

**Tour of Britain cycle race**  
**Monday 9 September 2019**

**Important information about accessing the  
practice**

If you are attending the practice on **Monday 9 September** for an appointment, please leave extra time to get here as there is likely to be increased traffic and congestion due to the Tour of Britain cycle race taking place.

Some car parks will be affected so please check before you travel.

If you don't need to be seen urgently by a doctor, you may want to consider re-arranging your appointment, however you don't need to if you don't want to.

**If you need medical advice and it's not life-threatening, you can also call NHS 111.**

We apologise for any inconvenience caused.

Details of race timings and road closures can be found at [www.northoftyne-tob.co.uk](http://www.northoftyne-tob.co.uk)

## Article for website

### Travel delays likely during Tour of Britain - Monday 9 September 2019

Residents in Northumberland, North Tyneside and Newcastle are encouraged to plan ahead and check road closures before they travel to any NHS appointment on Monday 9 September as the Tour of Britain cycling event is taking place.

Excitement is building in the run up to this great sporting event, though it will mean disruption on the roads as closures are put in place around the route and the roads are expected to be much busier due to the influx of spectators.

On Monday 9 September stage three of the race will begin in Marygate, Berwick-upon-Tweed at 11.00am and will finish around 4.00pm on Grey Street in Newcastle.

Access to most NHS services on the route will be maintained at all times although some will be affected and diversions will be in place.

Patients are therefore advised to check details of the [road closures](#) and allow extra time when travelling to and from NHS appointments. Some car parks will be affected so please check before you travel.

During the event expert health advice and immediate treatment will be available from local pharmacists, or if you need urgent care during the Tour of Britain and aren't sure which service you need, you can call NHS 111 and they will be able to refer you to the most appropriate service.

You can also find the most appropriate local NHS service by logging onto [www.nhs.uk](http://www.nhs.uk).

Don't forget, if you are heading out to support the cyclists during the Tour of Britain, remember to drink plenty of water and dress sensibly while you are enjoying the event.

Such a fantastic sporting event in the local area can serve as real inspiration to take up cycling yourself – and while we encourage this to be the case, we must remind people to wear the appropriate protective clothing, including a cycling helmet.

Details of race timings and road closures can be found at [www.northoftyne-tob.co.uk](http://www.northoftyne-tob.co.uk)

## **Staff newsletter/bulletin article**

### **Travel delays likely during Tour of Britain - Monday 9 September 2019**

The Tour of Britain cycling event will be making its way through Northumberland, North Tyneside and Newcastle on Monday 9 September, which will mean disruption on the roads as full and rolling road closures are put in place and the roads are expected to be much busier due to the influx of spectators.

On Monday 9 September stage three of the race will begin in Marygate, Berwick-upon-Tweed at 11.00am and will finish around 4.00pm on Grey Street in Newcastle.

Access to most NHS services on the route will be maintained at all times although some will be affected and diversions will be in place. Some car parks will be affected so please check before you travel.

For anyone working in local communities, please expect delays in areas surrounding the route and escalate any related issues through line management. Staff working with partners on these days should remind them of potential for travel disruption and to allow extra time for journeys.

Details of race timings and road closures can be found at [www.northoftyne-tob.co.uk](http://www.northoftyne-tob.co.uk)