

# NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY

## Teenage and Young Adult Health

### The importance of Physical Exercise

#### How much exercise should you be doing?

All ages need to do 2 types of physical activity each week - aerobic exercise and exercises to strengthen your muscles and bones. You should aim for:

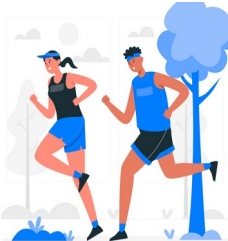


Image by Freepik

- an average of at least 60 minutes of moderate or vigorous intensity physical activity a day
- a variety of types of physical activity across the week to develop, muscles and bones
- reduce the time spent sitting or lying down  
Aim to spread activity throughout the day

#### What counts as moderate activity?

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer.

One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing. Here are some examples

- walking and jogging
- sports, like football, tennis, basketball
- swimming
- dancing
- skateboarding or rollerblading
- cycling

#### What activities strengthen muscles and bones?

- gymnastics/athletics
- martial arts
- sit-ups, press-ups
- resistance exercises with exercise bands, weight machines or handheld weights (if supervised by a qualified adult if under18)

#### Exercising safely

Choose exercise that is suitable for your age ability and experience. Start any new exercise slowly and increase it bit by bit.

**Don't forget to use protective equipment for cycling or skateboarding for example**

## Have you had your Flu Jab yet???

Flu Viruses can change every year, so make sure you get your **FREE** Flu Vaccine again this year.



Image by Infinite Dendrogram at Freepik

#### Who is eligible?

- Everyone aged 65 years and over.
- Individuals under 65 with certain medical conditions, including children and babies over 6 months of age.
- All pregnant women.
- All children aged 2 and 3 years (provided they were aged 2 or 3 on 31 August 2024)

#### Can I get my Flu Jab at the Surgery?

The Saltscar Surgery held two (adult) flu vaccination clinics in October. If you did not attend and are eligible, you should have received a text reminder (if you are registered for them) urging you to make an appointment. Please contact the surgery for further details.

#### Can I get my Flu Jab anywhere else?

##### Yes at a Local Pharmacy ..... you can

- Book online or on the NHS App or Website
- Book over the phone

You can call 119 free of charge to book over the phone if you cannot book online.

- Find a walk in centre

You can find a walk-in flu vaccination centre to get a vaccine without an appointment – there are several in our area including Dormanstown Pharmacy and W W Scott on Roseberry Square

#### What if I am not eligible for a free Flu jab?

If you are not able to get a free flu vaccination, you may be able to pay for it at some pharmacies. Eg Boots (£22) Tesco (£16)

Children under 18 years old cannot get a flu vaccination at a pharmacy – please contact the Saltscar Surgery if you want to discuss arranging a vaccination for a child.

## Pharmacy First – You may not need a Doctors' Appointment

The new Pharmacy First service 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.



The poster features the NHS logo and the text 'THINK PHARMACY FIRST'. A central graphic states: 'Prescription medicine without seeing a GP for patients in eligible age ranges'. Below this, a list of conditions and their eligible age ranges is provided:

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

The bottom of the poster shows an illustration of a pharmacy counter with a pharmacist and several patients.

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.

## Christmas and New Year opening



The surgery will be closed on **Christmas Day and Boxing Day (25<sup>th</sup> & 26<sup>th</sup> December)** and on **New Year's Day (1<sup>st</sup> January)**

**\*\* A Happy Christmas and a Healthy New Year to all our patients \*\***

## Are You a Carer?



Do you provide unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help

If you care for someone in your family or a friend, please contact us so that we can make sure you get the best and most appropriate support.

**You may also be interested in joining .....**



## Carers Together

They provide support and connect carers in the local area, including:

- Information and Support for carers
- Carers Assessments and Support Plans
- A Dementia Advisor Service
- A Carers Emergency Card
- A Welfare Rights Service
- A Counselling Service
- Activities and events
- Training

### Contact details

Phone 01642 488977

Email: [carerstogogether@btconnect.com](mailto:carerstogogether@btconnect.com)

Call at the Innovation Centre, Vienna Court, Corfu Way, Kirkleatham Business Park, Redcar TS10 5SH.

[www.carerstogogether.co.uk](http://www.carerstogogether.co.uk)

## Saltscar Patients Participation Group

What do we do?

- Help out at Flu and Covid clinics
- Produce this Newsletter and information leaflets
- Ask patients their opinions via targeted surveys
- Meet every two months to discuss what is new at the Surgery and staff updates
- Receive information on local and national health matters and how they affect us

If you are interested in learning more leave your name and contact details at Reception and someone from the PPG will contact you

## Finally - let's welcome .....

Dr Fatima Najaf to Saltscar Surgery, as a new GP partner, and our new apprentice receptionist Nasima

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