

GREYSTOKE GAZETTE

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Update on Access

The situation with regards to access has been largely publicised in the news of late. It has been reported that Northumberland has the highest number of GPs per population, though it



was not publicised how many whole time equivalents this equates to. Unfortunately, despite this, General Practice is unable to meet the demand. Decades of underfunding and neglect as well as broken promises, reducing numbers of GPs, increased retirement rates and increasing patient numbers means that providing primary care has never been as challenging as before. With regards to making an appointment, aside from calling in first thing in the morning, you can visit the practice website and complete an eConsult or you can sign up for online appointments and make an appointment through your electronic device. The Greystoke GPs are working harder than they have ever done before with some working days now last-



ing in excess of 13 hours and clearing administrative paperwork on weekends. So we do apologise to all of you who are struggling to make that appointment, but would like to reassure you that we are all trying our very best.

HEALTHY EATING
RELATIONSHIPS
MENTAL HEALTH
SELF HARM
BULLYING
SMOKING
ALCOHOL
DRUGS

IT'S
GOOD
TO TALK...

BUT SOMETIMES
IT'S EASIER

TO TEXT...

WE HELP
STUDENTS
AGED 11-19
WITH
ALL KINDS
OF ISSUES

TEXT YOUR SCHOOL NURSE ON

07507 332 258

FOR **CONFIDENTIAL** ADVICE & SUPPORT

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually make it just for them. Your messages are stored and can be seen by other healthcare staff and follow the same confidentiality rules. We aim to reply within one working day and you should get an immediate source-back to confirm we received your text. There will not be any outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or send picture messages. We support messaging from UK mobile numbers and text-only does not include messages sent from landlines, international mobile numbers and some 'number reading' mobile apps. Please the school nurse from sending messages to you by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.

MEMORY CAFE

FOR PEOPLE WITH MEMORY PROBLEMS OR DEMENTIA AND THEIR
FAMILY AND FRIENDS.

COME ALONG FOR A CHAT, TO PICK UP INFORMATION OR TO
ENJOY SOME SOCIAL TIME WITH OTHER IN A SIMILAR SITUATION.

NO NEED TO BOOK, PLEASE JUST DROP IN

THE CAFE RUNS ON THE 1ST & 3RD THURSDAY OF THE MONTH
FROM 10.30AM TO 12.00PM

FOR FURTHER INFORMATION PLEASE CONTACT US ON 01670
511078, EMAIL US AT OFFICE@MORPETHMETH.ORG
OR POP IN

FEBRUARY 3RD & 17TH
MARCH 3RD & 17TH
APRIL 7TH & 21ST
MAY 5TH & 19TH
JUNE 16TH ONLY
JULY 7TH & 21ST

Here are a couple of resources that can help those in need. For confidential advice for teenagers, you can text your school nurse on the number above.

If you or someone you know has memory problems, you can drop into Morpeth Methodist Church—details on the left—for support or a friendly chat.