

Millennium Family Practice

Trinity Square
Gateshead

Newsletter November 2019

Veterans

Are you a veteran? The NHS offers dedicated support for Military veterans and as a practice we aim to navigate you to the best services for your needs. There are many services in our local area that can support you in different parts of your life such as:

- Help to re-integrate back into society
- Help transferring skills into the workplace
- Offering support with housing needs
- Mental Health support
- Family Support
- Social groups

Test Results

To allow Dr Bamrah time to view your report please allow 7-10 days for blood and x-ray results and 3-4 days for urine, stool and swab results.

DID YOU KNOW?

Did you know that we offer **FREE** NHS health checks for over 40's. This is a free overall check of your health. It is a good indication of if you are at risk of getting certain health conditions such as: heart disease, diabetes, kidney disease and a stroke.

Questions or comments? Call us on 0191 4783678



Updating your details

It is important that we have up to date contact details for you so we can keep your records updated. Please contact reception with:

- Full name
- Address
- Telephone number
- Do you smoke?
- Do you drink alcohol?

Blaydon Walk in Centre

Did you know you are able to use Blaydon walk in centre for any minor illnesses and injuries? This is a nurse-led service for patients to use based on Shibdon Road in Blaydon. It is open 8am—10pm 7 days a week.

Baby Clinic

We hold a baby immunisation clinic here at the practice with Elaine our nurse. There is also a well baby clinic at the Elgin Centre in Deckham where you can attend various classes and weigh in clinics. Call **01914335100** for more info.

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