

Getting to Know your Practice Staff – Dr. Chris Murray

Dr Murray joined the practice in 2017. he has special interest in skin and joint problems. He has been a GP Trainer for five years



1. What inspired you to become a GP?...

I enjoyed all aspects of medicine when I was at University, especially learning about diseases and their impact on people's lives. Becoming a generalist was the logical choice as it constantly gives me variety and challenge and I get to meet lots of interesting people.

2. What is the best thing about your job?...

I work with a great team of very dedicated health professionals. It is always a pleasure to work with these individuals.

3. What advice would you give to someone who wanted to become a GP?...

It is a very interesting job but can be extremely demanding. There are plenty of opportunities to diversify, explore special interests and create your own job plan but it will take a lot of dedication and resilience.

4. What would you have done if you hadn't become a GP?...

I really enjoy Dermatology which is the specialty regarding the skin. If I hadn't become a Doctor, a computer at school told me that with my attributes I could become an Air traffic Controller – but I expect that would have been a disaster!

5. What were you like at school?...

A bit of a geek.

6. What book/film/song do you wish you'd written?...

I recently really enjoyed Lonesome Dove by Larry McMurty – an epic western.

7. If you could learn to do anything what would it be?...

I would love to learn to draw or do woodwork

8. What music do you listen to in the car?...

Currently interchanging between the Moanna soundtrack and the Greatest Showman - the perils of having kids! Normally I would listen to a whole range of music.

9. When you have 30 minutes of free time what do you do to pass the time?...

Very rarely happens but it is always good and healthy to have a chat with your colleagues

10. What would your pet say if you asked for a reference...

Pretty much anything as long as she got a dog treat

Did you know?..... you can now book GP appointments and order your repeat prescriptions online? If you would be interested in this service please enquire with one of the receptionists at the front desk. There is a form that you need to complete. To do this we need photo ID our reception staff will explain all this to you. If you are happy to go ahead we give you the form that you can take away if you wish.

Marine Medical
Tel: 01670 544125
www.marinemedical-blyth.nhs.uk

Marine Medical Group

Summer 2018



Welcome to the first edition of your Patient Participation Group newsletter. The PPG is here to understand the issues that are important to users of the practice and to ensure that the practice takes account of the views of patients in all decisions. The Committee meets monthly and is always keen to hear your views both on the service you receive and on any improvements you think should be made. If you have provided an email address you are automatically part of our virtual community and we will contact you from time to time to hear what you have to say. If you haven't provided the practice with an email please do so now so it is easier for your voice to be heard. If you feel you can commit some time to the committee please get in touch at mmgpatientparticipation@gmail.com - we would love to hear from you.

THE FULL MONTY

In 2018 a group of female celebrities bared all to raise awareness of Female Breast Cancer. We want you to take the Real Full Monty pledge to keep yourself checked for signs and symptoms of breast cancer.

Here's a true story from one of our patients:

I had planned a dream holiday with my husband and two close friends to the Dominican Republic. We had been looking forward to it for months and on arrival it was everything we had imagined.

After a few days into the holiday I went to back to the room to get a new book to read around the pool. While in the room I saw a bottle of sun cream so decided to apply it. As I was applying the cream I felt my hand brush against something. Tentatively I touched the same area again I could definitely feel a lump.

The most terrifying feeling I had ever experienced in my life. The moment anyone dreads, never in a million years did I ever think this would happen to me.

My husband was devastated and wanted to take me home but I refused and continued with the holiday, going home would make it too real. It was like living in a dream. On returning home the hardest time for me was telling my children and family it was becoming a reality.

I saw my GP and then referred to a Consultant. My Consultant thought everything was ok but decided to do a biopsy to make sure, so I felt quite confident.

Receiving a call to ask me to go too see my consultant was terrifying but kept thinking it wouldn't happen to me.

I can always remember he never used the 'C' word and then I heard the word Malignant, I had Breast Cancer I think my life changed from that moment.

