

Bridge & Monkseaton Medical Practice

Patient Newsletter

Winter 2025

Welcome to your Winter Newsletter!

This edition we aim to update you on the following:

- Vaccinations
- Medicine wastage
- Saving energy at home
- Mental Health & Wellbeing
- Pharmacy contraceptive service
- Vitamin D
- Carers update



See what our patients have to say about us!



Check out our website!

www.bridgeandmonkseaton.nhs.uk

Follow us on Facebook to keep up to date!

@Bridge and Monkseaton Medical Practice

Vaccinations

Flu & Covid Vaccinations

We have now completed 2 successful Flu and Covid clinics! If you are eligible and did not attend our weekend clinics, you will be invited to book an appointment via SMS. We would be grateful if you could ensure your most recent mobile number is on your GP record. If you do not have a mobile number you will be contacted via phone.

RSV Vaccinations

You are eligible for an RSV vaccine if you are currently pregnant or are aged 75—79. The RSV vaccine helps protect against respiratory syncytial virus infections. RSV is a common cause of coughs and colds but can also cause pneumonia.

Find out more: www.nhs.uk/vaccinations/rsv-vaccine/

Pneumonia Vaccinations

You are eligible for a pneumonia vaccine if you are aged 65 or over, or you have certain long term health conditions. The pneumonia vaccine helps protect against some kinds of bacterial infections that can cause serious illnesses such as, pneumonia, meningitis & sepsis.

Find out more: www.nhs.uk/vaccinations/pneumococcal-vaccine/

Shingles Vaccinations

You are eligible for a shingles vaccine if you are aged 75—79, or have a severely weakened immune system.

If you turn 65 on or after 1 September 2023, you will be eligible after your 65th birthday.

Shingles is a common condition that causes a painful rash, it can sometimes lead to serious problems such as long lasting pain, hearing loss or blindness. The shingles vaccine helps reduce your chances of getting shingles, and reduce your chances of getting serious problems if you do get shingles.

Find out more: www.nhs.uk/vaccinations/shingles-vaccine/

If you are eligible and wish to book an appointment for any of the above vaccinations, please contact the surgery.

Medicine Waste

How can I help reduce medicines waste?



Check what medicines you have at home before re-ordering more.
Only order what you need

Take your medication with you when going into hospital. This helps staff know what you take, avoids delays, and reduces waste.



Please tell your Pharmacist or Doctor if you have stopped taking your medication for any reason, it is important that they know.

Check your prescription before leaving the pharmacy. Medicines can be reused if handed back before you leave the pharmacy.



Return any unused medicines to your local pharmacy for safe disposal.

Thank you for your help



Saving Energy This Winter

Tips to save energy at home this winter:

Use LED lights

Turn lights off when leaving a room

Use reusable batteries

Unplug items you are not using

Only boil what you need in the kettle

Cook with a lid on

Cook several dishes at once

Use small appliances when cooking

Have shorter cooler showers

Wash clothes at a cold temperature

Only use the dishwasher/washing machine when full

Keep thermostat at a low temperature

Put more clothes or a blanket on when it's cold

Draught proof windows and doors

Thank you, The Green Team

Mental Health and Wellbeing

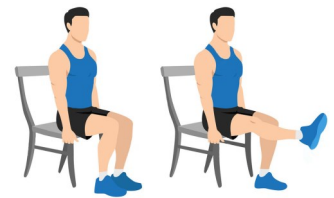
With winter fast approaching and dark nights beginning earlier, it is really important to continue looking after ourselves and our wellbeing.

Getting out for some fresh air, going for a walk even when its cooler is still a great form of exercise and self-care to help keep ourselves well this winter.

There are plenty of groups to help keep you active both inside and outside if you prefer not to be outdoors.

The Linskill Centre Community Hub

The Hub offers a vast range of activities including tai-chi, chair exercises, dance classes and more to help keep your body moving this winter.



The Hub also offers friendly groups that are not centred around physical activity and cater to a range of ages. They have signing groups, choir and book clubs.

See below for more information:

<https://linskill.org/whats-on/>



Children and Baby classes

The Hub at Linskillll also offer children and baby classes. If you are struggling with what to do with your young child with the weather not being so park friendly, why not give a class at the linskill a go! It is a great way to meet new people and socialise as well as getting both yourself and your child some time out of the house.

See below for more information :

<https://linskill.org/whats-on/children-activities/weekly-activities/>





PHARMACY CONTRACEPTIVE SERVICE

WHAT SERVICES ARE AVAILABLE?

- Starting a new oral contraceptive – you may be offered the:
 - Combined oral contraceptive
 - Progesterone only pill
- Regular pill checks
- Ongoing supply of your current oral contraception
- Emergency contraception

DID YOU KNOW?

Your local pharmacy can provide you with your oral contraception without a prescription under the Pharmacy Contraceptive Service. This service includes starting a new contraceptive pill, carrying out regular pill checks, providing an ongoing supply of your current contraception and emergency contraception.

*All contraception, supplied under this service or with a prescription, is **free***

WHAT SHOULD I EXPECT DURING THE APPOINTMENT?

During the appointment, the pharmacist or pharmacy technician will ask you questions about your health and may check your height, weight and blood pressure. They will give you all the information you need on how to take your contraception, as well as discuss any side effects that may occur and when to book in for a follow up pill check. If required, they may refer you onto your GP or sexual health clinic for further advice and support.

