

NEWSLETTER

PRODUCED BY THE PATIENT PARTICIPATION GROUP FOR SALTSCAR SURGERY



DRY JANUARY[®]
by Alcohol Change UK

The Dry January[®] challenge is an accessible, convenient and free way to improve your health and wellbeing and save some money at the start of each year.

Healthier drinking - happier relationships

1. Talk it over

If something is playing on your mind, talk things through. Don't wait until one or both of you has started drinking.

2. Pay attention to your feelings and behaviour

Recognise the situations in which you tend to drink more than you would like and how that impacts on your mood and that of those around you.

3. Keep track of your drinking

Use a free app like [Try Dry](#) to keep track of your drinking and set goals to help you cut down.

4. Find ways to support each other to cut down

Finding ways to support each other to cut down can help you reset your relationship with alcohol

5. Take a break from drinking together

Taking a few days off alcohol every week or taking an extended break like having a [Dry January](#) can be a great way to cut down and give your body a rest.

6. Ask for help

Ask for help if you feel you need it, or if you're worried about someone else's drinking. Talk to your GP or your local alcohol service, or visit the Alcohol Change UK website to find out more about getting support.

The Urgent Care Centre (UCC) at Redcar Hospital, West Dyke Road, Redcar, TS10 4NW is open from 8am until midnight each day.

If you have an **urgent** medical problem, You are advised to contact NHS 111 to make an appointment to attend your local centre However, if you have a minor injury, no appointment is needed, simply walk in. Your local urgent care centres operate seven days a week, 365 days a year.

You will be assessed and treated by a doctor or one of their urgent care practitioners, who treat a range of minor injuries and illnesses such as:

- Strains and sprains
- Suspected broken limbs
- Minor head injuries
- Cuts and grazes
- Bites and stings, minor scalds and burns
- Ear and throat infections
- Skin infections and rashes
- Eye problems
- Coughs and colds
- Feverish illness
- Abdominal pain
- Vomiting and diarrhoea
- Urinary tract infections

They also treat children with minor illnesses such as fever, rashes and earache



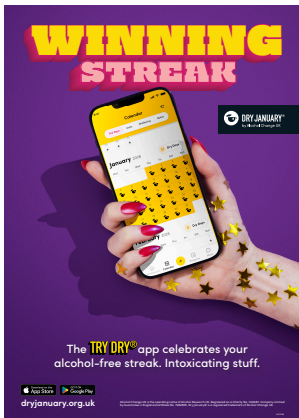
Image by rawpixel.com on Freepik

The 'Urgent Care Centre'[UCC] at James Cook University Hospital is Open 24 Hours a day – every day

The new care centre is situated next to the **James Cook Major Trauma A & E**, very near the hospital entrance on **Marlon Road, Middlesbrough, TS4 3BW**. This enables A & E staff to re-direct those who are not in need of A & E services to the UCC

You may be dealt with quicker at Redcar, as fewer people attend.

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



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

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

www.carerstogogether.co.uk



MOVEMBER 2025

Movember campaigns have reached millions worldwide, improving men's health awareness, knowledge and skills.

Movember implemented Health Promotions Campaigns to address

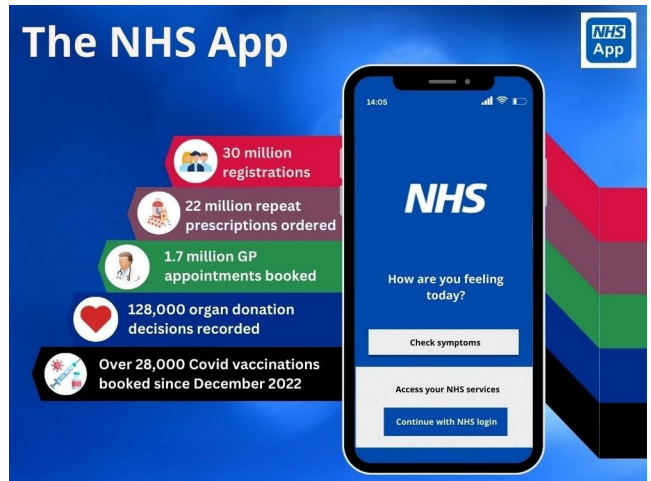
- **Mental Health**
- **Testicular Cancer**

for Boys, Young Men , Adult Men, Older Men in AUSTRALIA CANADA UK US NEW ZEALAND IRELAND

By helping men to

Build Resilience and Strengthen Connections

Donate if you can.



You can no longer hand in repeat prescription requests at the surgery. Order online and then collect the items at your local pharmacy.

How to register for the NHS App

Getting Started

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the [Google play](#) or [App store](#). You can also access the same services in a web browser by [logging in through the NHS website](#). Ask a staff member for the 'Getting started with the NHS App' leaflet or visit nhs.uk/helpmeapp

The App makes it simple to:

- order repeat prescriptions and nominate a pharmacy where you would like to collect them
- book and manage appointments
- book and manage COVID-19 vaccinations
- register your organ donation decision
- use NHS 111 online to answer questions and get instant advice or medical help near you

IMPORTANT

Make sure you order your medication in good time before Christmas and New Year

We don't know the chemists who will be open for the festive period, however we will put this information on the surgery front door windows and website once available

Christmas and New Year opening



Image by Freepik

The surgery will be closed



Image by Freepik

From Christmas Day 25th December to Monday 29th December and on New Year's Day 1st January

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

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