

NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY



Sleep is important to our health

We spend approximately a third of our lives asleep, but a lack of good quality sleep can negatively affect our daily lives and long-term health.

The quality of our sleep and the effect it has on how we both feel and function the next day is just as important as the number of hours we sleep.

What causes disturbed sleep?

The most common cause of lack of quality sleep is insomnia. When it is persistent, it is known as chronic insomnia.

Chronic insomnia is believed to be the result of an overactive 'wake' signalling in the brain - like a light switch – when it is on, your brain is being told to stay "active" and when the switch is off, your brain knows it can "rest."

Do you suffer from the following symptoms?

- * Difficulty in falling asleep
- * Difficulty in staying asleep (waking up frequently or can't fall asleep after waking up in the middle of the night or early in the morning)



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If they occur on at least **3 times per week** and have **lasted for at least 3 months** you may want to visit your doctor to see if you are suffering from chronic insomnia or another sleep disorder.

Chronic insomnia is very different from a short-term period of poor sleep. It is a serious medical condition that can take its toll on an individual's physical and mental health.

Don't suffer in silence

People suffering from chronic insomnia are twice as likely to develop depression compared to people with normal sleep patterns.

In the long term, chronic insomnia is associated with lots of additional health complications, such as heart disease, stroke, and diabetes.

Cervical screening – the smear test

It is estimated that in England, cervical screening prevents 70% of cervical cancer deaths.

The cervix is at the entrance to the womb. It is at the top of the vagina. It is about 2.5 to 3.5 centimetres (1 to 1.3 inches) long and is cone shaped. If you have a cervix and you are between the ages of 25 and 64 years old, you can have cervical screening (a smear test)

You will usually be sent a letter inviting you for cervical screening. A cervical screening checks if your cervix is healthy. It checks for early signs that cancer might develop.

What happens at a smear test?

You will be asked to take off your pants, and then lie down on the bed in the consulting room. An instrument called a speculum is used to open the vagina. A small brush is then used to take some cells from your cervix. These cells will be sent for testing.

If everything is OK, you will receive a letter. Sometimes you will be asked to have another test, this may be because the first test is unclear or it might be because the test shows something is wrong.

The second test will find out if you need treatment to stop you getting cancer.

At Saltscar Surgery you can

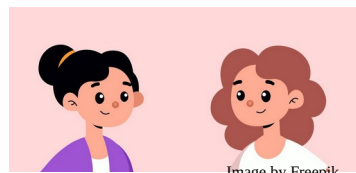


Image by Freepik

- Bring a friend for support who can come into the room with you.
- Arrange back to back 'buddy' appointments for yourself and your friend.
- Ask for a chaperone if your friend can't come.
- Feel assured that tests are only carried out by female, fully trained clinicians.
- Book tests between 8am - 5.30pm.
- Feel assured that you are protecting your health

Have you had your Flu Jab yet???

Although cases are decreasing – the Group chief medical officer, from South Tees Hospital is **urging the public to have a flu jab**. He said: “ We have seen hundreds of patients over the last few weeks with flu, most requiring oxygen therapy and some are so ill, often with pneumonia, they require treatment in our high dependency and intensive care units.”

“The vaccine is the best way to protect yourself and those around you.”

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)



Image by Infinite Dendrogram at Freepik

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 need 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 Dormantown 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.

Saltscar Patients Participation Group



Image by Freepik

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

Goodbye to

Health care assistant Helen Lee is retiring after 18 years at Saltscar surgery – there can't be many patients who have not met Helen and (behind the scenes) Lesley Johnson, practice administrator is retiring after 35 years service to Saltscar. Thank you both for your hard work and dedication to the patients and staff of the Saltscar practice. We will miss you – enjoy your retirement



Surgery opening times over Easter

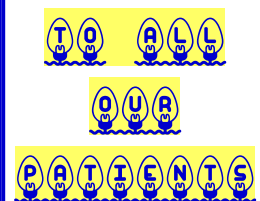
We are closed on the Bank Holidays

Friday 18th April and Monday 21st April

Also 5th May 2025 is a Bank Holiday



Image by Freepik



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