

GREYSTOKE GAZETTE

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Staff News

David and Trish Ridley

It was so hard to say goodbye to David and Trish Ridley at the end of July; they are going to be greatly missed but we wish them a long, happy and well deserved retirement. This is a photo of them receiving a picture of Old Greystoke from the PPG on their last day



Dr Jo-Anne Shaw

Our new partner introduces herself below:

I am really looking forward to joining Greystoke in August. Having qualified in 2000, I commenced GP training in Yorkshire before moving to Northumberland with my husband Matthew. We now have 3 lovely children and a small-holding in Hexham. I enjoy all aspects of general practice, especially elderly care, palliative care, women's health and urology. When not working you will find me clipping sheep, gardening or walking in our splendid countryside.

A Message from Dr Hannah Marshall

I wanted to encourage anybody who wants to be fitter but doesn't know how to have a look at the Couch to 5K programme. It is a free 9 week programme created by the NHS which you can access by downloading their app or by going to the NHS Choices website. There's a choice of 5 celebrities to guide you through the runs and you build up gradually. In week one you only run for 60 seconds at a time, with walking in between. They give you tips and encouragement, and you can listen to your own music at the same time. I was recently inspired to give it a go in order to try and get in shape after the birth of my second child. I was sceptical – whenever I've tried running before I would despise every second of it and give up after a couple of runs. However with the Couch to 5K app I've now been running regularly for 3 months and (almost) look forward to my runs. I feel fitter, happier and more confident and am looking forward to doing my first Park Run with our super fit, marathon running nurse Jilly! You don't need any special kit and can do it anywhere, at any time, so it's much easier to fit in around work, children and other commitments than other sports.



My top tips for beginner's running are:

- Pace yourself – if you try and go too fast you'll feel awful and get disheartened.
- Tell people you're doing it – knowing that they'll ask you how you're getting on with your runs will encourage you to keep going to avoid the embarrassment of telling them you've given up, and they might even want to join you on a run!
- Don't worry if it takes you longer than you'd thought – fitting 3 runs in every week can be a challenge and any exercise is better than no exercise.
- Consider using a tracking app (such as Strava) to time yourself, it's really encouraging to see the progress you're making.
- Set yourself a target and reward – my treat for completing the course was a pair of new trainers and a big box of my favourite chocolates.

Self-management enables patients to manage the physical, emotional and social impact of ill health resulting in improved outcomes and experience particularly in those with long term conditions.

About 50,000 organisations produce health and social care information for the public in England, and some people can feel overwhelmed by the volume of material and be unsure what to trust.

The Information Standard has been introduced to fulfil the need for a "quality filter" to help people decide which information is trustworthy. It provides a recognised "quality mark", which indicates that an organisation is a reliable source of health and social care information. Examples of self-management resources we find useful are: NHS choices, www.selfmanagementuk.org, paintoolkit.org/tools, healthtalk.org/ and active 10 walk tracker



Booking Appointments Online

Using System Online you can book a telephone consultation and request repeat prescriptions online. You will need to register for a special access number and password and you must be 18 years old. To register visit the surgery reception and complete the necessary paperwork. You will need to bring with you 2 pieces of identification one showing your registered address and one showing a recent picture of yourself. When you are registered the online system can be accessed from the home page of our website by clicking the System Online Button on the righthand side of the home page. Please note, when booking an online telephone consultation, the time you choose is not the time you will be rung, you will be phoned back by the doctor some time during that same morning or afternoon. There is a free text option to add comments e.g a time frame in which you can answer the telephone which the GP will try to do if at all possible, taking into account meetings, clinics and home visits which may be already booked

Carers Emergency Card

The Carers Emergency Card is available to carers registered with Carers Northumberland and offers peace of mind that, should something unexpected happen to prevent you being with the person you care for, temporary support can be put in place until longer-term arrangements are possible.

By deciding in advance what you and the person you care for would like to happen, you can ensure a speedy response if you're taken ill, the car breaks down or something else gets in the way of you being there when you need to be.

Carers Northumberland works with the British Red Cross to administer this free card.

You can now apply online for the carer at www.carersnorthumberland.org.uk

Or contact us on 01670 320025 and we can send an application in the post.



LifeSpan – Message from the PPG (patient participation group)

The PPG recently received a presentation to promote LifeSpan Charity.

The group welcomed Sheila and Sheila advised LifeSpan were a charity that had been in existence for 13 years, helping patients with life threatening and life limiting illnesses. LifeSpan attend to patients homes. They receive no central funding. Patients must be referred by a clinician via telephone and must be on the Practice palliative care register.

They offer: massages, head, and feet etc., Reiki, Hypnosis, Relaxation and Sound Therapy. They have counsellors, nutritionists and a befriending service. They carry these services out in patient's homes and hospices. They also extend to family members. To help raise funds, they have coffee mornings, auctions and an annual dinner. They use self-employed therapists and are based in Hexham. They cover a wide geographical area from the Borders down to Darlington. They currently have 231 patients on the books. They also help with bereavement counselling. This is all provided free to patients.

