

North Tyneside Patient Forum Newsletter Autumn 2024



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We would like to know how we can make this newsletter better. Please fill in this short survey by 1 December:

<https://eu.surveymonkey.com/r/NorthTynesideNewsletter>

If you have any queries or if you would like to get involved in the North Tyneside Patient Forum, please get in touch. We are always keen to hear from people with a passion for healthcare and a sense of local community. For more information please contact necsu.icb.involvement@nhs.net or phone Jo on 0191 2172806.

Have your say! Come to a meeting with the North Tyneside Patient Forum

Friday 11 October from 2:15 - 4pm.

We will talk about-

- the proposed changes to emergency care at Northumbria Healthcare Trust. They want to make sure people get the right care in the right place. They also want to make sure people don't wait so long for care.
- how the health service in the North East works with people who live here. We will talk about the new Involvement Strategy for the Integrated Care Board. That is the organisation which plans and pays for services in our area.

You can come in person. We are meeting at hospital in Cramlington. Or you can join online using Microsoft Teams. You are welcome if you live in North Tyneside or Northumberland. Come if you want to have your say about healthcare services.

Please contact Jo Whaley if you would like to come. Or if you have any questions.

Email- necsu.icb.involvement@nhs.net
Phone- 0191 2172806

Our Future Health-research

You might have had a letter through your door from Our Future Health. It aims to be the UK's largest ever health research programme. It is designed to help people live healthier lives for longer through the discovery and testing of more effective approaches to prevention, earlier detection and treatment of diseases.

Our Future Health is inviting millions of people, from all backgrounds across the UK to take part. Volunteers are asked to provide information about their health and lifestyle to create a detailed to help understand what makes people more likely to develop a disease. It will help us know what to look out for before any symptoms appear. Our Future Health has the potential to help to develop better approaches to both prevention and treatment.

You can learn more about the programme and who can take part on the website:

<https://digital.nhs.uk/services/nhs-digitrials/how-we-invite-people-to-join-the-our-future-health-research-programme>

Help for your mental health at NT Life - Recovery College

NT LIFE Recovery College aims to improve the mental health and wellbeing, of adults (18+) in North Tyneside. Activities and courses are designed and delivered by staff and volunteers with lived experience of mental health - peer trainers. So far this year 169 people have come to the college, 1498 times! And it's all free! Courses are run in different places around North Tyneside.

The Recovery College helps people gain confidence, capabilities, coping strategies and achievement of personal goals. This is what participants say about it:

"It's the only thing that's ever helped me to be honest."

"Since I've been coming along I feel a massive change ... it helps with everything."

"It's one of those places that you can just be yourself and changes happen"

Take a look at what is on: <https://voda.org.uk/NTLProspectus>

There's a simple form to fill in to tell them you're interested in going along: [expression of interest form](#).

If you would like to find out more please visit the webpage: <https://voda.org.uk/our-projects/ntlife/> or phone VODA on 0191 643 2626.

Mental health recovery college for young people: Discover Me

DiscoverMe could be the place for you if-

- You're aged 16-25
- You want to learn new skills and have fun
- You want ideas to understand and look after your mental health

[DiscoverMe](#) is a mental health recovery college for young people. It is a safe space. You can explore your interests, express yourself, and grow your confidence. You'll meet other likeminded people. You can also volunteer, if you'd like to get experience in helping others.

Find out more on their website: <https://voda.org.uk/our-projects/discoverme/> or phone VODA on 0191 643 2626.

Mental health support for veterans

There is a mental health recovery college for veterans and their families in North Tyneside. It is based in Wallsend at Anxious Minds. They offer practical support, groups, workshops and services such as counselling.

[Find out more about support for veterans and families at Anxious Minds](#)

<https://www.anxiousminds.co.uk/veterans-mental-health-north-east/> or phone Anxious Minds on 0191 308 4030

A new vaccine for Respiratory Syncytial Virus (RSV)

RSV is a common cause of coughs and colds. RSV is spread in the coughs and sneezes of someone who has the virus.

