

GREYSTOKE GAZETTE

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Practice News

A new role for Dr Glennie

We are delighted to announce that Dr Glennie has been elected by his fellow GPs as chair of Northumberland Local Medical committee. A Local Medical Committee (LMC for short) is a statutory body recognised by NHS acts as the professional organisation representing all General practitioners working in the area that it covers. In his new role he will work alongside the other committee members supporting primary care and negotiating on their behalf with other NHS organisations. Protecting the interests of GPs across Northumberland is a crucial part of maintaining and improving the high quality of primary care that is offered across the local NHS. This new role will unfortunately mean he is away from practice at different times through the week but there will be no reduction in appointments thanks to the appointment of our new partner Dr Hannah Marshall.

A change to how you order repeat medication and arrange your checks with the practice nurses.

We have decided to introduce a new system for repeat prescriptions and Long Term Condition appointments which, we believe, will be more efficient and reduce the number of telephone calls you have to make.

Your doctor will review your results from your Long Term Condition check with the nurse. If they find everything is in order they will send a batch of prescriptions for your regular medication to your pharmacy which will last until your next check is due with the nurse.

When each prescription runs out you do not need to ring the surgery, simply go straight to your pharmacy who will have it ready. Your pharmacist will tell you when they have given you the last prescription in the batch. You then need to ring the surgery and arrange for your check with the nurse 1-2 weeks before this last prescription runs out. This will give us time to review your results and issue the next batch of prescriptions. You will no longer be sent letters advising you to make an appointment with the practice nurse.

Any medication which is not taken on a daily basis and used as required e.g. painkillers will still need to be ordered by telephoning the prescription line.

If you are not on any repeat medication you will continued to be sent letters of invitation. This will also be the case if your doctor feels action needs to be taken when they review your results; they will ask a receptionist to telephone you to explain what needs to be done.

If you have any questions or concerns about this process please do not hesitate to speak to your pharmacist or telephone the surgery and ask to speak to a member of the medicines management team.

Patient Participation Group News

The Patient Participation Group are pleased to advise that a response has been received from Northumberland County Council advising that they are in the process of introducing interim safety measure at the T-Junction onto Dark Lane. This will consist of *'upgrading the existing junction warning signs onto yellow backing boards and providing SLOW road markings adjacent to the signs in either direction to help emphasize to motorists, the presence of the junction. The existing 30mph road marking roundel as you enter Morpeth will also be overlaid as well as the side road junction give way lines and associated warning lines. We expect that these works will be able to be carried out within the next few weeks'*.

The PPG will continue to press NCC to work towards a roundabout rather than a signalised junction, but we acknowledge that this issue isn't as straight forward as it would first appear.

A Patient's Perspective

A patient offered to write the following article. We think this is an excellent idea and would welcome any articles from patients which would provide insight for others and helpful tips on how to manage their illness. I would hope we can have a article in every edition. If you would like to provide a piece of writing please e-mail Jenni Dollman our practice manager at jenniferdollman@nhs.net or hand in a handwritten version to our reception desk. It would be helpful if you could give us your name so that we can liaise with you about any content we may feel needs amending but will publish it anonymised.

The Rollercoaster Ride - How One Patient Tries To Cope With Bi-polar Depression

I was diagnosed with this debilitating mental health disorder in my mid 40s, but the first symptoms began to be seen at the age of 18 to 19. I was at university at the time, and my mood would be swinging every few months or so from desperate lows in which I would neglect myself and my studies as well as avoiding company, to incredible highs where I would leave my studies and either write short stories (which ended up in a bin later) or head to the piano practice room. At the time I had no idea what was wrong with me: I thought I was probably just a bit strange!

This pattern of highs and lows, interspersed with passages of relative stability has continued ever since. By the time I was finally diagnosed, my own research at Morpeth library had led me to conclude that I probably was Bi-polar. Soon after I had the diagnosis from a professional to prove it.

In a high mood, your mind races with thoughts at 1000mph. This mental energy has to be directed into something positive. For me, doing abstract art as well playing musical instruments is often the best way to let out some of that electrifying energy. It is important to try to keep busy with something at these times: so it could be gardening, home decorating, playing a sport, writing poetry. Sleep can be difficult at these times, and some physical activity such as swimming or cycling can be a good way to burn up the manic energy, and sleep better too.

Cycling works well for me in more than one way. If I am very high then a good bike ride round the country lanes of Northumberland will bring that high down a few notches. But equally, when in a very low mood, cycling, and other similar physical activities, can lift a person out of that low to an extent. I have coped a little better with the highs and lows since starting to cycle regularly. Given the British climate, many indoor sports are a great option too.

When in a very low mood, something like a bike ride can seem too much, but you can still at least go for a walk in the local park. During the low phases, creative activity tends to be harder for me, and it may well be that some social contact with other people is crucial on these occasions. Joining an art group some years ago, at a time when I was very low indeed, did me a great deal of good. Occupational Therapists are the best people to advise the Bi-polar sufferer on local options in these areas.

The website of the charity Mind, www.mind.org.uk/Bipolar has an excellent section on this disorder, including recorded testimonies from people affected by it.

A Greystoke Patient



The Memory Café

Commencing on the 19th May a Memory Café is running in the Coffee lounge at the Morpeth Methodist Centre on Howard Terrace. It is for people with memory problems or dementia, and their family and friends. It will run from 10.30 to 12 midday on the 1st and 3rd Thursday of every month. There is no need to book, just drop in for a chat, to pick up information and to enjoy some social time with others in a similar situation. For more information contact the church office on 01679 511078 or e-mail office@morpethmeth.org

