

GREYSTOKE GAZETTE

ISSUE 51

AUGUST/SEPTEMBER 14

Wansbeck Valley Foodbank

The foodbank now has a session in Pegswood, every Wednesday afternoon from 2 until 4 pm. The venue is the community hub on Longhirst road. This session is in addition to the regular sessions in Ashington, Newbiggin and Morpeth. Your health visitor, social worker or GP can refer you.

Finding it hard to get to
Morpeth Health Centre?

Why not try the
Community bus?

Runs every
Wednesday
morning



Ring Adapt North-East on
01434 600599 by Tuesday
lunchtime to book your trip.
Pay your £3 subscription on
the bus.
Your first 3 trips are FREE!

Open to anyone with
problems using public
transport.

Pick up & drop
off anywhere in
Morpeth

The Community Bus

This was formerly the Stobhill Community bus but users can now be collected and dropped off at any destination in Morpeth (like a taxi).

The service is a dial-a-ride service, funded by the County Council's Get Going fund for an eight month trial.

The service is intended for people with difficulty using public transport and in order to avoid competition with public transport, users must be members and subscribe at a cost of £3 per year (payable on the bus). The return fare is also £3 but the first 3 return trips are FREE to encourage people to try it.

It currently runs on Wednesday mornings only but if there is sufficient interest, they could look at extending it to other days.

Users must book their trip by Tuesday lunchtime to allow the operator to work out the most efficient route.

The Northumberland Cancer Support Group

The Northumberland Cancer Support Group is a voluntary, self-help organisation supported by charitable donations, set up in 1987. They welcome any adult whose life has been affected by cancer, whether patient, carer or friend. It gives the opportunity to talk to those who have themselves experienced what you are having to cope with.

They meet in the Education Centre on the second floor of Hexham General Hospital from 7pm on the 1st and 3rd Tuesdays of each month. On the first Tuesday they have a session of either Meditation or Circle Dancing. On the third Tuesday they have a speaker. Planned speakers this year include:

- **19th August:** The Myeloma Specialist Nurses from the Freeman Hospital
- **16th September:** Dr Elizabeta Mukaetova, Clinical Senior Lecturer at Newcastle University on supporting hospital patients with cancer
- **21st October:** Kate 'Make' will demonstrate more of her "magical" recycling skills
- **18th November:** Graine Rapiet and colleague will talk on Life Choices

For more information please Tel: 0759 862 0599 or visit our website:

www.northumberlandcancersupportgroup.co.uk

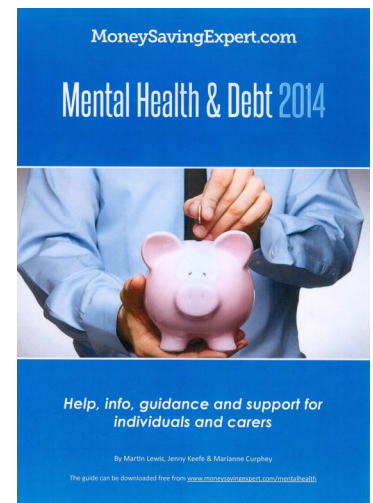
Guide to Mental Health and Debt 2014

A guide supported by key charities

Updated May 2014

Mental health problems can cause severe debt; severe debt can cause mental health problems. Debt isn't just a financial problem. It causes relationships to break up, people to lose their homes and families to break down. This updated guide from Martin Lewis, Money Saving Expert, with guidance from major charities, including Mind, Rethink, CAB and CAP, aims to make things easier to understand and deal with. Written for people with mental health problems and those caring for them, it covers how to handle debts when unwell, work with banks, free debt counselling, specific tips for bipolar disorder or depression sufferers, whether to declare a condition and more. This guide is available to download from the following link:

www.moneysavingexpert.com/credit-cards/mental-health-guide



The Northern Neurological Alliance

It is estimated that in the North East of England there are at least 50,000 people living with one of the most common 15 neurological conditions that include multiple sclerosis, motor neurone disease, Parkinson's disease, stroke, dementia, cerebral palsy, epilepsy, Huntington's disease and acquired brain injury. The Northern Neurological Alliance is a small charity which engages with people coping with neurological conditions to talk about their needs and priorities from health and social care. They can direct people to voluntary and rehabilitation services as well as talking to commissioners about the services they need.

If you would like to learn more visit: www.northernna.org.uk, where a "getting help" page contains a service directory and list of useful numbers, or tel: 0191 4785959

Safe sex

Taking responsibility for sexual health should be part of everyday personal care, like eating healthily or brushing your teeth, but many of us find it difficult to discuss sex or to seek help when there is a problem. Your GP or the practice nurse can help with any concerns you may have, but there is also a lot of information available on the NHS website, including straightforward advice on a range of relevant topics like contraceptive choices, sexual health, STIs and STI testing. The NHS website also provides guidance and information to make it easier to discuss sexual health with your partner, children or teenagers and offers support for anyone experiencing sexual pressure or sexual assault.

<http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Talking-about-sex-hub.aspx>

Gonorrhoea in Northumberland

Safe sex is even more important currently as we have an outbreak of gonorrhoea in South East Northumberland in heterosexual young adults. A high proportion of cases have no symptoms, in contrast to the 'traditional' picture of gonorrhoea being associated with symptoms of discharge and a burning sensation when passing urine. Self testing packs can be collected from the surgery or please speak to your GP or practice nurse if you have concerns



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