

GREYSTOKE GAZETTE

ISSUE 58

MAY-JUNE 2015

Carers Week, 8th – 14th June 2015.

Raising awareness of the 36,000 carers across Northumberland
This year Carers Week is themed around Building Carer Friendly Communities. As part of our commitment to carers all year round, and in partnership with Carers Northumberland, Greystoke Surgery is offering monthly 'Carer Clinics' in our waiting area. Staff from Carers Northumberland will be on hand to help you find out about carers rights, offer emotional support and let you know about what is available to help in your caring role, such as the Carer Support Fund, the Carer Emergency Card, and local group support. Our next clinic will be Tuesday 30th June, between 9.15am – 11am.



Are you a Carer? Or do you care about carers? Can you help Carers Northumberland with their Carers Week Campaign? We are asking carers across Northumberland and beyond to have their picture taken outside of Northumberland landmarks, in their local community, or even in their garden. Holding a sign saying 'I'm a carer!' or 'Who cares? I care!' The images will be used to promote carers week and Carers Northumberland, our aim is to reach as many carers as possible and let them know about the support services on offer.



If you'd like to take part tag Carers Northumberland in your photo on Facebook, tweet @carersnorthumb using the #imacarer or #whocaresicare. You can also email the photo to info@carersnorthumberland.org.uk

Staff News

In the last 2 months we have had to say goodbye to 3 good friends.

Dr Rhiannon Dovey has moved to a practice in Durham and has recently e-mailed us with the good news that she is pregnant. We are delighted to welcome back Dr Fiona Smith to take her place and cover Dr Hannah Marshall's maternity leave.

Linda Gray had been with us for many years as a receptionist and member of the computer team. She is now enjoying a well earned retirement. We saw her off in style at The Sun Inn where we all wore masks and a variety of headgear.



Practice manager Jonathan Bradley has also retired. During his time with us he became a Fireman on The North Yorkshire Railway and is now training to drive. He invited us all for a journey on one of their steam trains to say farewell.

A message from Anne Shilton, Community Support Officer:



Action on Hearing Loss (previously RNID) offer a hearing aid support service each month at Greystoke, which is open to everyone (not just Greystoke patients). It takes place on the 1st Wednesday of each month, 2.00 – 3.30 pm. As a drop-in, it's run on a 'first come, first served' basis so please sign in at reception, on the clip board. The service offers re-tubing (which should be done every 6 months or so) and batteries for NHS hearing aids. These are simple tasks that we can do quickly. We can offer information about hearing loss to everyone too and give some ideas about equipment, such as phones or loop systems. Please pass on the information – this is one of those 'use it or lose it' services! We also run a drop-in at St James Church in Morpeth each month too. Further information, please contact Anne on 01670 513606 or at heartohelp.northoftyne@hearingloss.org.uk.



Hayfever sufferers

All the evidence shows that if you start your anti-histamines, sprays and drops before your hayfever develops you will achieve much better control of your symptoms throughout the hayfever season. Tree pollens have been in the air for a few weeks already. If you are sensitive to grass pollens you should start your medication now.

My House of Memories - Helping people with Dementia

Free App from National Museums Liverpool

My House of Memories is a project and app from The National Museums Liverpool developed to help carers and health and social providers deliver a positive quality of life experience for people living with dementia. The app allows you to explore objects from the past and share memories together. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers.

Instructions on how to download the app are on their website.

www.liverpoolmuseums.org.uk/learning/projects/house-of-memories/myhouse-of-memories-app.aspx



Get Active Northumberland 5-13 years



Are you worried about your child's weight? Get Active Northumberland offer fun, friendly physical activity and healthy lifestyle sessions for you and your child. The sessions run for 9 weeks and are held after school. You can self refer using the contact details below or talk to your

nurse or GP. Tel: 01670 784183, or e-mail: gan@nct.nhs.uk



Bladder Problems

People of all ages can experience bladder control problems, yet many people keep it a secret for years. Bladder problems are not an inevitable part of getting older, or something you have to put up with. Bladder problems are common so there's no need to feel embarrassed. Please tell your doctor or nurse who will assess your symptoms, identify the cause, and discuss what treatments or exercises may help. There are things you can try that may help improve your symptoms too. Drink normally, as cutting down on liquids will usually make urinary incontinence worse, not better. If you notice that tea, coffee and fizzy drinks make your symptoms worse, cut down or try decaffeinated versions.

