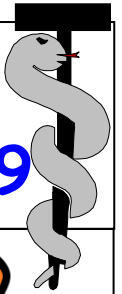


# Teams Medical Practice Newsletter

February 2019



Walking group – every Thursday at 10am, starting at the front of the Practice and taking in different routes around Teams. Come and join us – everyone is welcome and it is FREE. We would also like to hear from anyone who might be interested in becoming a walk leader. Please get in touch with us or come along to the walk to find out more.



**The practice would like to welcome Sue Jennings, Business Partner and Dr Tamzin Ross, GP as partners.** The partnership now comprises Dr Paul Cassidy, Dr Mark Dornan, Dr Ali Heaton, Dr Stephanie Zamoyski, Sue Jennings and Dr Tamzin Ross.

We would also like to announce that Dr Stephanie Zamoyski is expecting and will be taking maternity leave from 14<sup>th</sup> March 2019 and Dr Tamzin Ross is also expecting and plans to take her maternity leave from 5<sup>th</sup> July 2019.

## **Clinic changes in the practice from 25<sup>th</sup> February 2019**

Dr Cassidy will be reducing his sessions. His drug and alcohol clinics will now be held on a Monday afternoon and a Thursday morning. His routine surgeries will be held Tuesday mornings and Friday mornings.

Dr Heaton is also reducing her sessions. Her clinics will now be held on Monday mornings, all day Tuesday and all day Thursday.

Would you like to get fit? Come along and join us in a couch to 5K course starting on Tuesday 5<sup>th</sup> March at 5pm from the Redheugh Boys Football Club. The course is for complete beginners or anyone who wants to start running again. If you are interested or would like more information please contact Sue Jennings, [sue.jennings4@nhs.net](mailto:sue.jennings4@nhs.net) or 0191 4604239.

We hold weekly weigh-ins at the practice and you can get healthy eating advice at the same time. These are held every Friday between 12 noon and 1pm. If you are interested please come along - no appointment needed.

We would like to remind you if you are unable to attend an appointment at the practice with any member of the team please let us know in good time so that the appointment could be offered to someone else. **In January we had 231 appointments in the practice missed but not cancelled.** Recent NHS Digital data has shown that more than 15 million consultations are being wasted because patients fail to show up for their GP appointments, costing £216m a year.

Unsure whether you are claiming all of the benefits you can? Struggling to fill out the claims forms? NEA (National Energy Action) is a charity that can help with benefit advice or help with claims. Best of all it is completely free and can be done in the comfort of your own home. Their aim is to help you have a better quality of life by increasing your income and helping you get everything you are entitled to.

For more information or to self refer email [malcolm.nevin@nea.org.uk](mailto:malcolm.nevin@nea.org.uk) or telephone 0191 269 2951.

### Childrens Mental Health Awareness week 4<sup>th</sup> to 10<sup>th</sup> February 2019

#### Did you know:

- One in eight (12.8%) 5 to 19 year olds had at least one mental disorder when assessed in 2017
- Specific mental disorders were grouped into four broad categories: emotional, behavioural, hyperactivity and other less common disorders. Emotional disorders were the most prevalent type of disorder experienced by 5 to 19 year olds in 2017 (8.1%)
- Rates of mental disorders increased with age. 5.5% of 2 to 4 year old children experienced a mental disorder, compared to 16.9% of 17 to 19 year olds. Caution is needed, however, when comparing rates between age groups due to differences in data collection. For example, teacher reports were available only for 5 to 16 year olds.
- Data from this survey series reveal a slight increase over time in the prevalence of mental disorder in 5 to 15 year olds (the age-group covered on all surveys in this series). Rising from 9.7% in 1999 and 10.1% in 2004, to 11.2% in 2017
- Emotional disorders have become more common in five to 15 year-olds – going from 4.3% in 1999 and 3.9% in 2004 to 5.8% in 2017. All other types of disorder, such as behavioural, hyperactivity and other less common disorders, have remained similar in prevalence for this age group since 1999

For more information visit

<https://files.digital.nhs.uk/F6/A5706C/MHCYP%202017%20Summary.pdf>

#### Practice Closures

Please note the practice is closed between 1pm-2pm every Monday and closed all afternoon from 12.30pm on the following dates for staff training: -  
20th March 2019

Would you like to sign up for newsletters by email or to receive letters from us by email instead of by post? You can also book appointments and order medications online too. Please speak to reception.