Two days later I was admitted into hospital and had a lumpectomy and lymph glands removed.

Six days later I sat in the waiting rooms to get my results and see if the Cancer had spread. I think this was probably the worst time for me.

Thankfully the Cancer had been caught early and hadn't spread.

My treatment was to be a course of Radiotherapy and to take the drug Tamoxifen for five years with regular check ups.

I had many highs and lows, life was like a rollercoaster but I was always positive family and friends played a major part in my recovery.

I joined a support group and sharing our feelings and experiences together was a wonderful experience and helped in so many ways.

Finding the lump may have ruined my holiday but it also saved my life.

REMEMBER TLC TOUCH - LOOK - CHECK. TOUCH-can you feel anything unusual, LOOK- for changes, CHECK- anything unusual with your GP. See next page for full details.

In this Newsletter

Welcome

The Full Monty True Story

Did you know

Getting to know your Practice Staff

Could this be YOU?

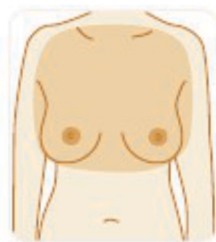
Soul Fitness

New Service



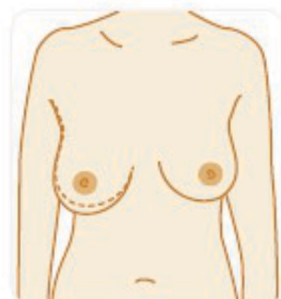
breast cancer care

How do I check my breasts?

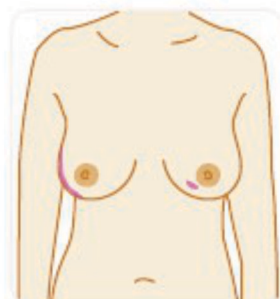


Check all parts of your breasts, your armpits and up to your collarbone for changes.

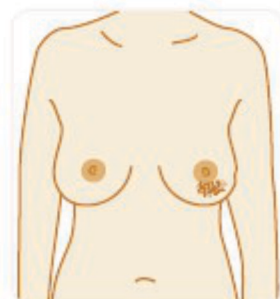
breast cancer care



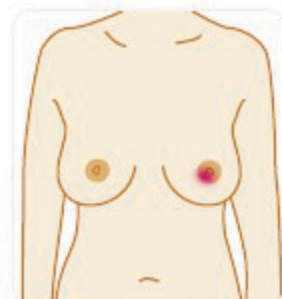
A change in **size** or **shape**



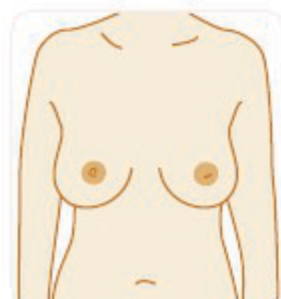
A **lump** or **area** that feels thicker than the rest of the breast



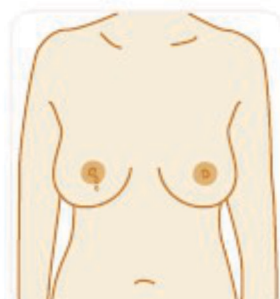
A change in **skin texture** such as puckering or dimpling (like the skin of an orange)



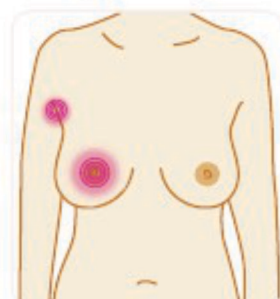
Redness or a **rash** on the skin and/or around the nipple



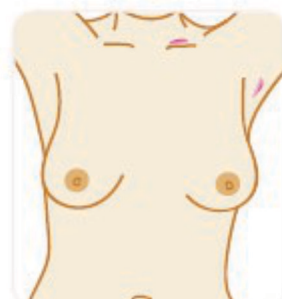
Your **nipple** has become pulled in or looks different, for example a change in its position or shape



