

* Covid Vaccination – Spring Booster:

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 protects against three infections measles, mumps and rubella. These are viral infections that can quickly spread to unprotected children and adults, they spread more easily than flu or the common cold. The objective of the immunisation programme is to provide two doses of MMR vaccine at appropriate intervals for all eligible individuals.

* 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.

Contact the practice to check your MMR status.

* Brain Tumour Awareness Month:

Brain Tumour Awareness Month was launched in 2004 by a group of charities that went on to become founding members of Brain Tumour Research. Every March, they lead the way with a packed programme of activities to raise vital awareness and funds to get closer to their vision of finding a cure for all types of brain tumours.

Visit <https://braintumourresearch.org/> for more information.

* History Wardrobe presents Bumps, Babbies and Bairns:

Bumps, Babbies and Bairns - a fun journey through motherhood and children's clothes. Adults only. Thursday 07 March 2024, 18:30 20:00, £7.00 per ticket.

* The Whinnies Community Garden:

Only 5 weeks until the Whinnies Community Garden reopens on the 1stApril.

* 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.

* 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)

* 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.