

GREYSTOKE GAZETTE

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Increase in suspected mumps cases in North East

There has been an increase in the number of cases of suspected mumps reported in areas of the North East during 2017. Since March 2017 between 19 and 30 suspected mumps cases of have been reported per week across the North East, compared to 12 cases per week usually reported at this time of year. In the week commencing 15th May 2017, 61 suspected cases were notified increasing to 118 notifications during the week commencing 22nd May 2017. If your child has not had 2 MMR injections and you would like them to do so to protect them please speak to our practice nurses.

The MMR vaccine



Emergency SMS

By sending an SMS text message to 999, deaf, hard of hearing and speech-impaired people can call for help and the emergency services (police, ambulance, fire rescue, or coastguard) will be able to reply. You need to register your mobile phone before using the emergency SMS service:

1. Send the word 'register' in an SMS message to 999
2. You will then receive SMS messages about the service
3. When you have read these SMS messages reply by sending 'yes' in an SMS message to 999
4. You will receive an SMS message telling you that your mobile phone is registered or if there is a problem with your registration

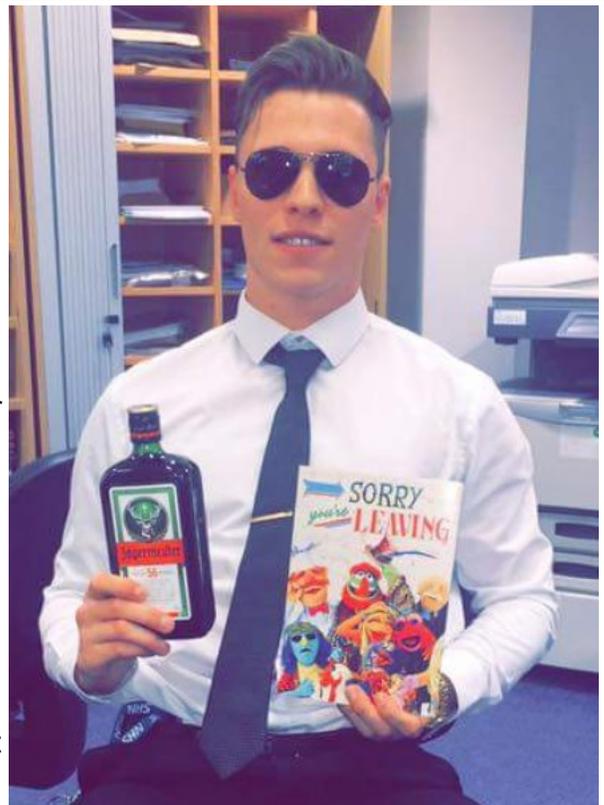
More information is at www.emergencysms.org.uk or you can view/download their leaflet at: www.emergencysms.org.uk/files/3649_esms_6.pdf

Staff News

Sadly we said goodbye to **Chris Herron** who has fulfilled a dream by being accepted into the Royal Navy. We will all miss his fun, positive attitude and I know many of our patients will miss his happy face and helpfulness on the reception desk.

Dr Hannah Marshall has now left for her maternity leave and we wish her all the best for the big event. In July and August her surgeries will be covered by 2 very experienced GPs who have been doing locums for us recently, Dr David Brown and Dr Karen Hutchinson.

We are delighted to be able to tell you that from August Dr **Graeme Denman** has agreed to cover the remainder of her maternity leave and then in 2018 become our 7th partner. Graeme was one of the best registrars we have had in recent years and I am sure many of you will remember him as we always got very good feedback from patients. I will get him to write a few words in the August Gazette to update you on what he has been up to since he left us.



Below are 2 messages from Northumberland CCG we have been asked to share with our patients.



Do you really need paracetamol on prescription?

The NHS in Northumberland spent £860,000 last year on a product easily bought in pharmacies, high street shops and supermarkets.

This is the equivalent of:

-  29 community nurses
- OR
-  57 drug treatment courses for breast cancer
- OR
-  122 hip replacements
- OR
-  853 drug treatment courses for Alzheimer's
- OR
-  887 cataract operations

Your community pharmacy can advise on common minor illnesses. The NHS belongs to YOU, use it responsibly.

 @NHSNlandCCG
  NHS Northumberland CCG



BE SELF CARE AWARE

Speak to your local pharmacist about stocking up on your medicines cabinet to treat common conditions for you and your family. The following medications can be purchased from pharmacies or your local supermarket and are generally cheaper than buying them on prescription.

- Allergy medicines
- Simple pain killers like paracetamol and ibuprofen
- Sore throat, coughs, and cold medications
- Heartburn and indigestion remedies
- Pile (haemorrhoid) treatments
- Anti-diarrhoea medication
- Rehydration salts
- First aid kit
- Thermometer

By keeping a selection of essential medications at home you can treat common conditions in a timely manner, avoid unnecessary trips to see your doctor and/or even visits to the A&E department.

For more information on treating common conditions go to:

<http://www.nhs.uk/Livewell/Pharmacy/Pages/Commonconditions.aspx>

For more information on what to keep in your medicine cabinet go to:

<http://www.nhs.uk/Livewell/Pharmacy/Pages/>

Child Online Safety

Many young people are sophisticated in the way they use social media apps and websites, tailoring their communication for different audiences, and accessing them from a range of devices including smartphones, tablets, and games consoles. But social media, like all forms of public communication, comes with some risks. Not all of these risks turn into actual problems; and if children never face any risks, they never learn how to deal with them. By helping your child understand what the risks are, you can play a big part in preventing them from turning into problems.



Practical tips to help minimise the risks your child might face

It's good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe your child will be when using them. Work through **safety and privacy features** on the apps that your child is using, or might use. Make sure they understand the point of these and how to use them. Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage. **Ask them to show you** which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging. **Explain** how you can use privacy settings to make sure only approved friends can see posts & images. Check if any of their apps have '**geo-location**' enabled, sharing their location unintentionally. Show them **how to report** offensive comments or block people who upset them. **Check 'tagging' settings** so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos.

Encourage your child to come and talk to you if they see anything that upsets them.