Liquid that comes from the nipple without squeezing



Pain in your breast or your armpit that's there all or almost all of the time



A **swelling** in your armpit or around your collarbone



JOIN BRUCE (FITNESS INSTRUCTOR) AND DR. FRENCH

SOUL FITNESS

BLYTH CHILDREN'S CENTRE
 MONDAY 1 > 2PM & THURSDAY 10 > 11AM
 £3 PER SESSION
 ATTEND BOTH WEEKLY SESSIONS FOR £5

CIRCUITS BASED EXERCISES FOR ALL ABILITIES.

IMPROVE BASIC FITNESS, WEIGHT MANAGEMENT AND MENTAL WELLBEING.

IDEAL FOR PARENTS USING THE CHILDREN'S CENTRE NURSERY.

103 WRIGHT ST, BLYTH, NE24 1HG
 01670 798800

We are Soul Fitness! We believe that exercise and activity is a great way to improve our health and wellbeing. Bruce Robertson is a local fitness instructor. Anna is a GP at Marine Medical Group. Together we run a twice-weekly group aiming to encourage people to discover (or re-discover!) the benefits of being active. Sessions are based around circuits' activities for all abilities and can be as light hearted or serious as you choose. Why not come



Could this be YOU?

Most people don't recognise themselves as a "Carer" and why would you? Most of us fall into caring for a relative, partner, child or friend and don't always recognise how hard it can be sometimes and how a little bit of your own support can go a long way.

At **Carers Northumberland** we support unpaid carers (family members and friends) who care for someone with a disability, health condition, terminal or progressive illness or who is elderly or frail. A carer once described their role as: "partner, lover, cleaner, friend, driver, diary secretary, nurse, cook, maid, bread winner and trouble-shooter".

The role of carer can lead to hesitation in opening up to others and can be isolating and stressful. Carers Northumberland's independent, confidential advice service can enable carers to get the answers they need when they need them. We cover the whole of Northumberland and have regular meetings in Blyth where carers can meet and have a break, and for individual support we have specialist workers.

Here's a case study from one of our carers. Could this be YOU?

I have been a carer for my wife for many years who suffers from Alzheimer's disease. I managed well for a long time with just the support of my family. My wife has recently become violent and her behaviour is difficult to manage. We are both in our 80's and I felt I could no longer cope with the strain of caring and the violence I was experiencing. My daughter contacted Carers Northumberland and told them about my situation, they contacted my wife's Care Manager and arranged for a new assessment for both my wife and I. After speaking with the Care Manager, one option was to provide Care Workers to come into the home and help me, even so, I still felt I was unable to carry on caring, I really felt out of options. Initially it was hard to get people to listen to me, and in the end with support and advice from Carers Northumberland I decided that I was no longer the best person to care for my wife, and Carers Northumberland helped me to talk again to the Care Manager. I really could take no more and the quality of my wife's care was the most important thing to me. The Care Manager listened to me and acknowledged I could no longer manage in the home and my wife was placed in emergency respite care, and following this was moved into residential care and I can now visit her and have proper quality time with her.

If you think you might be a carer, or know someone who is – don't hesitate to get in touch with the practice reception staff and they will give you all the information you need.

New Service..The Hub

A new service offered by both Marine and Railway Practices. The Hub surgery is in Blyth Community Hospital and is staffed by a GP, a Health Care Professional and support from 6.30pm-8.00pm. Appointments at The Hub are available 6.30-7.30pm and a Saturday Clinic from 8.30am-12.00pm. The practices hope that offering this service will continue to help those patients who are unable to attend during normal surgery hours. To book an appointment just call the normal surgery number and ask for a Hub appointment. Please note that you will be seen by a doctor from Railway Medical Group on a Monday, Friday and Saturday.