

* New Staff:

We would like to welcome two new nursing members to the Sunniside Surgery team.

* Fiona Radcliffe: Nurse Prescriber/ Lead nurse.
* Laura Wallace: Practice nurse.
* Surgery Opening Hours Over Christmas:
* Sunday 31st December - CLOSED
* Monday 1st January - CLOSED
* Tuesday 2nd January - 07:30-18:00
* Thursday 21st December - 07:30-18:00
* Friday 22nd December - 07:30-18:00
* Saturday 23rd December - CLOSED
* Sunday 24th December - CLOSED
* Monday 25th December - CLOSED
* Tuesday 26th December - CLOSED
* Wednesday 27th December - 07:30-18:00
* Thursday 28th December - 07:30-18:00
* Friday 29th December - 07:30-18:00
* Saturday 30th December - CLOSED

Shingles Vaccinations:

* Covid Vaccination:

COVID-19 vaccination helps protect people by creating an immune response without the potentially severe illness or post-COVID conditions that can be associated with COVID-19 infection. You or your child may be offered a seasonal COVID-19 vaccine if you are:

* aged 65 years old or over (you need to be 65 years old by 31 March 2024).
* aged 6 months to 64 years old and are at increased risk.
* living in a care home for older adults.
* a frontline health or social care worker.
* aged 16 to 64 years old and are a carer.
* aged 12 to 64 years old and live with someone with a weakened immune system.

If you're eligible, you can get a seasonal COVID-19 vaccine by booking online, on the NHS App or by going to a walk-in COVID-19 vaccination site.

* MMR Vaccinations:

MMR vaccine is very effective at protecting people against measles, mumps, and rubella, and preventing the complications caused by these diseases. People who receive MMR vaccination are usually considered protected for life against measles and rubella.

* From November 2023 to March 2024 the surgery will be contacting patients aged 12 months to 5 years who have not yet had MMR vaccinations to book an appointment.
* From January 2024 to March 2024 the surgery will be contacting patients aged 6 to 25 years who have no record of immunisation to book an appointment.
* NHS Digital Weight Management Programme:

This is a free 12-week NHS programme designed to support you to be more active and lose weight, develop healthier eating habits and provide lots of structured support available on your smartphone, tablet or computer. This is only suitable for you if you are over 18, with diabetes, high blood pressure or both and you have a BMI over 30, or over 27.5 if from Black, Asian or ethnic minority background. Please contact the practice if you would like to be referred.

* Man V Fat Football:

BMI of 27.5 or over? Join a community of like-minded men just like you, looking to lose weight and ready to enjoy their football! To sign up and get started at Gateshead International Stadium, visit our website at *manvfatfootball.org/gateshead*

Wednesday 8.30pm to 9.30pm, Gateshead International Stadium, Neilson Road, Gateshead, NE10 0EF.

* Sunniside Friendship Group:

Why not come and join us, make new friends and share a cuppa. Every other Monday 1-3pm, Sunniside Methodist Church, NE16 5LZ. For more information, please call 0191 4773559 or email [advice@ageukgateshead.org.uk](mailto:advice@ageukgateshead.org.uk)

* Streetwise Young People's Project:

Young People can access a range of free Support, Information and Advice in an informal, safe, confidential, non-judgemental space. Our Services include Advice, Information and Guidance, Counselling and Emotional Wellbeing Support, Youth Work and Outreach Activities, and Relationships & Sexual Health Services. All Streetwise Services are Welcoming, Respectful, Confidential, Flexible, Young People Friendly and Accessible. If you need somewhere to go for Help, Advice or just someone to listen to you, Streetwise is here for you. You can talk to us about any questions, worries or issues that may be bothering you, our services are free, friendly and above all Confidential. For more information, please visit their website.

* NHS Health Checks:

The NHS Health Check is a check-up for adults in England aged 40 to 74. It can help spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. The NHS Health Check is a free check-up of your overall health. If you are aged 40-74 and have not had an NHS health check in the last 5 years, please contact the practice to make an appointment.

* Patient Participation Group:

Sunniside Surgery Patient Forum is a group of volunteer patients, carers and practice staff who meet together to discuss and support the running of their GP practice. A PPG group looks at the services the practice offers, patient experience and how improvements can be made for the benefit of patients and the practice. If you would like to come along to a Patient Forum and share your ideas of how Sunniside Surgery can move forward, then please email nencicb-ng.a85617@nhs.net and you will be invited to our next meeting. Please include in your email if you would like these meetings to be held online or in person. We would really look forward to seeing you there.

For more information, please visit our website, Instagram or twitter page.

* Shingles Vaccination:

If you are aged 70-79 or aged 50 and over with a severely weakened immune system, you can book your shingles vaccinate with the practice nurse. You can also book after your 65th birthday if you turn 65 after September 1st, 2023.

* Pharmacy First:

Think Pharmacy First! Many pharmacies offer treatment for minor illnesses without having to contact you GP. For example, urinary tract infections, ringworm, hay fever, diarrhoea, indigestion/heartburn, headlice, conjunctivitis and much more. Contact your local pharmacy for more information.