

GREYSTOKE GAZETTE

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Surgery News

We are delighted to say that since the arrival of our nurse practitioner (Carry Horrocks), and two musculoskeletal specialists (Joe Waugh and Kathy Mills) we have rarely had to go to “urgents only”. We are grateful to all our patients who have supported the new system by agreeing to see one of these three experts and hope they have found it a very positive experience. Thanks to your help the GPs now have more time to help patients with complex needs and you are saved the frustration of having to phone repeatedly, as you did when we had to go to “urgents only” when all our slots for the day had been filled.

Joe Waugh

I'm Joe, one of the new Musculoskeletal Practitioners. My academic background includes an undergraduate degree in Sports and Exercise Science, a Masters degree in Physiotherapy (which included a dissertation research project on “frozen shoulder”), and a post-graduate diploma in injection therapy.

I have worked as a physiotherapist for nearly 12 years, progressively becoming more specialist in the musculoskeletal field. For the last 3 years I have worked as an extended scope practitioner in the Blyth Valley IMATS service. I continue to do a small amount of work in rehabilitative physiotherapy, predominantly working with spinal and lower limb conditions.

When not at work you'll find me swimming, cycling and running, often in the company of my wife Helen (who is a clinical pharmacist) and my children Emilia and Finley.



Kathy Mills

Hello, my name is Kathy Mills. I am a Musculoskeletal Practitioner who joined the practice in April. I qualified as a Physiotherapist in 2001 and completed a Masters Degree in Advanced Clinical Practice (Musculoskeletal) in 2011. I have been specialising in Musculoskeletal conditions for 16 years and have spent the last 8 years working as an Advanced Clinical Practitioner across various settings including GP Practices, Physiotherapy Departments and Orthopaedic Hand Clinics. In my spare time I enjoy spending time with my husband and two young children, exploring the world and learning new things.



We are currently reviewing a ‘Making GP Practices More Welcoming’ document produced by Contact, for Families with Disabled Children. This highlights areas GP practices can make improvements upon. If you would like further information, or make suggestions, please do not hesitate to contact us.

contact a family
for families with disabled children

Edinburgh..... London..... Boston.....

Q- What do these three cities have in common?

A- They all hold spring marathons and as of 15th April this year, I have successfully completed them all. I don't consider myself any different to other people. I have a job; I have a family and a house. I shop, cook, clean, juggle work and home life and try to fit in some social activities. Yet, for the past three successive years I have managed to squeeze in the time to train for 3 marathons. 'I could never find the time to do that, I'm far too busy'; 'I get out of breath running for the bus' I hear you say. Don't be put off, start small and over time you'll be amazed at what you can achieve.

A great introduction to running is the NHS Couch to 5K programme (see details below). It is a running plan for absolute beginners, involves 3 runs a week with a rest day in between, and a different schedule for each of the 9 week programme. Go on, suggest it to a friend, tie up your trainers and off you go.



Once you have mastered the Couch to 5k, you'll be ready to get involved in parkrun (see below). We are very lucky being surrounded by some lovely parkrun venues at Newbiggin-by-the-sea, Blyth links, Druridge Bay, Pastures Alnwick, Newcastle Town Moor, Whitley Bay, Rising Sun plus many more. Parkrun organise free, weekly, 5km timed runs. These are not races, it's just you against the clock, they can be walk/ran

and you are never last, as there is always a Tail Walker. I'm often at Druridge Bay and my work colleagues attend numerous others, do come along and say hello.

If running is not for you, but you'd like to be more active, how about Health Start? It's a weekly activity at a local Active Northumberland centre. You'll be guided by a trainer and get to meet new bunch of friendly, like-minded people. Just as your GP or Nurse for a referral. How easy is that?

NHS Couch to 5k – search on the internet and download the week by week podcast to a mobile device. It will guide you through when to walk, then to jog and when to rest.

Parkrun – search on the internet, complete a registration form and print off your personal barcodes. You will need a barcode with you at every run.

Jilly Bell, Practice Nurse

Avoiding Overpayments

We often see carers dealing with letters from DWP about overpayment of benefit, this tends to happen at stressful times when the person they care for is in hospital or has died. Navigating the benefit system is never easy, but here are some basic rules regarding changes of circumstances:

- If the person you care for is in hospital, their disability benefit (attendance allowance, PIP or DLA) is only payable for 28 days. So, if their hospital visit extends beyond this four-week period, you must inform DWP so that it can be put on hold. The payments can be re started when they return home
- The same rule applies for carers allowance, your benefit ends when theirs does. So, if they are in hospital for more than four weeks you must inform DWP and your carers allowance will be put on hold as well. If you do not inform the DWP you will be overpaid the benefit and will get a letter asking you to repay this money.
- If you (the carer) are in hospital your carers allowance can continue to be paid for 12 weeks, after 12 weeks you cannot be paid carers allowance and must inform DWP, so it can be put on hold.
- If the person you care for passes away, you will normally be paid carers allowance for a further eight weeks. You must inform the DWP that the person you care for has passed away.
- You can use the "Tell us once" service if the person you care for passes away. This service will inform all relevant government departments and stop all payments, rather than you having to make multiple phone calls.

Useful Contacts:

Personal Independence Payment 0800 121 4433

Disability Living Allowance (Born before 1948)/ **Attendance Allowance** 0800 731 0122

Disability Living Allowance (Born after 1948) 0800 121 4600

Pension Credit 0800 731 0469

Carers Allowance 0800 731 0297

You can also report a change of circumstance online at: <https://www.gov.uk/carers-allowance-report-change>

Tell Us Once Service

<https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once>