

# Monkseaton Medical Centre & Bridge Medical

## Patient Newsletter

Winter 2021

Welcome to your Winter Newsletter



### HAVE YOUR SAY

We are always looking for patients to join our Patient Participation Group. This gives you an opportunity to have a say on how our services can be improved and provide helpful feedback to our staff. If you are interested in joining, please contact our Reception Managers, Janet Pallace at Monkseaton and Gary Houghton at Bridge, who can give you more information. You can ring reception at Monkseaton on 01912521616 or Bridge Medical on 01912532578 or leave your details at reception for Janet or Gary to contact you.



### *Christmas Holidays*

We will be closed on Monday 27th December, Tuesday 28th December and Monday 3rd January 2022.

If you need medical attention or advice when we are closed, please ring NHS 111 on

*A Very Merry Christmas to all our patients*

We wish all our patients the very best for the festive season and all good wishes and health for the New Year.

Keep well and enjoy yourselves.



## **Top Tips for Winter**

### **Get a flu jab if eligible**

You are eligible if you are over 65 or have a heart, lung, liver or kidney problems, stroke or diabetes or if you are pregnant.

### **Stock up medicine cabinet**

Get cold remedies, painkillers, antiseptic cream, plasters—every home should have a medicine cabinet to.

### **Get your medication on time**

Make sure you order early, don't order more than you need and use our online service.

### **Your pharmacist will help**

They offer advice on minor illness and over the counter remedies for most conditions

### **Call earlier in the day rather than later**

This helps us plan our day better for the benefit of all

### **Call 111 if we are closed**

Walk-in and urgent care centres are also available, but only go to A&E with medical emergencies

### **Keep yourself warm**

Keep your main living room warm at 18-21 degrees and wrap up when going out

### **Keep healthy with a good diet**

Have regular hot meals and drinks and keep in touch with friends and family

### **Get your covid booster**

See the covid campaign page for more details of how to get your booster

# Monkseaton Medical Centre & Bridge Medical

## Patient Newsletter

Winter 2021

This pandemic is an extraordinary and testing time for us all. Please be polite and courteous to our staff at all times.

Given the current pandemic, please respect the need for NHS services to remain as safe as possible. Please be aware that we are extremely busy. **Please do not enter the GP surgery unless you have already arranged an appointment with a doctor or nurse.** You must attend the surgery alone unless you have a carer. As lockdown restrictions ease we have been advised by NHS England to continue to reduce our footfall into the practice to keep our vulnerable patients and staff safe.

Even after July 19th 2021 when you attend any healthcare setting you must:

Keep wearing a mask

Wash your hands

Keep your distance

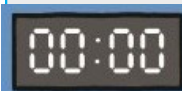


These measures remain in place to keep you and our vulnerable patients safe.

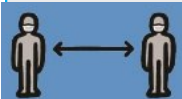
Thank you for your understanding.



Open air spaces safer than enclosed spaces



Shorter time periods with others are safer



Farther away from others safer than close together

We have a letterbox provided outside of Monkseaton Medical Centre should you need to drop off a prescription request. At Bridge Medical, this can be found in front of reception. Sample bottles can also be collected in the lobby at Monkseaton or in front of reception at Bridge.

Please visit our dedicated coronavirus page which may answer any further questions you may have.

<https://monkseatonmedical.nhs.uk/coronavirus-information/>

<https://bridgemedical.nhs.uk/coronavirus-information/>

### Flu and Covid Campaign



Our flu campaign was another success this year with over 4100 patients now received their flu jab. Again this year, the flu vaccination programme includes all over 50-year-olds. Anyone over the age of 50 is entitled to a free flu vaccination at the practice. We still have a small amount of flu vaccinations so if anyone still has not had this please contact the reception team who will book you an appointment with our Nursing team.

