

GREYSTOKE GAZETTE

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Photographs in our corridors

We commissioned a local photographer Graham Taylor (www.Lusterprint.com) to take these photographs. It took a while for the building owner to hang them; but they were worth waiting for and we hope they make your trips down our long corridors more interesting and less impersonal. There is a lovely photograph of the old Greystoke building at the start of the corridor next to reception. The rest are a selection of Northumberland Castles and Morpeth landmarks.

Priority treatment during power cut

We hope you will never need to use this service but thought it could be lifesaving if we have a severe winter and prolonged power cuts. Northern Powergrid offer a service database for customers who feel they are particularly vulnerable and would benefit from receiving priority treatment during a power cut. Once you register you will receive a welcome pack with tips about energy saving and advice about how to prepare for a power cut. You will also be given a priority phone number to connect you to trained customer care staff able to provide information as to the length of time the cut may last and in critical circumstances, arrange for the British Red Cross to provide additional support.



The register is open to the following groups:

- Fully electrically dependant customers
- Customers that have long term or temporary critical medical conditions
- Customers that require different methods of communication
- Customers that may have other long-term or temporary support requirements.

To order the registration form call Northern Powergrid on 0800 169 2996 or textphone 0800 028 957 or register online at www.northernpowergrid.com/priority

Contact numbers for other emergency power services are:

- Natural gas 0800 111 999
- LPG see telephone number on the bulk storage vessel or at the meter. Cylinder supplies: See gas supplier emergency contact details in the local telephone directory.
- Oil and Biofuel : Oil firing Technical Association call 0845 65 85 080
- Solid fuel and Biomass: Heating Equipment Testing and Approval Scheme call 0845 634 5626.

Caring for
someone with
dementia

A practical guide to help you



Caring for someone with Dementia A guide from Age UK

If you're caring for someone with dementia, or with symptoms that suggest dementia you may be wondering what to expect as the illness progresses, and where to turn for help. This guide takes you from getting a referral to a memory clinic, through talking to family and friends about the diagnosis, joining a carers' group, useful contacts and more. The guide can be viewed or downloaded from the Age UK website:

www.ageuk.org.uk/Documents/EN-GB/Information-guides/AgeUKIG47_caring_for_someone_with_dementia_inf.pdf?dtrk=true
Or ring 0800 169 6565



Prostate Cancer Testing

The USA and UK have recently updated their expert guidance on testing for prostate cancer using the PSA blood test. The advice is based on research involving hundreds of thousands of men over many years. Both the USA and UK are now recommending we DO NOT screen men at any age for the following reasons:

- The test is unlikely to prevent you dying from prostate cancer over the next 10-15 years or help you live longer
- Elevated PSA levels are common and lead to additional test which can be harmful
- PSA testing finds cancers which may never have caused problems; but once found it is hard not to treat it.
- The treatments can result in significant side effects, impotence and urinary incontinence.
- By choosing to not have a PSA test you can have a similar length of life and avoid the potential harms of tests and treatment.

For every 1,000 men who are screened with a PSA test:

- 1 death is prevented
- 100 receive false positive results which will need a prostate biopsy (multiple needle samples taken from the prostate which can have significant complications)
- 100 will be diagnosed with prostate cancer and receive potentially harmful treatment they most likely never needed

Private foster care arrangements

If you are aware of a privately arranged care situation for any child in Northumberland, Northumberland County Council is asking parents and carers to get in touch with their local children's service office for support and guidance. There are lots of reasons why a parent might ask somebody else to look after their child, some examples are:

- Children coming from abroad to access education and health systems
- Children living with a friend's family after separation, divorce or arguments at home
- Teenagers living with the family of a boyfriend or girlfriend
- People who come to this country to study or work, but anti-social hours make it difficult for them to care for their own children.

Private fostering describes an arrangement that lasts for 28 days or more, where a child is cared for by someone who isn't a close relative of the child. By law, parents and carers must notify local authorities of any private fostering arrangements. Notifying the local council of a private fostering arrangement, helps to keep the child and family protected and also can provide the family additional support that they would otherwise not have received from their local council.

For further information or to get details of your local Northumberland office please call 01670 623 978 or email client.relations@northumberland.gov.uk

Morpeth Health Walks

Active Northumberland and Walking for Health organise Health Walks throughout Northumberland. The Morpeth walks take place every Tuesday meeting at the corner of the leisure centre next to Elliott Bridge at 10.30am. There are 3 levels lasting 30, 60 and 60-90 minutes. If you would like to

walk further there are also progression walks which cover about 6 miles and last 2 hours or longer. Contact the Health Walks Co-ordinator on 01670 623543 or 07860 504763

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