

**Sunniside Surgery**

**Monday: 08:00-18:00**

**Tuesday: 07:30-18:00**

**Wednesday: 07:30-18:00**

**Thursday: 07:30-18:00**

**Friday: 07:30-18:00**

**Telephone Number: 0191 4883200**

Young person's newsletter March 2024

This is our newsletter which may be beneficial for younger people.

**NHS App**

The NHS app gives you a simple and secure way to access a range of NHS services. Download he NHS app on your smartphone or tablet via the google play or app store. You can access the same services in a web browser by logging in through the NHS website.

You can use the NHS app from the age of 13.

* order repeat prescriptions and nominate a pharmacy where you would like to collect them.
* book and manage appointments.
* view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)
* book and manage COVID-19 vaccinations.
* register your organ donation decision.
* choose how the NHS uses your data.
* view your NHS number ([find out what your NHS number is](https://www.nhs.uk/using-the-nhs/about-the-nhs/what-is-an-nhs-number/))
* use NHS 111 online to answer questions and get instant advice or medical help near you.

[View your GP health record - NHS (www.nhs.uk)](https://www.nhs.uk/nhs-services/gps/view-your-gp-health-record/)

**Young carers -** A young carer is a young person who cares, unpaid, for a person who has any type of physical or mental illness, physical and/or mental disability or misuses substances such as alcohol or drugs.

For advice and support with care issues, call the [Carers Direct helpline](https://www.nhs.uk/conditions/social-care-and-support-guide-old/help-from-social-services-and-charities/helplines-and-forums/) on 0300 123 1053.

Other organisations that can offer help and advice are:

* [The Children's Society](https://www.childrenssociety.org.uk/information/young-people/young-carers)
* [Carers UK](https://www.carersuk.org/)
* [Youth Access](http://www.youthaccess.org.uk/)
* <https://www.barnardos.org.uk/get-support/young-carers>

**Activities**

Blaydon Leisure Centre – 0191 4335770

Dunston Leisure Centre – 0191 4335757

Gateshead international stadium – 0191 4335700

Beamish museum – Living Museum with historical villages, farms and exhibits, bus and tram rides included in entry.

Baltic – Gateshead Quays, Southshore Road, NE8 3BA. Book free tickets for the gallery by calling 0191 2613830.

Tanfield Railway – Old Marley Hill, Gateshead, NE16 5ET. Steam trains run on weekends and special events, and refreshments available at Tommy Armstrong tea rooms.

Gateshead youth council – 0191 4901900. You can also add them n Facebook to see what activities they have available. 12 Gladstone Terrace, Gateshead.

**Sexual Health**

Gateshead sexual health number – 0191 283 1577

[https://www.informationnow.org.uk/organisation/sexual-health-centre-new-croft-centre/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.informationnow.org.uk%2Forganisation%2Fsexual-health-centre-new-croft-centre%2F&data=05%7C02%7Cdemi.povey%40nhs.net%7C3e2945b045da4efe8fc308dc1c071d5f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416064078595019%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=kPY4eGjJbwEvBUNJ%2F%2BTrHCXMEo7%2FdLPJ%2F3lq%2Bsqfzt0%3D&reserved=0)

Sunniside surgery also offer sexual health services. You can speak to a GP or Practice nurse about your contraceptive options. We also offer LARC services, this means coil and implant services here at the surgery.

We have free STI testing in our patient toilets available to take home and to be posted for free.

**Smoking/vaping –** Many people start smoking or vaping young, if you have and you would like to stop, please see below information.

After 72 hours of quitting smoking, you notice that your breathing feels easier, it's because your bronchial tubes have started to relax. Your energy will also be increasing. When your ready to stop smoking you can contact Smokefree Gateshead for support which you will find on the Gateshead government website.

You're also able to speak to your GP surgery and local pharmacies which will be able to give you advice on stopping.

Pros of stopping smoking:

* improves health status and enhances quality of life.
* reduces the risk of premature death and can add as much as 10 years to life expectancy.
* reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.
* benefits people already diagnosed with coronary heart disease or COPD.
* benefits the health of pregnant women and their fetuses and babies.

Cons of smoking:

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

**Mental health** – If you feel as though you're struggling with your mental health, please see below information which may be useful for you.

**Crisis Teams CNTW**

•           Newcastle and Gateshead: 0191 814 8899

•           North Tyneside and Northumberland: 0303 123 1146

•           South Tyneside and Sunderland: 0303 123 1145

**Helplines**

•           Samaritans: 116 123

•           Shout Mental Health Text Support: 85258

•           MIND Info line: 0300 123 3393

•           SANE: 0300 304 7000

**Websites**

•           [www.nhs.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.nhs.uk%2F&data=05%7C02%7Cdemi.povey%40nhs.net%7C99d723fd1758419c64e608dc1c04dd99%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416054412321240%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ACmq6QTd0wV3VHxp2%2F2FJIYawU0RTN1JQYBVKRyGT8g%3D&reserved=0)

