



THE SCOOP

The Social Prescribing Newsletter for Well Up North PCN

DEMENTIA SOCIAL PRESCRIBING



Jan Casson

Following staff changes within the Social Prescribing Team, from the 1st July a new referral criteria was implemented to replace the previous assistance the service offered. This will ensure we can continue to provide beneficial support to our patients.



Lisa Baker

Going forward our Social Prescribing Link Workers, Jan, Carol and Lisa, will provide ongoing support to patients and their families through the diagnosis of Dementia and living with the condition. As well as offering advice and guidance to all Carers.



Carol Gunn

If you would like to speak to one of our Dementia Social Prescribing Link Workers please contact your surgery.

Well Up North Primary Care Network is a collaboration of 7 GP Practices working together to improve healthcare outcomes and reduce health inequalities for patients in North Northumberland.

They are:

- Alnwick Medical Group
- Belford Medical Practice
- Gas House Lane Surgery
- Greystoke Surgery
- Union Brae & Norham Practice
- Well Close Medical Group
- Wooler Health



SERVICE SPOTLIGHT!

FRONTLINE NORTHUMBERLAND

Frontline Northumberland helps frontline workers and the public to quickly find details on local health & wellbeing services and to contact services directly through call back & referral options.

www.northumberlandfrontline.org.uk

SAFE AND FOUND ONLINE

Northumbria Police are encouraging carers, friends and families of people with dementia who are at risk of going missing to compile useful information about them under the **Herbert Protocol** via their website.

They are also encouraging friends and family of Armed Forces veterans who are at risk of going missing, to compile useful information about them on the same website and this is called the **Forcer Protocol**.

This information is instantly accessible to Police and could help locate the missing person quicker.

SCAN QR CODE NOW

for more information



WEIGHT MANAGEMENT DROP-IN



No appointment is needed - please just check-in at reception on arrival.

- Alnwick Medical Group (Lower Building)
Every Thursday from 8.15am - 11.15am
- Belford Surgery (Starting 9th September)
Alternate Mondays from 10.00am - 12.00pm
- Greystoke Surgery
Every Wednesday 8.15am - 10.15am
- Well Close Medical Group
Every Wednesday from 8.30am - 12.00pm
- Wooler Surgery (Starting 5th August)
Alternate Mondays from 9.00am - 12.00pm

Health & Wellbeing Coaches can also arrange a follow up session to discuss support, progress, opportunities and services available to benefit your health and wellbeing.

HEALTH ANXIETY IN A NUTSHELL

by Rebecca Hall, Health & Wellbeing Coach

COACHES
CORNER

You may constantly worry about your health which makes you frequently check your body for signs of illness, such as new lumps or pain, and asking people for reassurance that you are not ill. Using 'Dr Google' and instead of confirming a simple ailment, it has led you to the worst-case scenario. Anxiety itself can cause symptoms, like headaches or a racing heartbeat, and you may mistake these for signs of illness. However, you know your own body so seek professional medical advice if you do have any concerns.

To challenge your thoughts here are some small techniques to try:



Keep a diary

- Log when you search for information on a symptom or ask people for reassurance.
- Now try and gradually lessen this and log in your diary how well you have done.



Challenge your thoughts

- Draw a table with 2 columns. Write your health worries in the 1st column, then more balanced thoughts in the 2nd. For example, in the 1st column you may write, "I'm worried about these headaches" and in the 2nd, "Headaches can often be a sign of stress".



Distraction

- When you feel the urge to check on symptoms take a walk, do a crossword or another activity you enjoy.

Try and relax.

- Mind UK (www.mind.org.uk) has some great tips and exercises to help you relax.

THE WHIRLWIND OF MOTHERHOOD

by Veronika Cuthbert, Maternal Mental Health Support Service



Ever found yourself lost in the whirlwind of motherhood, feeling like you're running a marathon with no finish line in sight? You're not alone. Here at the Maternal Mental Health Support Service, we hear many tales of exhaustion, it feels like mum's are surviving on autopilot, navigating through a fog of overwhelm.

One such mum of 3 little ones reached out to the Maternal Mental Health Support Service, feeling that she was failing as a parent, trying so hard to meet everyone's needs all of the time. This mum felt she was struggling to give attention at all times while looking after the children, playing with them constantly and enthusiastically. This mum was struggling as she recognised this was not a realistic way to live.

Through weekly one to one support, we helped her to feel less alone, less inadequate, more fulfilled and more in control of life. Having a dedicated person to talk to that she could trust, helped remove feelings of shame and guilt, helping her to recognise how much she was actually managing and just what a very difficult job parenting is.

Our outcomes included:

- Identified additional support through signposting
- Confidence to ask for support
- Utilising goalsetting skills, prioritising and expectation management
- Learning to say "no" in appropriate situations

"It sounds really stupid but I was so upset for my kids when I hadn't organised anything for them for Easter. Not even a chocolate egg. I just had too much on my mind, then worried that I'd let them down again because all my energies were going towards the baby's hospital appointments. But then you told me about the family events and we all went and had a brilliant time. All I had to do was get us there. It was just one thing, but it really meant a lot. You helped me to see that I was under a lot of pressure, and that I wasn't failing or getting it wrong. It didn't mean that I was a crap mam. I was glad you were there at the right time, talking sense."