



THE SCOOP

The Social Prescribing Newsletter for Well Up North PCN

Do you look after someone?

Carers come in all shapes and sizes... partners, parents, adult children, grandparents, siblings, friends, neighbours. A carer can be someone who looks after someone once a day or provides intensive 24 hour a day support. Caring can be short-term, where the person being cared for is recovering from an illness or injury; sporadic, where the level of caring required varies over time for example with mental illness; or can be long-term for someone with a life-limiting condition or with increasing care support needed as a condition becomes progressively worse over time.



Carers Northumberland

01670 320 025

www.carersnorthumberland.org.uk

Carers Northumberland are a charity dedicated to improving the lives of unpaid carers. They provide information and advice, carer groups and events, employment support, help with emergency care planning, workshops and training to help with aspects of caring.

Carers Northumberland also offer support, activities, grants and a regular newsletter to children and young people up to the age of 18 living in Northumberland who have caring responsibilities.

As Link Workers we work alongside Carers Northumberland to support carers registered with our practices.

Weight Management Drop-ins

WITH OUR HEALTH AND WELLBEING COACHES

ALNWICK MEDICAL GROUP (LOWER BUILDING)
EVERY THURSDAY 8.15AM - 11.15AM

BELFORD MEDICAL PRACTICE (STARTING 09/09)
ALTERNATE MONDAYS 10.00AM - 12.00PM

GREYSTOKE SURGERY
EVERY WEDNESDAY 8.15AM - 10.15AM

WELL CLOSE MEDICAL GROUP
EVERY WEDNESDAY 8.30AM - 12.00PM

WOOLER HEALTH (STARTING 05/08)
ALTERNATE MONDAYS 9.00AM - 12.00PM

NO APPOINTMENT NEEDED - JUST CHECK-IN AT RECEPTION

OVER 18S ONLY



SERVICE SPOTLIGHT!

Northumberland Communities Together

As part of Northumberland County Council they have a wide network of community spaces, places and people across the county that are there to support you. If you would like to speak to someone, the response hub is available from 9am to 6pm 7 days a week on

01670 620015



DEMENTIA SUPPORT



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

HospiceCare recognises the impact dementia can have on a person and their loved ones. The Link Workers have had the pleasure of collaborating with Amy, the new Dementia Nurse at Hospice Care. Amy is lovely and has lots of experience caring for those with dementia. Wherever a person is on their dementia journey, Amy can offer advice and signpost carers to the most relevant and appropriate support for both the person with dementia and their family, with the aim of improving their well-being and quality of life.

The Dementia Support Service also offers Drop-In Cafes and Walking Football sessions in Alwick & Berwick. With the support of our Link Worker Carol a new drop-in cafe has also started in Spittal.

This dementia service is free and confidential and is available if someone

- has a dementia diagnosis,
- is over 18 years old
- and is registered with a GP practice in their catchment area.

To access the Dementia Support Service provided by HospiceCare please speak to a Link Worker at your surgery or you can self-refer by calling their team on **01665 606515** or **01289 309997**.

CANNY CUPPA
DROP-IN DEMENTIA CAFE
NO APPOINTMENT NECESSARY - JUST DROP IN!
AT: SPITTAL BOWLING CLUB, SEA ROAD, TD15 1RN
EVERY TUESDAY FROM 10.30 AM - 12.30PM

CHAT
EASY ACCESS & PARKING
FRIENDLY WELCOMING
SUPPORT
FUN
BINGO
MUSIC
ADVICE

We are providing a **NEW FREE** Dementia Support Service delivered by HospiceCare North Northumberland's **Specialist Dementia Nurse** for those with Dementia at any stage of diagnosis and their Carer

CONTACT
HospiceCare's Specialist Dementia Nurse
T. 01665 606515 or T. 01289 309997
E. aholtom@hospicecare-nn.org.uk
www.hospicecare-nn.org.uk

 HospiceCare
NORTH NORTHUMBERLAND
Caring for Life
Charity No. 1103635

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: Alwick Medical Group, Belford Medical Practice, Gas House Lane Surgery, Greystoke Surgery, Union Brae & Norham Practice, Well Close Medical Group and Wooler Health.