I ALREADY TAKE AN ORAL CONTRACEPTIVE PRESCRIBED FROM MY DOCTOR – WHAT SHOULD I DO FOR MY NEXT PRESCRIPTION?

When you are on the last cycle of your medication, go to your community pharmacy and they will be able to provide you with your next prescription. You do not need to go back to your GP for your next prescription. Make sure to do this while you are on your last cycle and still have some medication left as you will need to book an appointment to speak to the pharmacist. You can also speak to your community pharmacist if you are having any side effects or concerns about your oral contraception, you do not need to book an appointment with the GP.

VITAMIN D: SHINE IN THE DARK



Vitamin D (aka cholecalciferol or ergocalciferol) is a vital nutrient used by your body to regulate various aspects of your health. It maintains calcium and phosphorus levels which are essential for your bone and muscle health. In addition to this, vitamin D improves your immunity which reduces inflammation and infection risk.

Benefits of Vit .D

- Strengthens your bones
- Regulates and improves immunity
 - reduces inflammation
- Strengthens your teeth
- Prevents diseases like
 - Osteoporosis
- Improves outcomes of diseases
 - Infection
 - Eczema
 - Dermatitis
- Improves mood

Risks of Vit. D Deficiency

- Low calcium levels which leads to
 - Adults
 - Weak bones – Osteoporosis
 - Falls
 - Bone pain
 - Children
 - Weak bones – Rickets, growth deformities
 - Weak teeth
- Muscle aches
- Fatigue

Sources of Vitamin D

- Sun
 - An excellent way to increase your vitamin D levels is spending time outdoors as your skin makes it after sunlight exposure.
- Food Sources
 - During autumn and winter months where its less sunny and less convenient to stay outside, you could increase your Vit. D levels through your diet. Oily fish like salmon and sardines, eggs, and fortified foods like cereals are good alternative sources.



Vit. D Risk Factors

- Darker skin
- Infants, teens and the elderly
- An unbalanced diet
- Restricted diets – Vegan
- GI diseases like IBD
- Living in colder and darker places

Supplements

Where to Find Vitamin D

Vitamin D is readily available at pharmacies and supermarkets for **affordable** prices.

Tips

Speak to your pharmacist if you take other regular medications such as digoxin to decide what dose is best for you.

A **vegan/vegetarian alternative** to Vit. D supplements is **ergocalciferol** which is found in mushrooms and fungi.

It is recommended that **all adults** take **10micrograms** (400 units(UI)) of vitamin D daily, especially during **autumn and winter** months to **prevent** **vitamin D deficiency**.

Welcome to the Carers Autumn Newsletter 2025

JOIN US IN RAISING AWARENESS OF CARERS RIGHTS DAY

This year Carers Rights Day is on Thursday 20th November and the theme is “know your rights, use your rights”

We will be promoting this event on social media, on our website, in our GP Surgery and also you can go to www.northyntesidecarerscentre.org.uk to find out further information.

THE CARENTS ROOM - WWW.CARENTS.CO.UK—

ARE YOU LOOKING AFTER AN ELDERLY PARENT - AROUND 4 MILLION PEOPLE IN THE UK ARE SUPPORTING AN ELDERLY RELATIVE AND MANY STRUGGLE TO GET THE HELP THAT THEY NEED!

CARERS EMERGENCY PLAN SERVICE— TO GET STARTED CALL CARE CALL—0330 333 7475 OR EMAIL—care.Call@northynteside.gov.uk

MANY PEOPLE WHO CARE FOR A FRIEND OR RELATIVE WORRY ABOUT WHAT WOULD HAPPEN IF THEY WERE UNABLE TO PROVIDE SUPPORT. NORTH TYNESIDE COUNCIL CAN SUPPORT YOU TO MAKE A PLAN IN CASE THIS HAPPENS.

LIONS MESSAGE IN A BOTTLE—lionsmessageinabottle.co.uk

The Lions Message in a Bottle initiative is a lifesaving program designed to help emergency services quickly access vital personal and medical information in case of an emergency.

Carer Support Sessions—Autumn 2025

FREE events for Carers—In Person & Online

Learn, connect and feel supported

Safe Handling & Falls Prevention—with Hadrian Safety Training

Tuesday 11th November 1.00pm - 2.30pm
Room 1, The Oxford Centre, NE12 8LT

Decider Skills—Distress Tolerance & Mindfulness

Thursday 13th November 10.30am—12.30pm

60 Minute Essentials—Carer rights

Thursday 20th November 6.00pm—7.00pm
Online Event: Microsoft Teams

Caring Without Guilt—Managing Negative Emotions

Wednesday 26th November 1.00pm—3.00pm

Practical Power of Attorney— with Co-op Legal

Wednesday 3rd December 6.00pm—7.30pm
Tynemouth Scouts HQ, NE30 1NQ

60 Minute Essentials—Heart and Mind

Thursday 4th December 6.00pm—7.00pm
Online Event: Microsoft Teams

Supporting Adults with Autism

Wednesday 10th December (Time to be confirmed)
Online Event: Microsoft Teams

More Info
Visit:

northtynesidecarers.org.uk

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