



THE SCOOP

The Social Prescribing Newsletter for Well Up North PCN

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

BOWEL CANCER SCREENING



**Bowel Cancer Screening
Helpline
0800 707 6060**

Bowel cancer is one of the most common cancers in the UK. Bowel cancer screening uses a test called a faecal immunochemical test (FIT) to look for blood in a sample of your poo. This could be a sign of bowel cancer. You collect the sample at home and send it by post to be tested. It can help find cancer early, and before you have any symptoms, which may mean it's easier to treat.

Bowel cancer screening is now offered to everyone aged 50 to 74 years old.

If you're aged 50 to 74 and registered with a GP, you'll automatically get a bowel cancer screening home test kit (FIT kit) through the post every 2 years. If you're aged 75 or over, you can ask for a home test kit every 2 years by calling the bowel cancer screening helpline on 0800 707 6060. If you do not have a permanent home address, you can ask your GP surgery for your test kit to be sent to the GP surgery or to another address.

If you think you're eligible for bowel cancer screening but you've not been invited, or had your test kit, call the bowel cancer screening helpline on 0800 707 6060. It's your choice if you want to have bowel cancer screening. Screening does not stop you getting bowel cancer, but it is the best way to find cancer at an early stage.

OTHER SCREENING PROGRAMMES AVAILABLE FOR PATIENTS



Currently the following screening programmes are running in the England:

- Abdominal Aortic Aneurysm Screening Programme for men the year they turn 65.
- Breast Screening Programme every 3 years for women between the ages of 50 and 70; women can choose to continue past the age of 70 by requesting the test every 3 years.
- Cervical Screening Programme every 3 years for women between the ages of 24.5 and 50 and then every 5 years for women between the ages of 51 and 64.
- Diabetic Eye Screening Programme every year for people with diabetes.

For more information on each screening programme please visit www.nhs.uk



**AGEUK
NORTHUMBERLAND
Live Well with
Dementia Groups**

Live Well with Dementia groups are held weekly in Ashington, Cramlington, Morpeth, Alnwick and Ponteland. The groups offer fun and engaging activities and social workshops designed to improve memory, cognitive function and mood in a safe, supportive, friendly and relaxed environment. Our Link Workers have had the pleasure of attending the Morpeth and Alnwick groups to offer support to attendees. For more information from AgeUK Northumberland call 01670 784800.



SERVICE SPOTLIGHT!



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

CRISIS TEAM - NEW NUMBER SINCE 1 OCTOBER 2025

The Crisis Resolution and Home Treatment Team is a team of experienced mental health staff, which includes nurses, social workers, psychiatrists and pharmacy staff. They offer assessment and home treatment for people over 16 experiencing a mental health crisis, as an alternative to hospital admission.

If you or someone you know is in crisis **call NHS 111 & select the mental health option**. This service is available 24 hours a day, 7 days a week. You'll speak to a mental health professional who will listen and help you find the right support.



VETERAN ID CARD

An HM Armed Forces Veteran Card is a way for patients to prove that they have served in the UK Armed Forces.

The card can make it quicker and easier to access support and veterans' services, and it's free to apply.

You can use a Veteran Card to:

- prove your identity when you vote
- get discounts at restaurants, shops, attractions and gyms
- get travel discounts
- claim National Insurance relief
- prove your identity on domestic British Airways flights
- get employment support
- get housing support
- register as a veteran with your GP
- get support for your physical and mental health

How to apply:

Online: www.gov.uk/veteran-card

By Post: Veterans UK Helpline
0808 1914 218

AGEING WELL INFORMATION EVENT



Our Link Worker Lisa joined Amy, Dementia Nurse from HospiceCare, North Northumberland and Abby, Dementia Adviser from Alzheimer's Society at the Ageing Well Information Event in Morpeth on the 15th October to provide advice and guidance to attendees on dementia support in Northumberland.

WAG & CO



Our Link Workers have been part of some successful befriending matches between volunteers from Wag & Company, North East Friendship Dogs and older patients who live alone and miss the company of a four legged friend.

To find out more about Wag & Co visit
www.wagandcompany.co.uk

CARER RECORD UPDATES



Our surgeries continuously work to ensure the information held about you as a patient is accurate and up to date. Therefore, patients recorded as carers may be contacted to confirm their current carer status in addition to being offered support from a Link Worker.

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.