

TyneHealth is the GP Federation for all 29 GP practices in North Tyneside. We want the people who live here to be happy and healthy, and we work to deliver primary and community care to achieve this.

North Tyneside is an OUTSTANDING healthy community. As well as the five OUTSTANDING (CQC rating) GP practices in North Tyneside (the highest proportion in the whole of the North of England), all of the other GP practices are at least CQC rating Good, and our hospitals and mental health trust are also Outstanding.

North Shields Time Swap

North Shields Time Swap was launched in February 2017 in partnership with Age UK North Tyneside and Collingwood Health Group.

It's a Timebank. Timebanking is a form of mutual volunteering. For example – Liz helps Sarah clear her garden as Sarah has a health condition meaning she can't bend down. Liz is then asks for help with DIY in the home from Craig. Craig, who is unemployed and looking to build his confidence through helping others, can then get help with his literacy from Mary a retired school teacher. Mary lives alone and cashes in her time credit by joining a Timebank social group organised by Sarah.

Timebanking shifts the focus from people's needs to people's skills. The project gives someone an opportunity to feel helpful and give something back to their community whilst also getting help themselves. You know how good this makes you feel, and the research ("The Blue Zones: 9 lessons for living longer" by Dan Buettner) shows that you will probably live happy for longer. It improves your wellbeing and independence and reduces your reliance on traditional health services such as their GP.



The people who are in the project are not referred to as volunteers, they are called 'members'. This is because of the reciprocal element of timebanking and to encourage ownership of the project and coproduction. This also helps to recruit people who would not normally be interested in 'traditional' volunteering roles. This is apparent in North Shields Time Swap as over half of our members stated that they are not currently a member of a community group or participating in voluntary action.

Half the 'Members' are male which is higher than in other voluntary organisations, and there is a good variety of ages with a third being under 50. If you would like to be a part of this then contact Emily (below) – you don't need to be referred in. We're hoping to put a Time Swap into Wallsend over the next 12 months, as well.

Some examples of activities the members have done so far are -

- Garden clearing
- Fixing blinds
- Household DIY
- Short walks together
- Advice and support meetings
- TV fixing
- Holistic therapies
- Cooking
- Allotment maintenance

If you would like any more information please contact the Time Swap Coordinator – Emily Sinclair at hello@time-swap.co.uk or call **0191 280 8480**.

Contacting TyneHealth Federation

Hugo is Chief Executive, and you can reach him on hugo.minney@nhs.net, and Claudia Kern is Administrator on Claudia.Kern@nhs.net.

We're based at Monkseaton Medical Centre and you can phone **0191 252 1616** Option 4 to reach us (although I'll apologise in advance that we're often in meetings with CCG, Council, Partners and other organisations).

How to make best use of NHS?

NHS is an outstanding organisation – it's the jewel of the United Kingdom and the envy of the world. But you still need to use it properly to get the best results.



Therefore we're asking secondary schools in North Tyneside to put aside 30 mins in one of their PHSE lessons to discuss this, and invite a local GP to speak

- What is an EMERGENCY, and when to go to A&E and/or call for an ambulance. And what to do to keep a person alive whilst waiting, plus how to get training to do this properly
- What to use your GP practice for, and what to use your pharmacy for
- When you shouldn't even ask for a prescription – remember, that box of paracetamol that costs you 16p will cost NHS over £8 because of the paperwork
- What you can (and should) look after at home. A virus is best cured with rest and recuperation – antibiotics won't make any difference. But if you are in an 'at risk' group, a flu tablet may make you feel better.
- What's the difference between a GP surgery, the district nurse, school nurse, health visitor, and hospital.
- Your rights as a young person. Yes, you CAN see your GP without your parents, and you CAN take a friend.
- How confidential is your medical record? Essentially, nobody can see it without your permission unless a law has been broken or there's a serious risk of future harm.
- What if you want to become a Doctor or Nurse or Psychiatrist? TyneHealth can help you get some experience to get you started (outside of North Tyneside of course, to protect confidentiality of your friends and relatives!)

Who is TyneHealth, and who do you Contact?

TyneHealth is a members' association, supporting your local GP Practice to deliver care "further upstream" – in other words, we want to keep people well so they don't need to come knocking on our door. We develop new pathways, both for care and for well-being, and we bring more resources into General Practice so we can deliver your care more effectively closer to home.

Our board includes representatives from each of the four "localities" (the four parts of North Tyneside you get if you divided North Tyneside using the Coast Road and A19). Including at least 1 GP from each locality, and one other.

TyneHealth is also involved with the medical research carried out with patients in North Tyneside, and the staff education and Continuous Professional Development (CPD), and with HealthWatch, the Community Health Care Forum, many organisations in the voluntary sector, and the Local Authority.

Board Members (and their GP practice)

- Dr Kerry Burnett (Chair) (Park Road)
- Dr Jane Derry (Collingwood)
- Karen Iliadis (Portugal Place)
- Sylvia McKeag-Smith (Marine Ave)
- Les Miller (Appleby)
- Lin Murray (Lane End)
- Dr Jake Pearson (Whitley Bay)
- Hugo Minney (Chief Executive based at Monkseaton)