

# Practice Newsletter

## May 2021



### **May is national walking month.**

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier. You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.

### **Before you start**

Any shoes or trainers that are comfortable, provide adequate support and do not cause blisters will do. If you're walking to work, you could wear your usual work clothes with a comfy pair of shoes and change shoes when you get into work. For long walks, you may want to take some water, healthy snacks, a spare top, sunscreen and a sun hat in a small backpack. If you start going for longer walks regularly, you may want to invest in a waterproof jacket and some specialist walking shoes for more challenging routes.

### **How do I know if I'm walking fast enough?**

A brisk walk is about 3 miles an hour, which is faster than a stroll. You can tell you're walking briskly if you can still talk but cannot sing the words to a song. You could also try using the free Active 10 app on your smartphone. It tells you when you're walking fast enough and suggests ways to fit in some more brisk walking. The app is available from the App store or Google Play.

### **What if I'm not very active?**

If you're not very active but are able to walk, increase your walking distance gradually. If your joints are a problem, check whether your local swimming pool holds exercise classes. The water helps to support your joints while you move and can help you strengthen your muscles.

### **Staying motivated**

Make it a habit. The easiest way to walk more is to make walking a habit.

Think of ways to include walking in your daily routine.

Examples include:

- walking part of your journey to work
- walking to the shops
- using the stairs instead of the lift
- leaving the car behind for short journeys
- walking the kids to school
- doing a regular walk with a friend
- going for a stroll with family or friends after dinner

### **Listen to music**

Walking while listening to music or a podcast can take your mind off the effort. It can also get you into a rhythm and help you walk faster. You'll be surprised at how fast the time goes when you're walking to your favourite tunes.

### **Mix it up**

Add variety to your walks. You do not have to travel to the countryside to find a rewarding walk. Towns and cities offer interesting walks, including parks, heritage trails, canal towpaths, riverside paths, commons, woodlands, heaths and nature reserves.

### **Join a walking group**

Walking in a group is a great way to start walking, make new friends and stay motivated. **The practice has a walking group which meets outside the practice at 10am every Thursday.**

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.

**Please remember due to social distancing we are only allowed limited numbers in our waiting area.**

**Please try and attend appointments alone where possible.**

**Try not to attend too early as you may be asked to wait outside until nearer your appointment time.**

**CAP (Christians Against Poverty) offer friendly, practical support to help people step confidently into employment. There are local job groups in Gateshead, Newcastle and other places in the North East.**

Your local CAP Job Club is a friendly place where you will get practical help as you seek employment. It's a relaxed environment with the chance to meet other jobseekers, get support and gain the tools you need to find work.

Being unemployed can be hard to deal with on your own, but being part of one of our 156 CAP Job Clubs means you face the challenge with other people in similar situations.

### **What will the CAP Job Club involve?**

Your local CAP Job Club meets weekly. You'll follow an eight week course that will give you all the tools you need to find work, from writing a CV that employers won't be able to resist, to brushing up on those all important interview skills.

### **How much does it cost?**

Absolutely nothing – our Job Clubs are completely free.

### **Do I have to be a Christian?**

Not at all – our services are for everyone. As Christians, we believe that God answers prayer, so we may offer to pray with you, but it's up to you if you're happy for us to do this or not. We're a charity that is passionate about helping people from all ages, backgrounds, ethnicities and faiths.

For more information visit [www.capjobclubs.org](http://www.capjobclubs.org) and type in your postcode to find information about the closest group to you

**Prescriptions** can be ordered via our online services, by calling our prescription line which is open 24 hours a day 7 days a week on 01914608472 or sometimes the pharmacy can order for you.

Reminder that if you are on repeat dispensing prescriptions (sometimes called batches) you just need to let the pharmacy know you would like your next prescription.

**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: -

19<sup>th</sup> May 2021 and 17<sup>th</sup> June 2021