***“We all need advice at times,***

**All GP sessions are appointment only.**

**Appointments can be made through a staff member at your GP Practice.**

**Available at:**

**Millennium Family Practice Monday AM**

**Bensham Family Practice Monday PM**

**Teams Medical Practice Tuesday PM**

**St Albans Medical Group**

**Friday AM**

**Chopwell Surgery**

**Friday PM**

***but rarely more so than when our health changes”***

An illness, operation and other factors can affect our ability to work, our housing, relationships, benefit entitlement and plans for the future.



At these times it is vital to access help - and for advice to be available quickly and conveniently.

Our Adviser will offer the same broad range of **free, independent, impartial and confidential advice** which is available in our central office.  If we can’t advise you on your issue, we will be able to refer you to a specialist who can.

The GP Locality Based Project is a partnership between **Citizens Advice Gateshead** and

**Newcastle Gateshead Clinical Commissioning Group** and brings advice services directly into Gateshead GP’s Surgeries.



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