

GREYSTOKE GAZETTE

ISSUE 80

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Staff News

On Yer Bike!

On 13th May 2018 Dr Glennie will be cycling 112 miles through the Lake District over the passes of Kirkstone, Honnister, Whinlatter, Hardknott and Wrynose climbing a total of 3950m. To provide some meaning to this suffering I am riding to raise money for the Great North Air Ambulance and we would appreciate your support.

Winter training has been delayed by the "beast from the east" but Dr Glennie rode his first preparation ride on the 24th March covering 81 miles over the flatter terrain around the Cumbrian coast and Carlisle.

If you would like to donate you can visit the just giving page at <https://www.justgiving.com/fundraising/richard-glennie-gnaas>



New partner at Greystoke

Dr Ridley will be a very hard act to follow but we are delighted to say, at a time when many practices in Northumberland are struggling to recruit GPs, we have had a lot of very high quality applicants for his partnership vacancy. Many have said it is because of Greystoke's reputation as a practice which provides high quality innovative medicine which has been wonderful to hear.

We will be interviewing mid April and look forward to introducing the new doctor in the August addition



NHS prescription charges from 1 April 2018

The NHS have increased the prescription charge by 20 pence from £8.60 to £8.80 for each medicine or appliance dispensed. To ensure that those with the greatest need, and who are not already exempt from the charge are protected, NHSE have frozen the cost of the prescription prepayment certificates (PPC) for another year. The 3-month PPC remains at £29.10 and the cost of the annual PPC will stay at £104. Your pharmacist can give you advice on how to purchase one of these.

Weight off your mind

Weight off your mind is a public health funded initiative to help support people with mental health difficulties and learning disabilities in the north east region manage their weight through dietary intake and lifestyle. It has been developed by the dietetics service at Northumberland, Tyne and Wear (NTW) Foundation Trust. The website is aimed at service users, health professionals and carers and is hosted on the Northumberland Tyne and Wear foundation trust's website.

It provides many resources to support people to make positive changes to their dietary intake as well as signposting to a range of services and groups across the region that could further assist people in their journey with weight maintenance/loss.

On the website you will find out what your daily diet should look like, hints and tips on food changes, guidance on portion sizes and menu planning ideas. Information is available from two perspectives, that of wanting to lose weight yourself or wanting to help someone else to lose weight. This information is excellent and would be useful to anyone wanting to lose weight.

For more information please visit: <http://bit.ly/2mEHY8u>

Golden Guide for Over 50s 2018

The
GOLDEN *guide*
North East daily living guide for over 50s

The 2018 Golden Guide for Over 50s is out now in Northumberland.

This popular FREE guide is well known for listing local activities, clubs, social and networks, and carries a wealth of contacts for finding expert help with Health, Care, Community and Money problems.

Find new things to do e.g. walking, wildlife and gardening groups, take up woodwork, singing, sport or make extra cash by starting a business—as many over 50s now do. There is info on befriending schemes, dementia and mental health support, plus help tracing lost money, or claiming your pension or other entitlements. There is info on befriending schemes, dementia and mental health support, plus help tracing lost money, or claiming your pension or other entitlements.

Look out for the How to Retire in Northumberland feature. If you're about to retire or already have, find helpful hints about enjoying it, from planning your finances to making the most of your time.

Ask for a copy from...

Libraries; Northumbria Healthcare Care teams; Age UK; Women's Institute branches; Carers' Northumberland; Healthwatch; Royal Voluntary Service; Alzheimer's Society; British Red Cross; Citizens Advice; Golden Age Forum; Practice Nurses and Care Navigators in GP surgeries; selected Boots Pharmacies.

Postal copy

If you can't get out or can't find a copy - ring Age UK Northumberland on 01670 784821 and they will post one out to you free.

Online

The full edition is online at www.goldenguide.org.uk

For all enquiries please contact either: Heather Alabaster, 0191 386 5918, or email heather@goldenguide.org.uk

The Medicines and Healthcare products Regulatory Agency (MHRA) is working in partnership with Slimming World as part of the Agency's wider #FakeMeds Campaign to encourage those wanting to lose weight to turn to safe, legitimate and appropriate routes.

Online sellers of potentially dangerous slimming pills containing withdrawn pharmaceutical ingredients are putting desperate dieters' health at serious risk by seducing them with the promise of quick-fix weight loss and discreet deliveries that bypass discussions with their GP and pharmacist, new research reveals. One in three slimmers have tried slimming pills purchased online, according to the joint #FakeMeds survey of 1,805 slimmers by the Medicines and Healthcare products Regulatory Agency and Slimming World.

Since April 2013, the Agency has seized nearly £4 million worth of dodgy weight loss pills.

Three quarters of slimmers (77%) were enticed by promises of rapid weight loss, more than half were attracted to being able to order discreetly (57%) and more than four in ten (44%) ordered online because they didn't want to speak to a GP or pharmacist, the survey revealed.

However, almost two-in-three (63%) suffered unpleasant side effects after taking slimming pills bought online. These side effects included diarrhoea, bleeding that wouldn't stop, blurred vision and heart problems. Worryingly, four out of five (81%) didn't report these side effects to anyone.

The potentially dangerous products seized by the Agency are not tested for safety and have been found stored in dirty, rat-infested warehouses and garden sheds. In 2016, MHRA seized more than 4.6 million fake medical products and closed more than 5,000 websites selling medicines illegally.

Four out of 10 respondents said they had used the slimming pills knowing there were health risks, with more than six out of ten (62%) doing so because they were 'desperate to lose weight'.



Please be careful, our practice nurses are very happy to see anyone who would like to discuss how to lose weight safely.