

Bridge & Monkseaton Medical Practice

Patient Newsletter

Summer 2025

Welcome to your Summer Newsletter!

This edition we aim to update you on the following:

- Changes to the NHS Cervical Screening Programme
- How to Help your Mental Health at Home
- Getting out in North Tyneside
- Support Services for Carers
- Carer Support Sessions
- Green team update
- Looking after your skin in the summer



See what our patients have to say about us!



Check out our brand new website!

www.bridgeandmonkseaton.nhs.uk

Follow us on Facebook to keep up to date!

@Bridge and Monkseaton Medical Practice

UPDATES

Changes to the NHS Cervical Screening Programme

From July 2025, younger women (aged 25 to 49) who test negative for HPV, meaning they are at very low risk of cervical cancer over the next 10 years, will safely be invited at 5-year intervals rather than 3, in line with major clinical evidence.

Those whose sample indicates the presence of HPV or who have a recent history of HPV, which causes nearly all cervical cancers, will continue to be invited to more frequent screenings to check HPV has cleared and if not, if any cell changes have developed.

The move follows a recommendation by the UK National Screening Committee, and is the approach already used for women aged 50 to 64 in England.

The NHS has this week rolled-out digital invitations and reminders for cervical screening via the NHS App. For those where a digital invitation isn't possible, a letter will be posted as a backup.

You can find out more about the changes here:

[www.england.nhs.uk/2025/06/nhs-rolls-out-more-personalised-cervical-screening-for-millions/#:~:text=From%20July%2C%20younger%20women%20\(aged,line%20with%20major%20clinical%20evidence.](https://www.england.nhs.uk/2025/06/nhs-rolls-out-more-personalised-cervical-screening-for-millions/#:~:text=From%20July%2C%20younger%20women%20(aged,line%20with%20major%20clinical%20evidence.)

MENTAL HEALTH & WELLBEING

How To Help your Mental Health at Home

When you feel low you can often want to shut yourself in the bed with the curtains closed and stop engaging with the outside world, but when you do this, you stop doing the things that can make you happy! If day to day, week by week you focus on improving the following lifestyle factors, it can have a big boost on your wellbeing!

Exercise

Exercise is great for you physically and mentally. It gets your blood pumping around your body & release all kinds of happy hormones. Additionally it can often get you out of the house and meeting other people, which also boosts your mental health. Consider things like:

- Walking /running
- Cycling
- Dancing
- Gym/exercise classes
- Team sports
- Bat or racket sports
- Swimming
- Snowsports
- Aerobics/pilates
- Kayaking/canoeing
- Surfing/paddleboarding



Five Factors for Feeling Good



Relaxation

Time to decompress and switch off is really important in reducing stress and improving mental health. Try to stay away from the screens and take some time each day to;

- Read a book
- Take a bath
- Jigsaws/puzzles
- Colouring
- Knitting/cross stitch
- Meditation/Yoga/stretching
- Journalling
- Massage/self care



Routine

Having a good routine can really impact your wellbeing. By making sure you eat regular meals, try to get out of the house and wake up/ go to sleep at a similar time every day, you can give yourself a wellbeing boost!



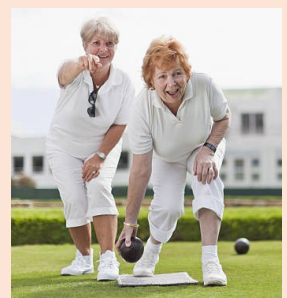
Socialisation

Making sure you have time to regularly see friends, family, colleagues or acquaintances in person, can also impact your mental health. As well as helping to reduce loneliness and isolation, social connections boost self-esteem, provide emotional support, and promote a sense of belonging, all of which contribute to better mental health

Hobbies

It's important to make time to do things that bring you joy and make you happy. This can range from:

- Arts & crafts
- Games
- Sports
- Dramatic arts
- Playing an instrument
- Photography
- Cooking/baking
- Gardening
- Fishing
- Camping
- Animals



MENTAL HEALTH & WELLBEING

Getting out in North Tyneside

It's summer and this weather been giving us the chance to get up and out! Did you know that walking has mental health benefits as well as physical?

Luckily, we live in a beautiful part of the world where walking routes are plentiful, so there's no excuse not to get out.

