

# GREYSTOKE GAZETTE

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## Surgery News

**We are pleased to welcome our new registrar Dr Rachel Drew who introduces herself below:**

I am incredibly excited to be joining the team at Greystoke. I grew up nearby in Ponteland, however have lived and worked in the South East for the past 12 years. We made the decision to move back home when we were expecting our second baby, in order to be closer to family and also the stunning North East countryside and fresh air! I am married to a pilot and we have 2 children aged 2 1/2 and 10 months. When not at work I love spending time outdoors with my family, trips to the beach and cooking. I think Morpeth is a lovely town and I look forward to getting stuck into life back in the North East!



We are also delighted to be able to tell you that **Dr Milly Jerram** will be replacing Dr Jane Elphick on her retirement. She is an experienced GP who lives in Morpeth but is currently a partner in Newcastle. She will introduce herself in the April Gazette. Dr Jane Elphick's last day will be 31.3.20.

We are also delighted to advise **Kayleigh Angus** will join the practice mid March as our new Advanced Nurse Practitioner. Kayleigh will also introduce herself in the next Gazette.



## Don't fear the smear campaign

We would like to thank the Hepscoth Women's Institute members for their very kind and generous gift of lavender bags to help women feel calmer while having a smear test. They made these themselves and sent with them their warmest wishes to all who use them. This is to support the don't fear the smear campaign. If any lady would like to discuss any concerns they have about having a smear test they are very welcome to talk to their practice nurse or GP.

## Living with and beyond cancer support at Northumbria hospitals

There are easy things you can do to help yourself physically.  
There is also support to help with the practical worries.

Living with & beyond

Northumbria Healthcare  
NHS Foundation Trust

Having cancer can be challenging - it can take its toll on you physically and treatments may also have an impact. It can also be hard emotionally and can affect your family and those around you. Other issues such as money worries, where to turn for moral support and even 'who will walk the dog?' can seem impossible to sort out.

They have advice sessions on wellbeing and information to help you improve your quality of life and confidence - whether you are having current treatment or living with a cancer diagnosis.

The event lasts around 3 hours and has group sessions that cover:

- Care and support needs
- Eating well
- Keep moving
- Healthier life
- Coping with fatigue
- Managing your emotions and uncertainty

The sessions are interactive and you can join in as much or as little as you feel comfortable with. There will also be a chance to get access to other information and support that isn't covered in the sessions. The sessions are for anyone who has been told they have cancer whether there is treatment available or not. We are here to support you.

If you would like to come along to one of the events email them at

[LivingWithandBeyond@northumbria-healthcare.nhs.uk](mailto:LivingWithandBeyond@northumbria-healthcare.nhs.uk) or ask your specialist nurse to drop us a line. They would love to see you. If you can't manage to come a family member or carer is more than welcome.



## Hayfever Sufferers

All the evidence shows that if you start your anti-histamines, sprays and drops before your hayfever develops you will achieve much better control of your symptoms throughout the hayfever season. Despite the cold weather the hazel catkins are out and shedding pollen and the other trees will be following soon. All those who are sensitive to tree pollens should be starting their medication now. If you are only sensitive to grass pollens you should start your medication by the end of April.



## Information & Advice Service

Free confidential, impartial and independent advice for the over 50s, their families, carers and organisations.

Their trained advisors can help you with:

- Welfare benefits, grants and entitlements
- Community, residential and social care
- Housing and home adaptations
- Disability issues and aids
- Local leisure, health and educational activities
- Wills, Power of Attorney, family protection trusts
- Local trader register



Monday – Friday 9am - 5pm tel: 01670 784 800