

# NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY

## Teenage and Young Adult Health

### Energy Drinks



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Energy drinks are soft drinks that contain high levels of sugar and caffeine. They also contain stimulants such as guarana. These drinks claim to boost energy and improve concentration.

However the 'instant energy' they provide comes from a short lived 'sugar high' followed by a 'sugar crash'

### Why are teenagers and young people attracted to energy drinks?

- To fit in with their friends as part of socialising in the evenings / weekends
- Whilst gaming to help them stay awake at night
- Whilst taking part in sports
- To help with concentration and study.
- To mix with alcohol

Researchers from Teesside and Newcastle Universities, looked at data from 57 studies of over 1.2 million children and young people from more than 21 countries.

They reported in January 2024 that consuming energy drinks is associated with an increased risk of mental health issues amongst users including anxiety, stress, depression, and suicidal thoughts.

Other negative health effects include: headaches, increased heart rate, trouble sleeping, hyperactivity, nausea, fainting and abdominal pain. In addition to increased risky behaviours such as substance misuse, violence, and unsafe sex.

More than 40 health related organisations, have joined researchers in calling on government to restrict the sale and marketing of energy drinks to children and young people under 16

## Dr O'Flanagan Retires from Saltscar Surgery after (nearly) 45 years service

Dr William (Bill) O'Flanagan MB BS MRCP trained at Newcastle and joined the practice in September 1979.

The Patients' Participation Group (PPG) met in March to say goodbye to Dr O'Flanagan and present him with a plaque and other gifts to thank him for his many years of service for the NHS and the people of Redcar



Dr O'Flanagan rose to become the senior partner in the practice and led it through some difficult times - especially during the 2020/22 Covid pandemic when Dr O'Flanagan and his team worked so hard to keep the surgery operating safely for both staff and patients - including the implementation of the complex vaccination programme.

Dr O'Flanagan also worked behind the scenes on many clinical and administrative improvements, which are recognised by the Good rating afforded to Saltscar by the Care Quality Commission (CQC).

His patients will never underestimate the difference he made to them. A kind-hearted approach and the gentle manner that helped and comforted so many of them over the years - together with his excellent clinical skills.

We all hope that he enjoys a long healthy and happy retirement with time to relax and enjoy life. A big **THANK YOU** from all his patients. We will miss him.

## The 'Urgent Care Centre'[UCC] at James Cook University Hospital

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

You are advised to contact NHS 111 to make an appointment to attend your local centre for **urgent** medical problems.

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:



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- 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.

**Redcar Hospital UCC,  
West Dyke Road, Redcar, TS10 4NW  
is open from 8am until midnight each day.**

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

<https://www.southtees.nhs.uk/hospitals/community/redcar/>

## Repeat Prescriptions

**Make sure you allow up to 72 hours** for repeat prescriptions to be prepared.

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.

An advertisement for the NHS App. It features a hand holding a smartphone displaying the NHS App interface. To the right of the phone is a blister pack of green pills. Below the phone and pills are three bullet points: 'easily choose where your prescriptions are sent', 'order at a time that suits you', and 'need help? Access support in the app or visit nhs.uk/helpmeapp'. At the bottom right, there is a QR code and the NHS App logo. At the bottom left, there are logos for the App Store and Google Play.

**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](https://nhs.uk/helpmeapp)

**NHS App**

Available on the App Store and Google Play

## 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](https://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

**We are closed on 27<sup>th</sup> May 2024 for the Bank Holiday**

The practice will also be closed from **1-6pm** on **14<sup>th</sup> May, 12<sup>th</sup> June, 11<sup>th</sup> July, 10<sup>th</sup> Sept, 9<sup>th</sup> October, 7<sup>th</sup> November 2024** due to clinical staff attending compulsory 'Time out' training with the ICB (Integrated Care Board)

**Patients should ring 111 if they need urgent care/ advice, or 999 in an emergency.**

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