

**Sunniside Surgery**

**Monday: 07:30-18:00**

**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 January 2025

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 records to see information like your allergies and medicines (if your GP has given you access to your detailed medical records, you can also see information like test results).
* Register your organ donation decision.
* Choose how the NHS use your date.
* View your NHS number.
* Use NHS 111 online to answer questions and get your instant advice or medical help near you.

View your GP health record - NHS (www.nhs.uk)

**Frequently asked questions:**

How do I make an appointment?

You can make an appointment by calling your GP surgery and speaking to the receptionist or going there in person. The receptionist will probably ask who the appointment for and why, this is to make sure that you see the right person, although if it is personal you don't have to tell them why.

Can I see a doctor by myself?

Yes. There is no reason why you can't ask to see the doctor by yourself.

Can I make an appointment without speaking to someone?

If you're struggling with anxiety or feeling worried, try explaining this when you make the appointment to see if they can help in any way. Also, perhaps take a trusted friend or family member with you for support. Check out the Doc Ready website which has great tips on preparing yourself for a GP appointment.

**Healthier Together**

The healthier together programme is there to help pregnant women and parent/carers of children under 5. The website provided clear online advice and guidance across a broad range of health issues. All the information, which is posted by healthier together, has been checked by clinicians, to ensure they offer the best advice for parents, carers, young people and other health professions.

You can either download their app or see their website below for any useful information.

[Home :: North East and North Cumbria Healthier Together (nenc-healthiertogether.nhs.uk)](https://www.nenc-healthiertogether.nhs.uk/)

**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 on 03001231053.

Other organisations that can help you are:

* The children's society
* Carers UK
* Youth Access
* <https://www.barnados.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.

NCS – You can do NCS your way. Go away from home for five days and four nights, stay local to your, or do NCS online from the comfort of your sofa. If you're to start growing your strengths, then grab your place today. Please see below link for more information. NCS can help you meet new people, become more confident, and make sure you are work ready.

[About us | NCS (wearencs.com)](https://wearencs.com/about-us)

**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 12
* Shout Mental Health Text Support: 85258
* MIND Info line: 0300 123 3393
* SANE: 0300 304 7000

Websites

* [www.nhs.uk](http://www.nhs.uk)
* [www.cntw.nhs.uk](http://www.cntw.nhs.uk)
* [www.northernmental-health.org/](http://www.northernmental-health.org/)
* [www.every-life-matters.org.uk/find-support](http://www.every-life-matters.org.uk/find-support)

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.

**Youth Focus -** Youth Focus Northeast is delivering the ABC level 2 award in the Youth work practice. The course is open to youth work practitioners, over 16 years old, who are working in a paid or voluntary capacity with young people between the ages of 11 to 25 years old and delivering on a regular basis in a youth work setting.

Telephone Number: 0191 477 9966

**Young Person's Project -** The young person's project is there to support young people between the ages 11-18 in Newcastle Upon Tyne and 5-18 in North Tyneside. You can message them via their website or contact them on Facebook, Instagram, or mobile until 9pm.

What they cover:

* Understanding drug or alcohol use within your family.
* Your thoughts and feelings about what's going on.
* Staying Positive
* Keeping safe.
* Having fun.

Number: 0191 226 3440

**Metrocentre Community Hub**

Open: 09:00am – 9:00pm

The social hub, within Metrocentre's community hub is a space available to hire, for activities that promote the following:

* Employability
* Health, Fitness, and wellbeing
* Art, craft, and culture
* Charities and good causes
* Business Networks

Hiring the hub couldn’t be easier and may be cheaper than you think. For further information please call 07540453360 or email [tracyallison14@gmail.com](mailto:tracyallison14@gmail.com)

**Other useful numbers and websites.**

Childline – Childline is here to help anyone under 19 in the UK with any issue they're going through. Whether it is something big or small. Childline is free, confidential and available any time, day or night. You can talk to them on **08001111.**

Papyrus – This is a charity for the prevention of young suicide, offering confidential support and awareness training. If you are a young person at risk of suicide or are worried about a young person at risk of suicide, please contact them for free on **08000684141** or [**pat@papyrus-uk.org**](mailto:pat@papyrus-uk.org)

The Mix – The Mix is the UK's leading support service for young people. They are here to help you take on any challenge you're facing. From mental health to money, from homelessness' to finding a job, from breakups to drugs. Talk to them via online, social or their free confidential helpline. **08088084994, or you can text THEMIX to 85258.**

* 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)

[Newcastle upon Tyne Job Fairs | Eventbrite](https://www.eventbrite.co.uk/d/united-kingdom--newcastle-upon-tyne/job-fairs/)

**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)