



Team changes

20th June 2023

Following the retirement of Dr Wright we are delighted to introduce our new GP partner Dr Sophie Miller :

I trained at Newcastle qualifying in 2003 and completed GP training in 2008. I have worked in the Tyne valley for over 10 years and I am looking forward to using this experience at my new role here in Humshaugh and Wark. In my spare time I grow cut flowers and enjoy walking the dog in beautiful

Northumberland.



WE ARE A PARK RUN PRACTICE !

Park runs are free, weekly, community events that happen all around the world.

Saturday morning events are 5k.

Park run is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether that be to walk, jog, run, volunteer or spectate.

The most local to us is Hexham Tyne Green.

Our surgery staff have now done two park run takeovers.

This is what they thought:

'As my first attendance at ParkRun, I wasn't sure what to expect at all but I would like to thank Tyne Green ParkRun for hosting such a welcoming and inclusive event. The volunteers were so friendly and approachable and really encouraging to all runners/walkers; this really is an event



for everyone! I would like to reassure patients that whatever your experience, confidence or fitness levels, you will be welcomed at ParkRun and I hope this encourages people to give it a go!' - Dr Rodney

'I felt very welcome volunteering at park run, I wasn't sure what to expect but everyone involved was lovely from start to finish. It definitely made me feel like I would like to join in. (from a non-runner!)' - Katie

You can sign up online via <https://www.parkrun.org.uk/> or if you are on facebook their page is 'Tyne Green parkrun'

Join our Patient Participation Group (PPG)



Have a voice for the Patients in the Practice

We are appealing for NEW MEMBERS

THE ROLE OF THE PPG INCLUDES:

- being a critical friend to the practice advising the practice on patient perspective
- providing an insight into the quality of services
- encouraging patients to take greater responsibility for their own health
- researching the views of those who use the practice
- participating in health promotion events
- regularly communicating with the patient population

Our patient group numbers have dwindled over the years and we are currently trying to get this back up and

running . The group shall meet every 6 months as a minimum and shall communicate in person, by email and there is potential for a virtual group.

Patients interested in joining the PPG at Humshaugh and Wark Medical should ask to speak to Kate Lowe, Practice Manager kate.lowe1@nhs.net

WE ARE A RESEARCH PRACTICE

We collaborate with external researchers who are exploring questions that are important and relevant to general practice.

We have been accredited by the Royal College of General Practice (RCGP) as a 'Research Ready' practice. This means that the practice has been endorsed by the RCGP to engage with research projects. We work with the NHS Primary Care Research Network to ensure that any project we are involved in adheres to the highest standards and has achieved ethical approval.

Partaking in research can contribute to the development of services offered by the NHS and ultimately to the health and well being of the population.

You may be invited to become involved in a research project. You know it is a study we are supporting if you see our letter head at the top. Any queries please contact the study team detailed in the letter. We are always grateful for the contribution made by any participant in the projects we carry out.

If you decline an invitation to get involved, your care at the practice will not be affected in any way. We will always respect each individual's choice.

If you agree to take part, and the choice is yours, you will be contributing to advances in treatments, interventions and understanding of diseases.

You will also be paid any expenses you experience from being involved.

Practice website—currently being updated please bear with us!

We endeavour to update the practice website when changes occur or call our reception team if you have a query. <https://humshaughandwarkmedicalgroup.nhs.uk/>

Summer self care

We hope this newsletter finds you well. In this issue, we have some helpful advice on managing common summer minor conditions at home.

Insect bites

Insect bites and stings can be a nuisance, but most will clear up within a few days. To treat a bite or sting at home, remove the sting or tick if it's still in the skin, wash the area with soap and water, apply a cold compress or an ice pack to any swelling for at least 10 minutes, and raise or elevate the affected area if possible to help reduce swelling. Try not to scratch the area to reduce the risk of infection. The main symptoms are pain where you have been stung, and a small swollen lump on the skin.

You may have a mild allergic skin reaction where the area will become red, itchy and raised around the bite. A pharmacist can advise you about medicines that can help ease the symptoms of a bite or sting, such as: antihistamines, steroid creams and simple painkillers.

If you have been bitten or stung in your mouth or throat, near your eyes, or if a large area around the bite becomes red and swollen, you should contact your GP or call NHS 111 for advice. In case of a severe allergic reaction such as wheezing or difficulty breathing, dial 999 for an ambulance immediately.

Sunburn

Sunburn is skin damage caused by ultraviolet (UV) rays. It usually causes the skin to become red, sore, warm, tender and occasionally itchy for about a week. While sunburn is often short-lived and mild, it's important to try to avoid it because it can increase your chances of developing serious health problems such as skin cancer in later life.

If you have sunburn you should get out of the sun as soon as

Illness? Injury? Ask yourself is it a real emergency?



Self care

Many illnesses and injuries can be treated at home
Ensure you are well stocked with: Paracetamol, Anti-diarrhoeal medicine, Rehydration mixture, Indigestion remedy, Plasters and thermometer

Pharmacist

For confidential medical help and advice
To find your local pharmacy visit www.askyourself.org.uk

GP Surgery

For non life threatening minor illnesses and injuries
To find your local GP surgery visit: www.askyourself.org.uk

Call 111

Need urgent medical treatment but it is not life threatening?
Unsure where to go? GP surgery not open? Can't get an appointment?

For confidential health service advice & information call 111, available 24 hours a day. They will direct you to the best place to get treatment, including:

- GP Out of Hours
- Minor Injury Service/Urgent Care Centre
- Minor Emergencies

A&E

For LIFE THREATENING EMERGENCIES only

possible – head indoors or into a shady area. You can cool your skin with a cool shower or bath, apply after sun cream or spray, drink plenty of water to cool down and prevent dehydration and take painkillers such as paracetamol or ibuprofen for any pain. You should also cover sunburnt skin from direct sunlight until skin has fully healed.

Hayfever

Hay fever is a common allergy that affects many people, especially during the spring and summer months.

The best way to manage hay fever is to avoid exposure to the

allergens that trigger your symptoms. You can do this by staying indoors during peak pollen times, keeping windows closed, and using air conditioning to filter out pollen. When you do go outside, wear sunglasses to protect your eyes and a hat to keep pollen out of your hair. Over-the-counter antihistamines, eye drops and nasal sprays can also be effective in reducing symptoms. The vast majority of hay fever treatments are available over the counter and GPs will not prescribe these. If your symptoms persist or are severe, contact your GP for advice

We hope this information is helpful.

Stay safe and enjoy the great outdoors.

Dr Kristina Rodney

