

GREYSTOKE GAZETTE

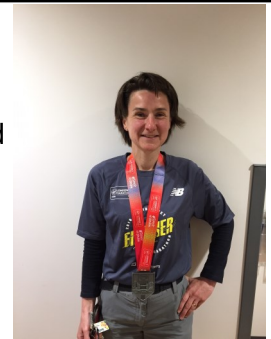
ISSUE 81

MAY-JUNE 2018

Staff News

Jilly Bell - There's a Marathon in everyone!

I did it, I completed the 2018 London Marathon on 22nd April, the hottest on record at 24.1 degrees. It was only my second marathon and after the first I thought 'never again', but I was lucky enough to be offered a place, so I took it. Like many things in life, stopping smoking, weight loss etc, it is all about making changes, hard work, commitment and perseverance. We can all succeed at these things, and like me, one day you might run a marathon!!



Richard Glennie

After months of preparation and a day of perspiration yesterday along with 2499 other cyclists I completed the 113 miles of the Fred Whitton Challenge. Including the fearsome climb of Hardknott pass. Thanks to those who have already donated it is not too late for those who still want to make a donation. (see last month's Gazette).

New partner at Greystoke

We are delighted to announce that Dr Jo Shaw will be joining us in August. She is an experienced GP from West Northumberland and is going to be a great asset to the team.

Can you buy what you need?

NHS England has launched a countrywide campaign to ask patients to buy over the counter medications rather than ask their GPs to prescribe them. Processing a prescription for a medication that can be bought without a prescription can cost the NHS up to 20 times the cost of the identical medication at your local pharmacy or supermarket. In the 12 months up to June 2017 the NHS spent approximately £569 million on prescriptions for minor illness which could have been spent on lifesaving procedures and medication.

We ask you to help your NHS by going to your pharmacy for medications for the following conditions:

- Hay fever and allergies
- Dandruff
- Head lice
- Conjunctivitis, dry eyes
- Cold sores and mouth ulcers
- Earwax
- Infant colic and nappy rash
- Indigestion and heartburn
- Diarrhoea or constipation
- Haemorrhoids
- Threadworms
- Dry skin
- Insect bites and stings
- Painkillers and anti-inflammatories for sprains, headaches, back pain and period pains
- Thrush in the mouth or genital areas
- Wart and verrucas
- Ringworm and athlete's foot

Recent confirmed North East measles cases

We have been notified of three recent confirmed measles cases in the North East of England. The cases are resident in Teesside and Newcastle, but have travelled more widely across the region during their infectious period. Two of the cases have links to the Romanian community. In addition, there is a more widespread measles outbreaks elsewhere in the country (including London and the South East), and around Europe (including France, Italy and Germany).

Measles is highly infectious and can lead to serious complications, particularly in infants. In pregnancy, measles increases the risk of miscarriage, stillbirth or preterm delivery. If your child has missed their MMR vaccines please protect them from risk by contacting our practice nurses to arrange an appointment.

Stepping into Spring - an Ageing Well event

Wednesday 23 May 2018 10am - 2pm

The Stepping into Spring events from Ageing Well in Northumberland are a chance to have a cuppa and a chat and find out more about staying active, involved and well in older age. You can also find out about local activities and volunteering opportunities that are happening near you. Ageing Well is a positive approach to planning and working with local people to ensure Northumberland is a good place in which to live, as we grow older. It seeks to promote the health and wellbeing of older people within their local communities while also valuing the skills, experience and energy people offer.

The event will be held at Morpeth Town Hall, Market Place, Morpeth, NE61 1LZ.

For more information please email: alison.byard@morpeth-tc.gov.uk



Talking about dying

Age UK has launched a useful booklet to support people to have what may seem to be difficult conversations about death. However, planning ahead, preparing your will and understanding the physical changes brought about by dying may help. You can download this beautifully crafted booklet from the Age UK website.

www.ageuk.org.uk/health-wellbeing/end-of-life-planning/lets-talk-about-death-and-dying/

Northumberland Pride Saturday 2 June 2018 1-6:30pm Alnwick Rugby Club

The very first Northumberland Pride event will take place on 2 June this year. The day will feature a parade from the Market Place to the rugby club, a main stage with live music and an array of community focused stalls will be there on the day, providing information from local organisations and the services they offer.



Volunteering Great Exhibition of the North

They are calling out to passionate and enthusiastic people to join their event team.

You'll play a crucial part in bringing the themes of the Exhibition to life, enhancing the visitors experience and adding to the story along the way. The opportunity to be a Get North Maker is open to people from all walks of life. For example, you may be looking to share knowledge and skills from previous experience, or be looking to develop new skills and experience, or just eager to be involved in a once of a lifetime opportunity. As well as being involved in an array of exciting activities, events and previews, the Volunteer Programme Team will be working on providing some lovely rewards, local discounts in Newcastle Gateshead and organising some invitation only events for volunteers and community organisations who have supported Get North Volunteer Programme. Get North volunteer roles are accessible and flexible so you can fit your volunteering hours around other commitments. Get North Volunteers will have access to bespoke training opportunities in the lead up to the event which will provide the tools, skills and confidence to fulfil their roles. In addition to this, volunteers will have the opportunity to undertake FREE TRAINING courses in Health, Safety and Manual Handling, Emergency First Aid, Customer Service and Social Media.

To find out more or arrange a visit to your organisation from the Volunteer Programme Team contact: Emma Warden Email: volunteer@getnorth2018.com Tel: 0191 440 5783