

# NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY

## Teenage and Young Adult Health

### Vapes v Smoking

Whilst it is true vaping is less harmful than smoking, it's still not safe. Vapes heat nicotine (extracted from tobacco), flavourings and other chemicals to create an aerosol that you inhale.



Research suggests that nicotine may be as addictive as heroin and cocaine. Nicotine is a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack.

Vaping is promoted as a way to help cigarette smokers quit. But is there a risk that vaping can lead to regular cigarette smoking later on?

There are 3 main reasons young people are attracted to vaping. 1 Many teens believe vaping is less harmful than smoking. 2 Vapes have a lower per-use cost than cigarettes. 3 They like the wide range of flavours available and vaping is on trend.

Almost 1,000 serious adverse reactions to e-cigs have been logged by the Health and Safety Executive including blood, nervous system and respiratory disorders, as well as cancer and injuries like burns. Latest figures show approximately 4.3 million people in the UK vape.

There were 66 hospitalisations due to vaping for the under 20's in 2022, 24 were under 10 years old. Surveys for Action on Smoking and Health show 20.5% of children (under18) had tried vaping in 2023 up from 13.9% in 2020

It is illegal to sell vapes to children under 18 and the government are currently considering more regulations to protect under-age use.

## Prescription Queries



If you need to discuss any issue relating to your medication. Please do not 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.**

## Repeat Prescriptions

**Make sure you allow** up to 72 hours for repeat prescriptions to be prepared. We will always process them as quickly as possible but some days our prescription clerks may handle over 400 prescriptions.

You can still hand in repeat prescription requests at the surgery – but why not order online and then collect the items at your local pharmacy.



**Register with the NHS App – details overleaf.**



# Private Fostering



Is your child living with another family?  
Have you been looking after someone else's child for 28 days or more?  
Do you know a child who is being looked after by someone that isn't a close relative?

If so, this could be a private fostering arrangement.

The law says you must tell Children's Social Care if you know about any private fostering arrangements. This is so we can make sure children are well looked after and support carers.



For more information scan the QR code or visit [www.redcar-cleveland.gov.uk/children-and-families/private-fostering](http://www.redcar-cleveland.gov.uk/children-and-families/private-fostering)

To tell us about a private fostering arrangement, or for information and advice call 01642 130700 or email [RedcarMACH@redcar-cleveland.gov.uk](mailto:RedcarMACH@redcar-cleveland.gov.uk)

If you are uncertain whether Private Fostering arrangements refer to your situation, please contact the council and they can clarify the position.

Redcar Children's services are not trying to catch you out - they are there to help and ensure that you comply with the law for your own security and peace of mind.

## Surgery opening times over Easter We are closed for the Bank Holidays

Friday 29<sup>th</sup> March 2024

Monday 1<sup>st</sup> April 2024

Including the weekend in between these dates. (Saturday 30<sup>th</sup> March 2024 and Sunday 31<sup>st</sup> March 2024)

Also 6<sup>th</sup> May 2024 Bank Holiday

## Order repeat prescriptions on the NHS App



- 📍 easily choose where your prescriptions are sent
- 🕒 order at a time that suits you
- 📖 need help? Access support in the app or visit [nhs.uk/helpmeapp](http://nhs.uk/helpmeapp)



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## Getting Started

You can easily choose where your prescriptions are sent and order at a time that suits you with the NHS App.

First you will need to download the App and register. Ask a staff member for the 'Getting started with the NHS App' leaflet or visit [nhs.uk/helpmeapp](http://nhs.uk/helpmeapp)

## Choosing your pharmacy

You choose which chemist you want your prescriptions to be sent to. It is called your '**nominated pharmacy**'

You can change it later if you need to



Image by Freepik



For appointments and repeat prescriptions, visit: [www.saltscarsurgery.nhs.uk](http://www.saltscarsurgery.nhs.uk)