

GREYSTOKE GAZETTE

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Practice News

Dr Keith Baronowski

We say a fond farewell to Keith. We will miss his sense of humour and expertise in Deramtolgy. We saw him off in style, as you will see from the photograph. We wish him all the best in his new job in Glasgow as a fully qualified GP.



Sharron Johnson

It was very sad to say goodbye to Sharron who has been part of the administration team for the last 14 years. She worked her way up through the ranks and finished as our computer lead. We hope her new job as PA to a stone mason goes well.

Dr Harpreet Kalra

We welcome Dr Kalra who joins us for 6 months, he introduces himself below:

I am Harpreet, one of the new GP registrars who joined since August 2016. In brief my origin is from Punjab, India and born in Norway and lived most of my life in Denmark. I have lived in the UK for the past 5 years, where I spent the first year in London and thereafter moved to Newcastle. I live with my wife and my little daughter. I enjoy going to the movies, travelling and socialising. I come across to people as being a friendly and understanding. I like challenges in life and I think that is probably the reason why I chose a career being a GP, because of its infinite variety. You simply never know what you will be dealing with next.



Clare McHugh

A warm welcome to Clare who we are lucky to have tempted back to us to take on the computer team lead role. Some words from her: My name is Clare McHugh and have recently joined the practice as Computer Lead. I have many years' experience working in general practice doing various roles. I enjoy spending time with my family and friends especially my 4 year old son who really keeps me busy. He starts full time school in September so I am hoping I am going to get some mammy time again. I am looking forward to working with the Greystoke team and spending many years here.



Attendance at Greystoke Surgery for Minor Injuries

Due to a recent change in policy from the Clinical Commissioning Group, we are now instructed to signpost patients who sustain any minor injury to the Minor Injuries Unit at Wansbeck General Hospital. The facility at Wansbeck General Hospital is specifically designed and equipped with the appropriately trained staff to deal with mi injuries which include sprains, strains, superficial burns, minor lacerations, foreign bodies, bites and minor head injuries. When asked by reception staff the nature of your problem, you may be signposted under the instruction of the medical staff to attend Wansbeck General Hospital so that you may receive the appropriate care your condition requires.



Northumberland Bus Buddies

The Bus Buddies project supports young people aged 13-19 with disabilities who live in South East Northumberland. The young person is matched to a Bus Buddy Peer mentor (aged 18-30 years) or the project co-ordinator and they go out on weekly one to one sessions to become more independent by using public transport and carrying out fun, social activities. It does this in one of two ways:



- Travel Training: The project co-ordinator or bus buddy does a short, intensive piece of travel training with the young person to enable them to learn to make a specific journey by bus, safely and independently.
- Peer mentoring: By linking the young person with a volunteer peer mentor or 'buddy', who meets up with them on a one to one basis each week to support them over a longer period of time to learn new skills, make choices, increase their social opportunities and become more independent and confident.

For more information or to make a referral, contact Bus Buddies on Tel: 01670 353 394.

Sugar Smart

Our kids might seem fine on the outside, but too much sugar can cause tooth decay and lead to the build up of harmful fat on the inside that we can't see. This fat around their vital organs can cause serious disease in the future e.g. weight gain, diabetes, heart disease and some cancers

Public Health England has launched a new Change4Life healthy eating campaign: 'Sugar Smart', providing families with the knowledge and tools they need to help them cut down on sugar. A new app is available to download on the App Store and Google Play to help parents and health professionals to visualise the sugar lurking in foods. Read more at <https://www.nhs.uk/change4life-beta/campaigns/sugar-smart/>

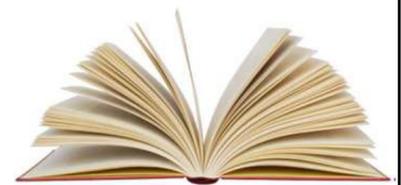


Seeing Ear - The online library for blind and print-disabled people

Founded in 2005, Seeing Ear is a charity dedicated to helping those people who want to read but can't use printed books. Their online library provides books in a flexible format that can be downloaded by library members. The service is free for anybody who needs books in an accessible format due to reasons such as visual impairment, dyslexia or a physical disability. All books are available in a variety of formats, including Microsoft Word, plain text and Braille.



For more information please Tel: 0142 477 7466
(Office opening hours are Monday – Friday
9am - 5pm) or email support@seeingear.org
www.seeingear.org



Tyneside Cinema secures funding to continue Dementia Friendly cinema

The Dementia Friendly Cinema project was initiated and provided with seed funding by the Elders Council. The Tyneside Cinema has successfully secured a grant that will enable it to support and deliver a three year dementia friendly cinema programme following a very successful pilot programme in 2015.

The dementia-friendly events feature: Special large print and contrast adjusted signage around the building and in the auditorium, increased lighting in the auditorium during the film, reduced sound levels and no adverts or trailers before the film

For more details please Tel: 0191 227 5500 or visit the website: www.tynesidecinema.co.uk/dementia-friendly-cinema