

MARCH NEWSLETTER



02 February 2026

OPENING TIMES

Monday- **8:00am to 7:30pm**

Tuesday- **8.00am to 6:30pm**

Wednesday-**7:30am-8.00am**
(prebooked appointments)
8:00am to 6:30pm

Thursday- **8.00am- 6:30pm**

Friday **8:00am to 6:30pm**

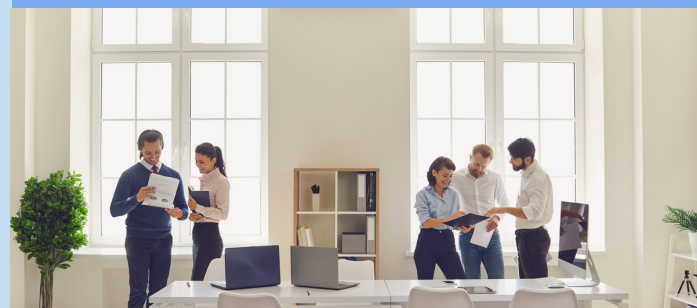
Saturday **Closed**

Sunday **Closed**



WHAT'S NEW

We would like to welcome our newest GP Registrar Dr Ali to the practice. Dr Ali will be with us until August. We would like to wish Dr Khan our current GP Reistrar the best of luck for the next part of his training



The practice will be closed on the following days from 12:30pm for staff training:

Thursday 19th March



Meet The Team

PCN Physiotherapists

Our PCN Physiotherapists

We are delighted to introduce our First Contact Physiotherapy Team, who work across our Primary Care Network (PCN), made up of our practice and five other GP surgeries in the outer west of Newcastle. First Contact Physiotherapists are highly skilled specialists who assess, diagnose and manage musculoskeletal (MSK) problems, helping patients get the right care quickly, without always needing to see a GP first.

Hydar Anwer works across the PCN and with Tyneside Integrated Musculoskeletal Service (TIMS). Before moving to England, Hydar worked internationally as an on-field physiotherapist with football and cricket teams, bringing valuable sports injury and rehabilitation expertise to our patients.

Jack Needham also works within the PCN and TIMS. He has extensive experience supporting a diverse range of patients, from those recovering from post-operative and traumatic injuries to individuals living with atraumatic and persistent pain conditions. Gillian Watters has worked across multiple clinical settings throughout her career and has specialised in the treatment of complex musculoskeletal conditions for over a decade. She brings a wealth of knowledge and a patient-centred approach to her role within the PCN.

Carly Johnson works across the PCN and TIMS, with a background in community physiotherapy. She specialises in advanced practice physiotherapy within the spinal team at TIMS, supporting patients with complex spinal conditions.

Sam Browne has a special interest in the management of back pain, knee pain, arthritis and sports injuries, helping patients return to activity and improve their quality of life.

Here's a quick look at how we've been supporting our patients this past month:

☎ 6,998 inbound calls received, with an average wait time of 3 minutes 15 seconds.

❌ 63 'Did Not Attend' appointments.

💻 970 SystmConnects submitted.

