

* New staff:

We would like to welcome our new nurse Carly Walker, to the team.

* Men's Health Week - June 12 - June 18, 2024

This is a week to bring awareness and focus on the health issues that disproportionally impact men. With a heavier focus on heart health, prostate cancer awareness and mental health initiatives, there are many causes to support.

Charities and Causes to support for Men's Health Week:

* Prostate Cancer UK - working to stop prostate cancer from damaging bodies and lives.
* Campaign Against Living Miserably (CALM) - Taking a stand against suicide.
* Men Talk Health - Supports men in the LGBTQ+ community to talk about their mental health and help them understand that it’s okay to not be okay.
* International Assistance Dog Week - August 4 - August 10, 2024

International Assistance Dog Week honours the extraordinary bond between K9 heroes and those they empower. From guiding the blind to calming anxiety, these dogs are pillars of support. Celebrate their impact, and support some great organisations.

* Recycle Week - September 25 - October 1st, 2024

From shredded paper in 1031 Japan to today's complex systems, recycling has come a long way. Yet, millions of tons of waste still ends up in landfills. This week, delve into your habits and challenge businesses to do better: audit your bins, choose sustainable products, and advocate for responsible supply chains.

* The Whinnies Community Garden:

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.