

# GREYSTOKE GAZETTE

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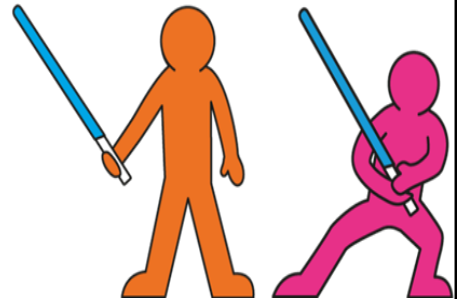
## Staff News

We are delighted to welcome Samantha Hoyle as our new practice nurse. She introduces herself below:

I am thrilled to be joining the team at Greystoke as a Practice Nurse and thank you for the very warm welcome that I received during my first few weeks. Since qualifying I have predominantly worked in secondary care in surrounding local hospitals however, Practice Nursing enables me to work closely with individuals and families whilst taking on a variety of roles, making the decision to move into a primary health care role an easy one, as it has offered me a chance to become part of the community delivering patient centred care and I am very much looking forward to learning. Outside of work as well as being a wife, I juggle two young wonderful boys and my lovely cocker spaniel Rosie. In my spare time you will find me at the pool or walking Rosie around our lovely countryside.



Join Change4Life and Disney on an exciting journey through the Galaxy this summer with the Star Wars™ inspired Train Like A Jedi programme for schools. Physical activity has been linked to better health, and social and academic outcomes, so inspire your children to move more and Train Like A Jedi with Change4Life. Visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life) to sign up



## Resistance needs you!

Calling all friends of the Resistance, the First Order are fast approaching and the Resistance need as much help as they can get during their darkest hour. This is your chance to help, so get ready! Through this fun Train Like A Jedi video, Olympic gold medalist Jade Jones will guide you through 12 special moves which will help you master the ways of the Jedi. Be strong, healthy and prepared for when the Resistance might need you. The 12 moves become one Jedi training routine. Don't worry if you can't manage them all at once – some of them need a bit of practice. And once you've mastered these don't be afraid to have a go at creating your own moves too! Once you have finished the training, these Jedi skills will be valuable in the next part of the journey – a series of secret challenges during the summer holidays.

Have fun, work hard and Train Like A Jedi. May the Force be with you!

## Expert Advice

They offer you free, confidential and expert advice through their information and advocacy services. If you need to know about social care, housing, scams or legal issues, they are here to help.

## Weekly Social Activities

Join their friendly groups and classes which take place at The Round House in Ashington. From Gentle Exercise to Computer Classes to Social Fridays, there is something for everyone.

## Help at Home

Their home care service is tailor made to help you to maintain your independence in your own home. The team of Home Support Workers will ensure that you can rely on them when you need their support.

## Pledge your time to help older people

Give as little as 30 minutes of your time and help someone who is lonely or in need of a helping hand. There are a number of volunteering opportunities available in Northumberland and they'd love to hear from you.

**Call Age UK Northumberland 01670 784 800**

**Or visit [www.ageuk.org.uk/northumberland/](http://www.ageuk.org.uk/northumberland/)**



## I'M A YOUNG CARER

**I help look after my granny**

If you are a young carer who helps to look after someone, you can get help and support by contacting VoiCeS Northumberland on 01665 713109 or [contact@voices-northumberland.org.uk](mailto:contact@voices-northumberland.org.uk)

VOICES  
NORTHUMBERLAND

VOICES  
YOUNG  
CARERS

Northumberland  
Northumberland County Council

## Dementia

Every day almost 600 people in the UK develop dementia. Looking after someone with dementia can change your life in many ways. There is help for everyone affected by dementia including family members. You can talk to your GP, nurse or social services on 01670 536400.

Other useful contact are:

[Admiral nurses](#) who offer practical advice, support and tips 0800 888 6678

[Alzheimer's Society](#) who provide information, help and local support. 0300 222 1122

## Men's Health—The Facts

- Men are twice as likely as women to die prematurely from diabetes – with awareness and control, risk of diabetic complications can be reduced
- 67% of men over 16 reportedly meet the recommended weekly physical activity levels, but this decreases to 54% between 55-64s (NHS 2012) – just 30 minutes 5 days a week positively affects your mental and physical health
- Men are nearly three times more likely than women to become alcohol dependent – the government guidelines recommend no more than 14 units a week for both men and women
- Men are less likely to access psychological therapies than women; at GPCare 37% of counselling cases are men – counselling can provide coping strategies and support with lifestyle changes
- Men have measurably lower access to the social support of friends, relatives and community – sharing an issue or concern with trusted friends, family or colleagues can really help
- Men are more likely than women to average 6 or more hours of sedentary (sitting) time on both weekdays and at weekends – try to achieve a good balance between resting time and physical activity

Any of our nurses or doctors would be delighted to help you improve your physical or mental health, please talk to them.