Not sure where to go? Check out some of these popular routes:



The North Tyneside Council website has information and maps of lots of routes in the area, such including some of the Waggon Ways - my.northtyneside.gov.uk/category/144/walking-north-tyneside

Don't fancy going alone?

The council ran Active North Tyneside host wellbeing walking groups across the region, which are free & led by volunteers. These vary in different lengths, terrains and abilities so there's something for everyone!

www.activenorthtyneside.org.uk/wellbeing-walks

You can also find other walking groups in the area such as:

Men's Walk & Talk Northumberland – Facebook

Whitley Bay U3A - whitley-bay.u3asite.uk

Age UK North Tyneside - www.ageuk.org.uk/northtyneside/activities-and-events/meet-new-people/wellbeing-walks

Phoenix Walking Club - phoenixwalkingclub.org

North Tyneside Ramblers - www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-north-tyneside



Support Services for Carers – 2025

Helpful local organisations suggested by carers in our recent survey.

LD: NorthEast

Local charity for people with learning disabilities, autism & learning difficulties.

0191 262 2261

info@ldne.org.uk

www.ldne.org.uk

Take 5 and Chat

Support for parents of children with additional needs. **parenting courses:**

Whitley Bay Baptist Church

0191 253 7561

facebook.com/take5andchat

office@wbbs.org.uk

North East Ambulance Service (NEAS)

Reliable **non-emergency transport** to NHS appointments.

Accessible for **BSL users and people with hearing/speech impairments.**

0191 430 2000

www.neas.nhs.uk

PROPS – Family Drug & Alcohol Support

Helping families affected by a loved one's substance use.

0191 226 3440

www.props.org.uk

[Young Person's Project](#)

Pearey House – Visually Impaired Centre

A social hub for visually impaired adults in North Tyneside.

0191 257 4388

RNIB – Royal National Institute of Blind People

Support for those with sight loss: www.rnib.org.uk

Carer Support Sessions – Summer 2025
FREE events for carers – in-person & online
Learn, connect, and feel supported.

The Dementia Journey: Coping with Caring

Thu 17 July, 10:30am–12:00pm
Shiremoor Family Hub, NE27 0TA

Arranging & Paying for Care

Wed 23 July, 6:00pm–8:00pm
Tynemouth Scouts HQ, NE30 1NQ

Lifesaving Skills with Hadrian Care

Wed 10 Sep, 1:00pm–3:00pm
Oxford Centre, Longbenton, NE12 8LT

Late Stage Dementia with Admiral Nurses

Wed 13 Aug, 1:00pm–3:00pm
Oxford Centre, Longbenton, NE12 8LT

The Decider: Mental Health & Communication

Tue 23 Sep, 1:00pm–3:00pm
Whitley Bay Library, NE26 1AB

Understanding Fibromyalgia

Tue 30 Sep, 1:00pm–3:00pm
Wallsend Community Hub, NE28 8JR

Healthy Boundaries for Carers

Mon 4 Aug, 1:00pm–3:00pm
John Willie Sams Centre, NE23 7HS

Safeguarding for Carers

Wed 27 Aug, 10:30am–12:30pm
Riverside Family Hub, NE29 6DQ

Caring Without Guilt

Wed 30 July, 12:30pm–2:30pm
Howdon Family Hub, NE28 0AL

More Info

Visit:

northtynesidecarers.org.uk

0191 249 6480

Useful Resources:

The Carers Room – Support for those caring for elderly parents:

www.carers.co.uk

Green Team Update: Sustainability in Action

We're excited to share the progress we've made as part of our ongoing commitment to improving sustainability within our practice. Every small step helps contribute to a healthier planet and community! 🌱

Cutting Down on Energy Waste

We continue our **campaign to shut down devices at the wall** when not in use. This simple action helps significantly **reduce our energy consumption**. 💡

Recycle Your Empty Blister Packs

Did you know? You can now take **empty medicine blister packs** to any **Super-drug** store for recycling. Let's work together to keep these out of landfill! ♻️

Smarter Tea & Coffee Habits

We're encouraging staff to **only boil the amount of water you need** when making tea or coffee — saving both **energy and money!** ☕

Paper Usage

We are continuously looking at changes within all practice areas to reduce paper and waste in order to make us Greener. 📄

No Idling—Cleaner Air

Our local **NHS Foundation Trust** has launched a '**No Idling**' campaign, encouraging drivers to **turn off engines when stationary** to reduce air pollution. 🚗

Going Plant-Based with Meat Free Monday

We're supporting a more sustainable diet by promoting **Meat Free Monday**. Staff and patients are encouraged to **go plant-based one day a week** 🌱

Thank you for supporting the Green Team's efforts. Together, we're making meaningful changes for a more sustainable future! 🌍

New Joe Wicks 'Activate' Campaign



Get Kids Moving with *Activate*!

