

GREYSTOKE GAZETTE

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Dr Jane Elphick

After a long and wonderfully distinguished career we say goodbye to Dr Jane Elphick.

Jane has worked as a GP at Greystoke Surgery for over 30 years and has enjoyed a wonderful career treating thousands of patients over the years. There are many wonderful attributes that could be listed about Jane Elphick, but sadly the Greystoke Gazette is not long enough to list all of them. Above all, we will remember her positivity, kindness and compassion to both staff and patients, as well as her brilliant mind and superb clinical acumen.

We are certain that she will leave Greystoke with many fond memories but will certainly not be forgotten.

Jane plans to spend more time with her family as well as keeping the garden tip top, as well as taking a long overdue and well deserved holiday.

I'm sure that you will all join us all in wishing her all the very best for a healthy and happy retirement.



Dr Milly Jerram



We are delighted to have Dr Milly Jerram join the practice... here she is to introduce herself...

Hello! I am delighted to be joining Greystoke as a GP partner. I couldn't ask for a better team to be working with at this difficult and uncertain time, and I'm excited to have the opportunity to play my role.

As a local resident I know Morpeth is a wonderful place and I am honoured to be able to do my bit for the local community. I am originally from Yorkshire but came to Newcastle to train as a doctor in the 1990s. Having fallen for the North East, I settled up here and have been here ever since, apart from a brief spell working in New Zealand during my GP training. I then worked for many years as a GP in Gateshead, but moved to live in Morpeth in 2007 when pregnant with my first child and have been here since then.

I enjoy all areas of General Practice but have a particular interest in Women's Health. I hope to play an active role across all aspects of the practice though and look forward to meeting many of you in the coming months and years.

Living through a pandemic

These are strange and unprecedented times which provokes feelings of uncertainty and anxiety.

We would like to thank all our patients for their support and understanding during this extremely difficult and challenging period.

In situations such as these it is difficult to know what to do.

So here are a few helpful tips

1. Keep in touch with friends and family (using technology!)



2. Take your prescribed medication on a regular basis
3. Slow down and focus on the task at hand
4. Get a good night's sleep
5. Eat healthily
6. Exercise on a regular basis
7. Stop smoking and limit alcohol consumption
8. Make the most of things

9. Avoid too much news and social media

And a couple of requests...

1. Follow the national guidance on social distancing and shielding
2. Respect NHS staff and key workers who are doing an immense job
3. Wash your hands!



If you are struggling with managing at home and need support for basic things like food, and have been unable to get help from family, friends or local community groups, the council has set up a Community Response Hub as part of Northumberland Communities Together.



<https://www.northumberland.gov.uk/coronavirus/Northumberland-Communities-Together.aspx>

If you need immediate assistance:

Email: northumberlandcommunitiestogether@northumberland.gov.uk

Phone: 01670 620015 between 9am to 6pm, seven days a week.