

NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY

Teenage and Young Adult Health

Junk Food - What is wrong with wanting a burger?

Answer – nothing – if you only have it occasionally as a 'treat'. The problem arises when you eat junk food (including burgers) frequently



What is junk food?

'Junk foods' are foods that lack nutrients, vitamins and minerals, and are high in calories, salts, sugars, or fats - cakes and biscuits, fast foods (such as chips, burgers and pizzas) chocolate and sweets, processed meat (such as bacon) and savoury snacks (such as crisps)

Why do we crave junk food?

When a person eats tasty food (including junk food) the reward circuit in the brain is switched on and a brain chemical called dopamine floods the brain with pleasure. In the same way that drug addicts need a bigger dose over time, you crave more junk food the more you eat it.

Eating too much junk food can have a negative effect on your general health and well-being, including increased stress levels, fatigue and decreased energy levels lack of concentration and difficulty sleeping

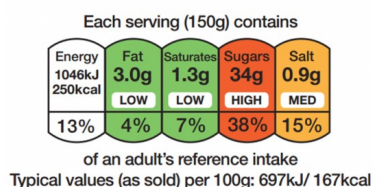
In the long-term, eating junk food can lead to: type 2 diabetes, heart-related problems, obesity, certain cancers and depression

How can I make healthy food choices?

Include more fruit, vegetables and pulses (beans and lentils) in your diet

Cut down on salt, sugar, snacks and soft drinks

Look at the 'Traffic Light' information on packaging and choose foods with fewer red lights.



Here is a useful website

<https://www.nhs.uk/live-well/eat-well/>

The Urgent Care Centre (UCC) at

Redcar Hospital,

West Dyke Road, Redcar, TS10 4NW

is open from 8am until midnight each day.

If you have an **urgent** medical problem, You are advised to contact NHS 111 to make an appointment to attend your local centre

However, if you have a minor injury, no appointment is needed, simply walk in.

Your local urgent care centres operate seven days a week, 365 days a year.

You will be assessed and treated by a doctor or one of their urgent care practitioners, who treat a range of minor injuries and illnesses such as:



- Strains and sprains
- Suspected broken limbs
- Minor head injuries
- Cuts and grazes
- Bites and stings, minor scalds and burns
- Ear and throat infections
- Skin infections and rashes
- Eye problems
- Coughs and colds
- Feverish illness
- Abdominal pain
- Vomiting and diarrhoea
- Urinary tract infections

They also treat children with minor illnesses such as fever, rashes and earache

You may be dealt with quicker at Redcar, as fewer people attend.

The 'Urgent Care Centre'[UCC] at James Cook University Hospital is Open 24 Hours a day – every day

The new care centre is situated next to the **James Cook Major Trauma A & E**, very near the hospital entrance on **Marton Road, Middlesbrough, TS4 3BW**. This enables A & E staff to re-direct those who are not in need of A & E services to the UCC

For appointments and repeat prescriptions, visit: www.saltscarsurgery.nhs.uk

Missed Appointments

Please



If you book an out-of-hours appointment, please don't miss it. Each week Saltscar Surgery is allocated 20 out-of-hours appointments. Each month around a dozen patients fail to turn up, wasting a huge amount of staff time and denying other patients the use of those appointments

If you can't remember the date and time of your next appointment ...???????

If you forget the date and time of your next appointment, our new phone system now allows you check, change or cancel your next appointment . **Choose Option-1** when your call is answered. **NOTE: as a security measure, this works only when you call from the phone that is registered to you in our records.**

Prescription Queries



If you need to discuss any issue relating to your medication. Please do not ask ask at main reception. We have noticed that, unfortunately, more patients are doing this. It creates problems with confidentiality as well as holding up the queue

Instead, you should ring the prescription query line, which is open **10am to 12.30pm daily, on the usual number and choose option 2, then option 1**

The receptionists on the front desk are not repeat prescription trained and so are unable to assist patients in any queries they may have.

Remember too, that we cannot accept medication requests over the telephone.

Do I need to make an appointment?

The new Pharmacy First service was launched on 31st January 2024 and is an addition to existing health consultation services.

Patients will be able to access the service via referrals from various organisations including general practice, urgent and emergency care settings, and NHS 111. In addition, for the 7 common conditions listed below patients can access the service by attending or contacting the pharmacy directly without the need for referral.

THINK PHARMACY FIRST
Prescription medicine without seeing a GP for patients in eligible age ranges

Earache 1 to 17 years	Sinusitis 12 years and over
Impetigo 1 year and over	Sore throat 5 years and over
Infected insect bites 1 year and over	Uncomplicated urinary tract infections Women 16-64 years
Shingles 18 years and over	

Every pharmacist trains for 5 years in the use of medicines and managing minor illnesses, so they are well qualified. After a consultation with the pharmacist, the pharmacy will send a notification to the patient's GP on the same day or on the following working day.

Saltscar News

Dr Carey will be starting her maternity leave at the end of August

Eleanor our Reception team leader will be leaving the practice at the beginning of October to work in Canada. **Bon Voyage and Good Luck to her.**