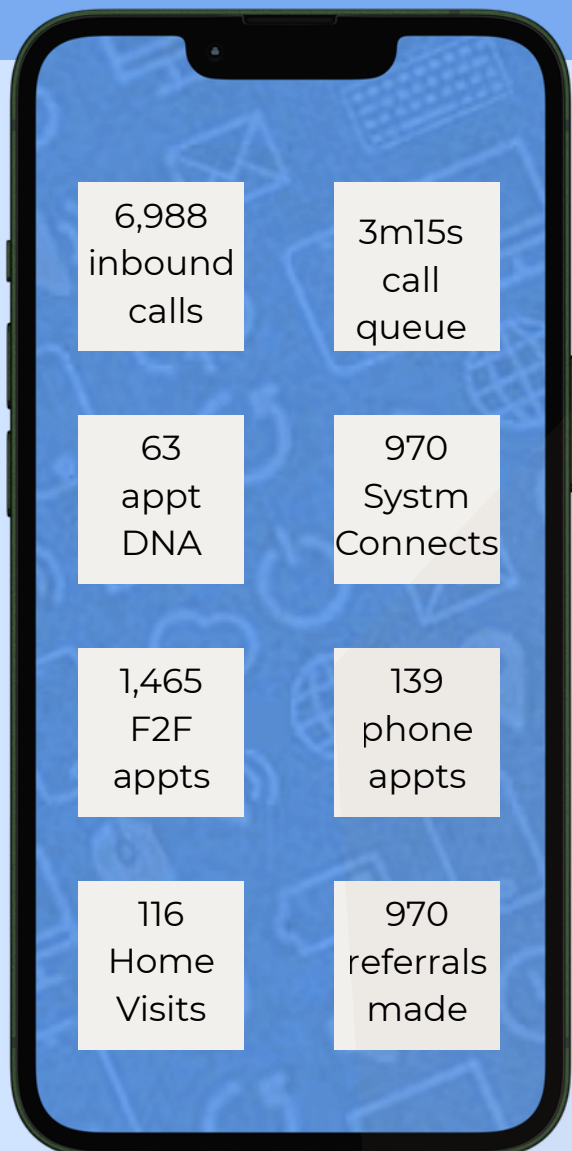
🏥 1,465 face-to-face appointments completed.

☎ 131 telephone appointments held.

🏠 116 home visits carried out.

970 Referrals completed.

Thank you to our team for continuing to provide excellent care and service!



Do more with the NHS App!



NHS App Drop in sessions.

We have a volunteer from National General Practitioner Services (NGPS) visiting the practice to help patients download and use the NHS App.

They will be available to guide you through the set-up process and explain how to use the app confidently. This includes showing you how to view your blood test results and how to access SystemConnect, our quicker online consultation tool, through the app.

Drop-in sessions will be held on:

- **Wednesday 4th March, 10:00am–12:30pm**
- **Monday 16th March, 10:00am–12:00pm**
- **Monday 23rd March, 1:30pm–3:30pm**

If you would like support or have any NHS App queries, please feel free to pop along during one of these times.

If you would like help setting up the app, please bring a form of photographic ID along with your mobile phone, tablet, or other smart device.



🌸 March: A Month of Health & Self-Care 🌸

March is packed with important health awareness events.

💚 Self-Care Starts with the Basics

Self-care doesn't have to mean spa days or big lifestyle changes. It's about simple, consistent habits:

- Take short breaks throughout the day.
- Get outside for fresh air and natural light.
- Stay connected with others.

🥗 Nutrition & Hydration: Fuel Your Body

Top Tips:

- Aim to fill half your plate with vegetables or salad.
- Choose wholegrains where possible.
- Keep healthy snacks handy (nuts, fruit, yogurt).
- Try to drink 6–8 glasses of fluid daily (water, milk, herbal teas all count).

Hydration Hack:

If you struggle to drink enough water, carry a reusable bottle

Fun Facts:

- Even mild dehydration can affect mood and concentration.
- Eating a rainbow of fruit and vegetables helps ensure a variety of vitamins and minerals.
- Our bodies are made up of around 60% water!

😴 Sleep: Recharge & Reset

Good sleep supports mental wellbeing, immunity, and energy levels.

Sleep Tips:

- Aim for 7–9 hours per night.
- Keep a regular bedtime and wake-up time.
- Avoid screens at least an hour before bed.
- Create a relaxing wind-down routine (reading, gentle stretches, calming music).

Fun Sleep Facts:

- Poor sleep can increase cravings for sugary foods.
- A cooler room (around 16–18°C) can help improve sleep quality.
- Your brain stays active while you sleep — it's busy processing memories and restoring your body!

🌟 This March, Choose You

Whether it's drinking an extra glass of water, going to bed a little earlier, or taking the first step toward quitting smoking — every positive change counts.

Let's use this month as motivation to prioritise our health and wellbeing.

Small steps. Big impact. 💙

The 8th March is
international
Woman's day.

The 17th
March is No
Smoking Day

The 13th March
is national
sleep day

Things to look out for this month

21st March is
national Downs
Syndrome Day

16th-22nd March
is nutrition and
hydration week

30th March-3rd
April is Autism
Awareness
week

The 11th March
is young
carers day

31st March is
international
Transgender
day of visibility