Come along and join our Thursday walking group. We meet at the front of the Practice at 10am. The walks vary each week but are suitable for all abilities. We also go for a cuppa afterwards at the Staithes Café. You can just turn up or if you would like further information please ask at Reception.

Teams Medical Practice Health and Wellbeing Action Group are holding a Fun Activity Evening at the Redheugh Boys Football Club on Thursday 13th August starting at 6pm. The evening is FREE and will be suitable for all ages. We expect to be offering taster sessions on football, boxing, rugby, yoga, as well as having an Egg and Spoon Race, Sack Race and more! Please put the date in your diary and come along.
Teams Medical Practice Newsletter
July 2015

There is increasing demand on appointments with the doctors and nurses at the Practice so we would like to remind patients of the following:

- You can book appointments up to 4 weeks in advance. If you know you need a review appointment then please try to book this in advance rather than on the same day that you phone.
- You can book appointments on line. Ask at Reception for further information on how to register for this service.
- Patients who walk in to the Practice will not be prioritised over patients who phone the Practice unless it is a medical emergency.
- When you phone for an appointment/call back please advise the receptionist what this is for so that they can make an appointment/call back for you with the most appropriate member of the team. For instance, many minor illnesses can be dealt with by the Practice Nurses – you do not always need to see a doctor. Please leave the appointments for doctors for those patients who need them the most.
- If you DNA your appointment and don’t let us know, then this is a wasted appointment that we could have offered another patient. If you DNA more than once you may be sent a warning letter which will be kept on your record and ultimately you may be asked to leave the Practice.

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: -
- Wednesday 8th July
- Tuesday 22nd September

Would you like to sign up for newsletters by email? If so, please let the Admin Team have your email address.