

GREYSTOKE GAZETTE

ISSUE 57

APRIL—MAY 2015

Dr Kurian

On Saturday 28th March Dr Kurian married Joanna Ming in Portrush, Northern Ireland. It was the most joyous occasion which all the partners were lucky enough to be part of. The smiles in these photographs say it all. I am sure you will all join us in wishing them a long and very happy life together.



Staff News

Jenni Dollman

We are delighted to welcome Jenni Dollman as our new practice manager. These are her words of introduction: "I am the new Practice Manager at Greystoke Surgery. I have almost 20 years' experience of working within the NHS, and have a strong contracting, performance and finance background. I have 2 young children who keep me very busy and on the very rare occasion I get some time off, I enjoy the countryside and art galleries. I am very much looking forward to working with the staff and patients of Greystoke Surgery and would like to thank everyone for the warm welcome received."

Chris Herron

Chris has now completed his apprenticeship with us. Many of you told us we should keep him on and we have listened. We are going to train him to be our IT support officer in addition to the receptionist duties he is so good at.

Natalie Thomas

We are delighted to welcome our Receptionist Natalie back from her Maternity Leave.



Action on Hearing Loss

The charity Action on Hearing loss are providing a drop in session on the 1st Wednesday of every the month from 2.00 – 4.00 pm in our waiting room. They will service hearing aids and give advice on hearing loss.

**ACTION ON
HEARING
LOSS**



Carer Clinics

Carers Northumberland will be in the surgery waiting area on Tuesday 28th April between 9.15am-11am and on the last Tuesday of the month after that, with information and advice for Carers. Find out more about: Carers Emergency Card, Carers Support Fund and Carer Support Groups in your area by coming to talk to them , telephone 01670 320025, e-mail nfo@carersnorthumberland.org.uk or visit www.carersnorthumberland.org.uk

Exercise is Medicine

Exercise produces roughly similar benefits to drugs in preventing diabetes, heart attacks, and strokes. It has also been shown to reduce the risk of dementia and improve mental health. The required dose of exercise is achievable for most people. We need to be doing a minimum of 150 minutes a week which can be broken down to three 10 minute brisk walks a day.

If you have a long term condition or mental health problems we can refer you to Healthstart at the leisure centre where trainers help you use equipment in the gym or get you involved in activities e.g. short tennis. If you need a gentler start we have 1:1 trainers who can introduce you to exercise and healthy living. There are also weekly guided walks organised by the public health department of the local council; find out more at www.activenorthumberland.org.uk

Please talk to your practice nurse or GP if you would like more information.

Improvements to our Online service

We would like to encourage all our patients to use our online service. In the past it has been possible to order repeat medication and also to book certain appointments by using our on line service which is available via our website.

However, we have now enabled our system to be able to show you your specific summary care record. If you would like to know more about this facility then please ask at the surgery next time you call in and we will give you the necessary forms to enable you to register an interest in activating this facility.

Insight Talking Therapies

As well as providing counselling and psychotherapy for people suffering from anxiety, stress and depression Insight are now offering "Living Well" workshops. These are for people who have a long term condition which is significantly impacting on their mood and/or quality of life. The workshops last for 2 hours and run for 9 consecutive weeks.

The aim of the workshop is to help those with long term conditions to understand how easy it can be to get stuck in a vicious cycle, which impacts lives both emotionally and physically. By understanding how the cycle develops and is maintained, they help you to explore how to break it at various points. A secondary aim of the workshop is to help family members, friends and/or cares to develop a similar understanding so they are welcomed .

This is an NHS service and is free to everyone registered with a GP in Northumberland. You can self refer or ask your practice nurse or GP to refer you. Contact details below:

Tel: 0300 1234502

E-mail: northumberland@insighthealthcare.org

Web: insighthealthcare.org