Infants under one year of age and older people are at the greatest risk of getting very ill. It can cause serious illnesses like pneumonia in older people and bronchiolitis in babies.

From 1 September, two groups of people can get vaccines for RSV:

- older adults aged 75-79
- people who are at least 28 weeks pregnant.

Find out more online at: <https://www.gov.uk/government/collections/respiratory-syncytial-virus-rsv-vaccination-programme>

Flu and Covid vaccines

Vaccines give the best protection against serious illness and hospitalisation from Covid-19 and flu. If you are at risk, please 'be wise, immunise'. Book an appointment as soon as you can to make sure you are fully protected this winter.

You can have a flu vaccine this year if you are:

- pregnant,
- a child aged 2 or 3 years on 31 August 2024,
- a school age child (from reception to Year 11),
- a child in a clinical risk group aged from 6, months to under 18 years.

Then from 3 October, you can get Covid-19 vaccine and flu vaccine if you are:

- age 65 years and over,
- age 18 years to under 65 years in clinical risk groups (as defined by the Green Book, Influenza Chapter 19),
- a long-stay residential care home resident and staff, carer, and close contact of immunocompromised people (flu only)
- a frontline health or social care worker.



What to ask in a health appointment

You should be involved in decisions about **your** healthcare. You should make decisions with your clinician. This is sometimes called shared decision-making. This makes sure that your treatment is right for **you**. You and your clinician should talk together to make decisions about treatment.

The conversation brings together:

- the clinician's expertise: treatment options, evidence, risks and benefits
- what you know best: your life, history, goals and beliefs.

It is useful if you think about you want out of an appointment **before** you meet your doctor.

Three useful questions to ask during any medical consultation are:

- What are my options?
- What are the benefits and possible risks?
- How likely are these risks and benefits?



Ordering Repeat Prescriptions

Remember to order your repeat prescriptions in good time!



It helps you to stay well. It also reduces pressures on pharmacies and GPs. There are different ways to order repeat prescriptions, you can-

- use your GP website
- use the NHS App on your smart phone
- pop in and talk to your GP reception staff
- some pharmacy delivery services can order repeat prescriptions for you. Some GP practices have a (dedicated) prescription phone line- this varies

In an [emergency you can order a prescription](#) by

- using 111 online
- going to a pharmacy
- going to an urgent treatment centre
- calling your GP

More information about how to order a prescription in an emergency-
<https://www.nhs.uk/nhs-services/prescriptions/emergency-prescriptions/>

First aid- adults and children

Incidents usually take us by surprise, so it is worth knowing about first aid. You could save a life!

The [NHS website](#) describes what you can do for different incidents, from burns to choking or finding someone unconscious. <https://www.nhs.uk/conditions/first-aid/>

For children and young people, [The Little Orange Book](#) has lots of practical information for to help with common childhood conditions. It gives first aid advice for babies and children, often different from advice for adults.

https://northeastnorthcumbria.nhs.uk/media/fy4fcnyj/lob_booklet_24_v1-5.pdf

For life threatening emergencies- phone 999.

NHS A-Z of Health

This site takes you to trusted information on a vast range of conditions, symptoms and potential treatments.

<https://www.nhs.uk/conditions/>

Would you like to help improve local NHS services?

You can join the North Tyneside Patient Forum. It is a great way to give feedback and encourage positive changes.

We want to hear a wide range of views. We have members who are new mothers, those who have caring responsibilities for older relatives and people who are managing long-term conditions themselves. You're welcome as long as you live in North Tyneside.

The Forum meets for two hours, up to six times a year. You can attend as many or as few meetings as you want. Meetings are usually on Microsoft Teams.

If you'd like to get involved or if there are any topics you'd like us to look at in the newsletter, please tell us on necsu.icb.involvement@nhs.net