

* Prescription Ordering:

Please order your prescription on the NHS app https://www.nhs.uk/nhs-app/ , use the prescription box in reception or via the e-consult facility via our website https://sunnisidesurgery.webgp.com/

We ask you to order prescription through the above as the surgery is experiencing increased demand and patients who need to contact the practice for urgent medical matters are not able to get through due to prescription requests over the phone. Other practices have removed the telephone prescription line but at present we do not want to do this this but ask for patient co-operation.

* Covid Vaccination Winter Campaign:

COVID-19 vaccination is an important part of protecting yourself if you're at increased risk of getting seriously ill from COVID-19. The COVID-19 vaccines are offered because viruses change, and protection fades over time. It's important to top up your protection if you're eligible. Getting the COVID-19 vaccine can:

* help reduce your risk of getting severe symptoms.
* help you recover more quickly if you catch COVID-19
* help reduce your risk of having to go to hospital or dying from COVID-19
* protect against different types of COVID-19 virus.

The groups to be offered a COVID-19 vaccine in autumn/winter 2024/25 are:

* residents in a care home for older adults
* all adults aged 65 years and over.
* persons aged 6 months to 64 years in a clinical risk group.
* NHS App:

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the Google play or App store. You can also access the same services in a web browser by logging in through the NHS website. You must be aged 13 or over to use the NHS App. You also need to be registered with a GP surgery in England or the Isle of Man. Find out more about who can use the NHS App. What you can do with the NHS App

You need to prove who you are to get full access to the NHS App. With full access you can:

* 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)
* use NHS 111 online to answer questions and get instant advice or medical help near you

Visit the website for more information, https://www.nhs.uk/nhs-app/

* 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.

* RSV Vaccination:

The RSV vaccine helps protect against respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill. It's recommended during pregnancy and for adults aged 75 to 79. https://www.nhs.uk/vaccinations/rsv-vaccine/

Contact the practice to book your appointment.

* Coil and Implant clinic:

The surgery is offering appointments for fitting and removal of implants and coils with Dr Clare Patel. These appointments are available to patients registered at Sunniside, Whickham, Glenpark, Teams and Chainbridge practices. Please make an appointment with any GP, anyday if you are interested in this service.

* 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.

* Healthier Together:

It can be extremely stressful when you or your child is unwell. We know that there is a huge amount of information available at your fingertips, but finding something that provides clear and accurate information is not always easy! The Healthier Together programme relies upon patients and healthcare professionals working together to improve how local healthcare is delivered. The website provides advice for parents, young people and pregnant women, and clinical resources to support healthcare professionals – which means that your child is likely to receive consistently high-quality care, irrespective of which healthcare professional they see. https://www.what0-18.nhs.uk/

* 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.

* Gruffalo Party Trail at Hamsterley Forest:

2024 is The Gruffalo’s 25th birthday year and to celebrate, everyone is invited to take part in a brand-new forest adventure. The interactive family trail features all sorts of party-themed activities and games, along with fun facts to teach you about life in the forest for the Gruffalo and other creatures. Follow the trail to help find the missing party items to give the Gruffalo a birthday to remember. Search for balloons, pine cones, apples and the Gruffalo himself, and complete fun activities and rubbings as you go along. https://www.forestryengland.uk/hamsterley-forest/gruffalo-party-trail-hamsterley-forest