From 15th July, families across the UK can enjoy *Activate* – a brand new, free animated fitness series designed to get children moving more this summer. Co-created by fitness expert Joe Wicks MBE and the award-winning team behind *Hey Duggee*, this exciting series makes physical activity fun, easy, and part of your daily routine.

With over half of UK children not meeting daily activity guidelines, *Activate* helps support growing bodies and minds through short, 5-minute bursts of movement that can be done at home, at school, or even on the go.

Each episode features an animated Joe Wicks, lively characters called the Activators, and energising music from Universal Music UK – perfect for keeping kids active and entertained during the holidays.

Start your journey on 15th July – episodes will be released weekly for free on *The Body Coach* YouTube channel.

It's simple, fun, and a great way to support your child's health and wellbeing. Ask your healthcare team if you'd like help accessing the series or visit the *Campaign Resource Centre* for more information.

Looking after your skin in summer!

Sun protection

Sunburn and exposure to harmful UV rays increases the risk of premature skin aging and skin cancer. **You can still get sunburnt even when it's cloudy!** Please see the following advice on how to protect your skin:

- **Spend time in the shade** when the sun is strongest (11 AM–3 PM from March to October)
- **Cover up** with breathable clothing, a wide-brimmed hat that shades your face, neck, and ears, and sunglasses
- **Apply sunscreen generously**, with a minimum of SPF 30 and a 4-star rating to protect against UV rays
- Apply sunscreen at least 30 minutes before going outside, reapply after sweating or swimming (even if water-resistant)

If you burn, apply an after-sun product or aloe vera to soothe the skin.

Insect stings and bites

Insect bites appear as swollen lumps on the skin with or without pain. Usually, they are not serious and get better in a few days, but sometimes they can become infected or cause a serious allergic reaction.

If you get bitten:

- Remove any stingers, ticks or caterpillar hairs
- Wash the skin with soap and water to reduce the chance of infection
- Apply an ice pack for at least 20 minutes if swollen
- Keep the area raised in the air if possible
- Use analgesics such as paracetamol or ibuprofen for pain
- Use antihistamines to relieve itching
- Use hydrocortisone cream to reduce itching and swelling



Simple painkillers, antihistamines and steroid creams such as hydrocortisone are available to purchase over the counter from pharmacies.

When do you need to speak to a pharmacist or GP?

- ➔ Speak to a pharmacist if there is redness, swelling or pain and the skin around the bite feels hot to touch 48 hours after the bite
- ➔ A pharmacist can give the same antibiotics as the GP if the bite or sting is infected
- ➔ Speak to your GP if there is a high temperature or a 'bullseye' rash
- ➔ **Call 999 if your mouth, lips, throat or tongue start to swell after the bite/sting**

Heat rash (Prickly Heat)

Heat rash is caused by obstruction of the sweat ducts when exposed to heat and humidity. It can be uncomfortable but is usually harmless and will get better in a few days. Symptoms can include small, raised spots, an itchy, prickly feeling and mild swelling. The main way to treat heat rash is by keeping your skin cool so you do not sweat and cause irritation:

Keep your skin cool:

- Wear loose cotton clothing
- Use lightweight bedding
- Take cool baths and showers
- Drink plenty of fluids to avoid dehydration

Calming the itching or prickly feeling:

- Apply a cold damp cloth or ice pack for up to 20 minutes
- Tap / pat the rash rather than itching it
- Do not use perfumed shower gels or creams



Speak to a pharmacist about heat rash

They may suggest:

- **Calamine lotion** to soothe the itch
- **Antihistamine tablets**
- **Steroid cream** (hydrocortisone) for adults and children over 10yrs