



THE SCOOP

The Social Prescribing Newsletter for Well Up North PCN

Bereavement Support

We are pleased to share that HospiceCare North Northumberland have launched a new pilot service with Well Up North Primary Care Network. Since January, Therapeutic Counsellor, Maxine Shell from HospiceCare has provided anticipatory and post-bereavement counselling in Wooler, Berwick (Well Close and Union Brae) and Belford GP practices.

Referrals are made via a GP or another health professional at these surgeries.



Maxine Shell
Therapeutic Counsellor
MNCPS (Acc.)



Memory Laners Panto

Memory Laners is a music group for patients with a diagnosis of Dementia and their carer held fortnightly in Berwick, with support from lots of wonderful volunteers and our especially wonderful Link Worker Jan Casson.

In January the Memory Laners held their annual panto at The Maltings, with visitors including over 50 children from St Mary's, Prior Park and Spittal First Schools in the audience. There were no rehearsals, just a script & some dressing up clothes with a cast of willing volunteers with a 'give it a go' attitude. Lots of fun and laughter for all involved, on stage and in the audience.



SERVICE SPOTLIGHT!

The Carents Room

'Carents' are adults providing care for elderly relatives in the community.

This online resource provides tips with what to expect, what to ask and where to go for expert advice and help. The information is available 24/7 and developed to NHS information standards.

www.carents.co.uk

DEMENTIA PREVENTION

There is no certain way to prevent all types of dementia, as researchers are still investigating how the condition develops. However, there is good evidence that a healthy lifestyle can help reduce your risk of developing dementia when you are older.

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

A healthy lifestyle can also help prevent cardiovascular diseases, such as stroke and heart attacks, which are themselves risk factors for Alzheimer's disease and vascular dementia (the 2 most common types of dementia). However, some risk factors for dementia can not be changed. The most important are a person's age, gender and ethnic origin.

Ways to reduce your risk

There is good evidence that the following things will help you reduce your risk of developing dementia. These are not listed in order of importance. The benefits of these changes will vary from person to person.

- Be physically active
- Drink less alcohol
- Don't smoke
- Stay mentally well and socially active
- Manage long-term health conditions
- Protect your eyesight and hearing
- Protect your head
- Reduce environmental risk factors



Alzheimer's Society have produce an informational guide on reducing your risk of dementia. To order or download a copy visit www.alzheimers.org.uk or call 0333 150 3456.

A NHS Health Check is a free check-up of your overall health for people aged 40 to 74 who do not have heart disease, diabetes or kidney disease, and have not had a stroke. It is offered every 5 years.

The NHS Health Check can help find early signs and tell you if you are at higher risk of certain health problems that can also increase your risk of dementia. These include coronary heart disease, diabetes, kidney disease and stroke.



If you are over the age of 65, you will also be told the signs and symptoms of dementia to look out for. You will also be given advice on how to lower your risk of dementia.

If you have not been invited for a NHS Health Check, ask your GP 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 and Wooler Health.