

Jesmond and Lower Gosforth Primary Care Network

CORONAVIRUS AND SHIELDING....

WHAT IS SHIELDING?

This is a measure to protect the extremely vulnerable in society who could be at greatest risk from the infection.

WHICH GROUPS IS IT NECESSARY TO SHIELD?

- Patients who have had a solid organ transplant
- People with specific cancers – undergoing active chemotherapy or immunotherapy
- Patients with severe respiratory conditions eg: severe COPD or asthma or patients with cystic fibrosis
- People on immunosuppression therapy—sufficient to give significantly increased risk of infection.
- Pregnant women with significant heart disease either acquired or congenital.
- Patients with rare metabolic diseases and inborn errors of metabolism such as homozygous sickle cell.
- Patient with blood cancers including leukaemia, lymphoma or myeloma undergoing any active treatment

KEY ADVICE FOR PEOPLE (in any of these groups)

- ⇒ Stay at home at all times .
- ⇒ Avoid face to face contact with anyone outside the household for at least 12 weeks.
- ⇒ If you start symptoms suggestive of coronavirus such as fever or cough you should ring 111 straight away.
- ⇒ Speak to your GP on the phone about any medical problem during daytime hours (it is likely that bank holidays will be normal working days for general practice)
- ⇒ We can send prescriptions electronically straight to the chemist after discussing any problem with you over the phone.
- ⇒ Your medications should be delivered to the house.

Please see NHS guidance for general household hygiene for the rest of the family if you are in one of the groups above.

If you are in any of the above groups and it's not possible for others to assist you with food or medication deliveries please ring 0800 028 8327

Or go to www.gov.uk/coronavirus-extremely-vulnerable

Further information is available at the Newcastle City Council web page NCC coronavirus-covid-19/citylife

NEWSLETTER 1 April 2020

Who we are and what we do—

We are Jesmond and Lower Gosforth Primary Care Network and support patients of the following surgeries;

**The Grove Medical Group,
Roseworth Surgery,
Avenue Medical Practice
Jesmond Health Partnership.**

FOOD DELIVERY

There are a number of local companies that will provide food delivered to your door (with appropriate social distancing from the delivery drivers)



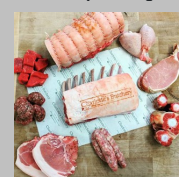
Grainger Market (correct as at 30-Mar-2020)
<http://www.graingerdelivery.com/>



Tyneside Food Service (correct as at 30-Mar-2020)
<http://www.tynesidefoodservice.com/>



Hillheads Farm Shop (correct as at 30-Mar-2020)
<https://www.hillheadsfarm.co.uk/shop>



Charlottes Butchery
Gosforth (correct as at 30-Mar-2020) <http://charlottesbutchery.com/>



Caffe 1901 Gosforth (correct as at 30-Mar-2020) <https://1901caffe.co.uk/gosforth/>

Supermarket deliveries: Morrisons, Asda, Tesco, Waitrose and Iceland

IF YOU HAVE ANY PROBLEMS WITH MEDICAL or FOOD DELIVERY

Please contact

NCC coronavirus-covid-19/citylife

Or Covid 19 Mutual Aid Gosforth

Covid 19 Mutual Aid Jesmond

both on Facebook

Other Useful Services/Contact Numbers:

♦ **The Silver Line** (correct as at 30-Mar-2020)
0800 470 8090 a confidential, free help-line for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year. <https://wwwthesilverline.org.uk>



♦ **Samaritans** (correct as at 30-Mar-2020)
116123 for help and advice or just someone to talk to
<https://www.samaritans.org/>

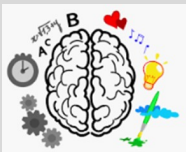


♦ **Age UK** (correct as at 30-Mar-2020)
Age UK 0800 678 1602 for advice and information
<https://www.ageuk.org.uk>



Brain Teasers

Can you solve these?



1) What starts with T ends with T and has T in it??
2) Can you decompose the word **snowing** (removing one letter each time, the remaining letters still make a real word) - can you get right down to a single letter word? (hint—there are 6 words to find)

3) Can you Solve this?

If
1=2
3=18
5=50
4=32
then
6=?

Share if you could solve it!

4) The day before yesterday, Mary was 7 years old. Next year, she will turn 10. How is this possible?

Staying healthy mentally and physically

Being alone, and/or self isolating can make situations stressful and cause anxiety or worry which is not normally a problem.

But don't worry there are ways you can help yourself. If you have access to the internet a look at the following website

Every Mind Matters - Looking after your mental health— offers expert advice and practical tips to help you look after your mental health and well-being; eg low mood, anxiety, sleep problems and more. <https://www.nhs.uk/oneyou/every-mind-matters/>



The NHS provides helpful easy to read self-help guides for issues such as anxiety, depression, panic and stress <https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/>



Staying fit and healthy is also a fantastic way to relieve stress and anxiety—perhaps you might like to try : some gentle seated exercises
<https://www.nhs.uk/live-well/exercise/sittingexercises/>



Or some general strength and physical exercises <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines->

Remember that moving about; cleaning, cutting the grass and dancing all count as light/ moderate exercise so try to keep physically active even though you are shielding and staying home.



Answers :

Teapot
Sowing, swing, sing, sin, in, I
The Answer is 72. Square the given number and then multiply it by 2.

Today is 1st Jan and Marry's B'day is on the 31st of December. So she turned 8 yesterday. She will turn 9 this year and hence 10 next year.