•           [www.cntw.nhs.uk](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.cntw.nhs.uk%2F&data=05%7C02%7Cdemi.povey%40nhs.net%7C99d723fd1758419c64e608dc1c04dd99%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416054412334257%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=deZu3ytIo8XnkVzIX%2BJiLsIq19mcPGK6Ge3SRoLR62A%3D&reserved=0)

•           [www.northernmental-health.org/](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.northernmental-health.org%2F&data=05%7C02%7Cdemi.povey%40nhs.net%7C99d723fd1758419c64e608dc1c04dd99%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416054412342334%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=EhZ25SsycHCbNswyHRXkJNiZIXBZDAmWbDWftGDdsJM%3D&reserved=0)

•           [www.every-life-matters.org.uk/find-support](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.every-life-matters.org.uk%2Ffind-support&data=05%7C02%7Cdemi.povey%40nhs.net%7C99d723fd1758419c64e608dc1c04dd99%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416054412348537%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6qA96NTEAVoWlxnaFeJdczYxzx5J72moLNCaVwUtti8%3D&reserved=0)

**Who else can I talk to?**

•           Shout Mental Health Text Support: 85258

•           Visit your GP

•           NHS 111

•           Friends and Family

You are also able to self-refer to Gateshead talking therapies - 01912832541.

[https://www.kooth.com/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.kooth.com%2F&data=05%7C02%7Cdemi.povey%40nhs.net%7C3e2945b045da4efe8fc308dc1c071d5f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416064078573752%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=NPklax0PNNlyDagLqHDDhckoSyN9Dqdm1YpgSIqZYQY%3D&reserved=0)   - is a free app, with activities to help boost your wellbeing as well as being able to anonymously chat with councillors online.

[https://calmharm.co.uk/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcalmharm.co.uk%2F&data=05%7C02%7Cdemi.povey%40nhs.net%7C3e2945b045da4efe8fc308dc1c071d5f%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416064078583195%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9fBEULoY1thE9TFFKWIIGubq%2FvUo6YkhHnkksQ2QnY8%3D&reserved=0) - is a free app with daily activities to manage feelings of low mood.

**Awareness days March 2024**

Young carers action day is Wednesday 13th March 2024. Did you know one in three young carers struggle to balance caring with education, missing out on opportunities to learn, earn and thrive. Every young carer should have a chance to fulfil their potential.

Find out more and get involved: carers.org/ycad

**Other useful numbers and websites.**

Childline is free, confidential and available any time, day or night. You can talk to Childline by calling [0800 1111](tel:08001111)

* Emergency – 999
* Police non-emergency – 101
* Health non-emergency- 111

Go Northeast

<https://www.gonortheast.co.uk/tickets#ac41d230-41d7-4ca1-96e6-f0b7fe23e541>

If you're aged 21 and under, we have a great value £1.00 single fare on the majority of services – ID required for anyone aged 16 and over, or anyone who looks older.

Buy individual £2 singles, or bundles of five or ten tickets to use on most Go Northeast buses\* - simply activate a ticket when you're ready to use it and scan the QR code on the ticket machine or purchase with cash on the bus.

You are able to get a 16-18 pop card, and also a under 16 pop which has a range of benefits and allows you to get bus tickets at a reduced price.

Jobs fair

[https://www.eventbrite.co.uk/e/newcastle-careers-fair-tickets-726691833837?aff=ebdssbdestsearch](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fnewcastle-careers-fair-tickets-726691833837%3Faff%3Debdssbdestsearch&data=05%7C02%7Cdemi.povey%40nhs.net%7C3619bfe7b528499899b008dc1c246cb4%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416189968072971%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ThoRcTKQY1btgkY%2BF2YVrhsByXSj2mDzjIU8GhzBTnk%3D&reserved=0)

[https://www.gateshead.gov.uk/media/35842/Gateshead-Jobs-Fair/pdf/Gateshead\_Jobs\_Fair.pdf?m=1675341216167](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gateshead.gov.uk%2Fmedia%2F35842%2FGateshead-Jobs-Fair%2Fpdf%2FGateshead_Jobs_Fair.pdf%3Fm%3D1675341216167&data=05%7C02%7Cdemi.povey%40nhs.net%7C3619bfe7b528499899b008dc1c246cb4%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416189968080693%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=dc6dUoMzHPCMpapAQfSNnYF%2FY9w%2Fz4FX6G1FKEmByOE%3D&reserved=0)

[https://www.eventbrite.co.uk/e/newcastle-upon-tyne-job-fair-newcastle-upon-tyne-career-fair-tickets-742717507057?aff=ebdssbdestsearch&keep\_tld=1](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fnewcastle-upon-tyne-job-fair-newcastle-upon-tyne-career-fair-tickets-742717507057%3Faff%3Debdssbdestsearch%26keep_tld%3D1&data=05%7C02%7Cdemi.povey%40nhs.net%7C3619bfe7b528499899b008dc1c246cb4%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638416189968087444%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=4vvSLTW%2FdoWHHroekhElre%2F9aCtzTs%2FZGY5aNpjzu7w%3D&reserved=0)

**We also have a section on our website for younger people, it has in detail information which you may find useful -** [**Young People - Sunniside Surgery**](https://www.sunnisidesurgery.nhs.uk/young-people)