

GREYSTOKE GAZETTE

ISSUE 55

JANUARY—FEBRUARY 15

We wish you a Happy, Healthy 2015

New Year Resolutions

If these include stopping smoking, losing weight or getting fitter our nurses and doctors would be very happy to guide and support you. We are all human and know how our willpower can dwindle after the first few weeks. Our practice nurses have a lot of experience and success with **smoking cessation**. They will give you useful advice and can prescribe nicotine products and medication to help you succeed. Our healthcare assistants (Kate and Sarah) run our **weight management programme** where you are seen regularly, weighed and given advice. These are appointments for yourself alone and not a group session. We can refer patients who are significantly overweight, or have medical illnesses which would benefit from exercise, to an **exercise programme** at The Leisure Centre called Healthstart. Specially trained staff help patients to begin exercising in a safe environment and supervise their progress. Do not hesitate to make an appointment with a nurse for these or any advice you need on leading a healthier life.



DRY JANUARY

For all of you who took up the challenge of Dry January and are succeeding — well done. If you are concerned about your alcohol intake and would like help please make an appointment with one of our GPs.



Staff News

Practice nurse Bernadette Carrol makes hand made cards which we purchase for birthdays and many of the staff donate money towards one Christmas Card to everyone. This has raised £85 which was donated to the Morpeth food bank on the 22nd December.

Patient Feedback using the Friends and Family Test

From the 1st December 2014 all GP surgeries have joined the NHS England Friends and Family test. This asks if you would recommend the service that we provide to your friends and family. Questionnaires are available in surgery and there is a box for collecting responses on the surgery reception desk. We would be grateful if you would fill in one of these very short questionnaires when you are in surgery or please feel free to use the on line service either via our website: <http://www.greystokesurgery.co.uk> or go straight to our entry on NHS choices <https://www.nhs.uk/Services/GP/LeaveReview/DefaultView.aspx?id=40255>



You will be invited to respond to the question by choosing one of 5 stars, ranging from 1 star = "extremely unlikely" to 5 stars = "extremely likely". You will also have the opportunity to explain why you have given your answer. These answers are very useful for us to identify where we need to improve or praise those who have done well so please answer the follow-up questions if you have time. Your responses are also used by CQC when they inspect us.

Mental health resources for men

Time to Change have launched a film, aimed at helping men to broach the subject of mental health. One in four of us will experience a mental health problem and men often find it more difficult to talk about than women. But it doesn't need to be difficult. Watch and share the Wolfpack video, featuring Dave, Chester, Vinnie and Phil. You can also order or download a variety of men's resources, including their leaflet, "Is your mate off his game?" which looks at how mental health problems can affect men, warning signs to look out for and some useful tips to help a mate going through a tough time. www.time-to-change.org.uk/



The National Careline

The National Careline offers information about care and support for older people, their carers and their families. They want to give you the help and support you need, together with information, to plan ahead with confidence for the future. They signpost to various organisations including Government departments and support networks that will help create a clearer understanding of the care maze.

Topics covered on their website include:

- What type of help is available
- Where to access help
- Where to access financial support

The National Careline also provides a range of lifestyle information to help with the support and care of an older person. This is a free service. www.thenationalcareline.org



The Relative Experience Project

Are you caring for a relative's child/children? Would it help to have a 'listening and supportive' ear from someone who understands? The Relative Experience project focuses on grandparents and older family members who are facing the challenge of bringing up a relative's child, often in very difficult circumstances, because parents are no longer able to care for their children. It provides peer to peer parenting support from other grandparents and older people in the North East.

There are also opportunities for volunteers to get involved. Volunteers will be trained and matched with families who need their help. If you live in the North East, are a grandparent or family member in this situation, or if you want to volunteer to help, please Tel: 0191 200 5034 or email: yvonne.brown@grandparentsplus.org.uk



Relate Northumberland and Tyneside is an independent local charity and part of the Relate Federation. Relate offers a range of support services to couples, families and individuals and training services to help build stronger relationships and manage relationship changes.

What Relate does:

Relationship Support – help for people facing situations such as breakups, arguments, affairs, sexual problems, step-families, retirement, a new baby or challenges with children. Relate can help whether people want to try to rebuild relationships or to part amicably.

Sex Therapy – help to identify the cause of the issue and build a better and more satisfying sex life.

Young People and Families – Relate counsellors understand young people's lives and can help deal with the challenges of school life and growing up. They provide a range of support services to young people and families in a variety of circumstances.

Relate Charity Shops – six high quality shops in Northumberland and Tyneside selling a range of quality items such as clothing, books, furniture and bric-a-brac. These charity shops raise funds to help provide services to clients on low incomes. Donating items can be done in person at any of the shops and a free and prompt collection service is also offered.

To learn more Tel: 0191 232 9109, email: enquiries@relate-nt.co.uk or visit www.relate-nt.org.uk