Due to the success of our flu campaign, NHS England have given us permission to become a local vaccination site at Shiremoor Resource Centre. So far we have delivered over 2100 booster jabs to our most vulnerable group of patients. The government have reduced the waiting time between 2nd dose and booster jabs to 3 months and we will be contacting those eligible in the New Year. We will be sending invites before Christmas to book your appointment for our January clinics. We hope to see you there.

If you are over 40 years old, have a long term condition or are immunosuppressed you are eligible to have your covid booster with the surgery. All covid booster will be given at Bridge Medical in Shiremoor Resource Centre for both surgeries. You will be sent a link when we have the dates of our next covid clinics, please follow this link to book your jab. We would be grateful if you could ensure your most recent mobile number is on your GP record.

If you are over 18 and 3 months have passed since your last vaccination you can follow this link <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Following guidance from NHS England we are aware that some patients are eligible for a 3rd dose covid vaccination. We are currently identifying and contacting these patients directly.

We will be running our nasal flu campaign after our main flu campaign. You will be contacted if your child is eligible.

Please be aware Monkseaton Medical Centre would never ask for payment or your bank details to book the COVID-19 vaccine. If you receive a request for payment to book your vaccine please DO NOT divulge this information.

### Monkseaton Medical Centre

#### Phone

0191 252 1616

#### Website (eConsult)

[monseatonmedical.nhs.uk](https://monseatonmedical.nhs.uk)

### Bridge Medical

#### Phone

0191 253 2578

#### Website (eConsult)

[bridgemedical.nhs.uk](https://bridgemedical.nhs.uk)

## New Years Resolutions 2022

### Ever thought about quitting smoking?

Local stop smoking services are free, friendly and can massively boost your chances of quitting for good. Follow this link for more information and services in your area to help you make 2022 the year you quit smoking! <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

### Want to make 2022 the year you lose weight?

There are now a range of NHS services to help people with their weight loss. Please contact the secretarial team by leaving a message with reception who can check your eligibility, contact you and refer you to the right service.

### Wanting to take up more exercise but not sure where to start?

Why not try and meet up with family or friends for a walk? Even a short walk in the fresh air can be a great way to start introducing more activity into your daily life. If you need a bit more support why not try ACTIVE North Tyneside. Visit [www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk) for more information.

### Reduce your alcohol consumption

Try doing Dry January as a start for 2022. See <https://alcoholchange.org.uk/get-involved/campaigns/dry-january> for more information. If you feel you have a more consistent problem with alcohol and want further support to give this up, North Tyneside recovery partnership offer this. See link for more details <https://www.cntw.nhs.uk/services/north-tyneside-recovery-partnership/>

### Dependant on prescription pain medication?

Try to reduce your use of painkillers. You can visit <https://painkillersdontexist.com/> or contact reception and ask for an appointment with one of our dedicated pharmacy team who can assist you with reducing your dependence on painkillers.

### Aged 55+?

Age UK's new programme 'Healthy Habits' is a new service for residents of North Tyneside. For people age 55+ who wish to improve their diet, increase physical activity, reduce alcohol intake and/or stop smoking. Contact reception and organise an appointment with our wellbeing coordinator Beth Houghton who will be happy to assist you with information and a referral.



# Monkseaton Medical Centre & Bridge Medical

## Patient Newsletter

Winter 2021

### Across

- Who helps Santa?
- What is the name of the Grinch's dog?
- Open the doors
- Wrap me up
- What Christmas beverage is also known as "milk punch"?
- What was the second present given to baby Jesus?
- How many lords were leaping?
- How many ghosts appear in A Christmas Carol?
- What month is Christmas?

### Down

- Name one of Santa's reindeers whose name begins with the letter "D"?
- Where does Santa live?
- Where was baby Jesus born?  
What do you traditionally put on top of a Christmas tree?
- In Charles Dicken's A Christmas Carol, what is the first name of the main character?
- Who said "God bless us everyone!"?
- How many reindeer pull the sleigh?
- You kiss under this
- Which one of Santa's reindeer has the same name as another holiday mascot?
- You decorate your tree with these
- Who was Christmas number 1 in 2000?

