

GREYSTOKE GAZETTE

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PATIENT PARTICIPATION GROUP

A group of volunteer patients meets 6 times per year, providing an opportunity for general comments on the day to day running of the practice from our patients' point of view. In particular, it seeks to:

- Ensure that services provided are responsive to patients' needs.
- Carry out surveys and provide information on topics relevant to the effective management of the practice.
- Raise public awareness of the services and facilities available.
- Support the practice in its dealings with other organisations.

In 2014, the group organised a successful healthcare event, raised a number of issues with practice management, organised the 2015 Patient Survey and had several productive meetings with other local organisations. We are currently lobbying Northumberland County Council to improve the safety of the vehicular access to the health centre.

We are always interested in talking to people who feel they have something to contribute to the PPG. We want to involve all age groups within our surgery population and are particularly keen to encourage younger members to join our group. If you would like to know more about the work of the PPG, please contact Jonathan Bradley (practice manager) at the surgery (01670 511393) or John Walton (PPG Chairman) (01670 512087) .

Staff News

This month we said goodbye to our GP registrars Zeenat Rahman and Rachel Jones and welcome **Fiona Malcolm** who will be with us for the next 6 months. Below are a few words from her:

This is my final job as a GP Registrar before becoming fully fledged in August this year. I'm originally from Sheffield, although I lack the Yorkshire accent to prove it. I moved to Newcastle for medical school 10 years ago and once I was in this wonderful part of the world I could see no reason not to stay (and have now cemented that by marrying a local boy last year)! In my free time, I enjoy baking and eating cake (which I'm told will help me to settle into the team here!), seeing new places, and music - I play the cello in a local orchestra. I've really appreciated the warm welcome I've had to Greystoke Surgery and am looking forward to my next 6 months here.



Waiting Room Magazines

The new building seems to have a monster which devours magazines as soon as we put them in. We would always welcome donations of suitable magazines from you when you no longer need them. Please hand donations in to the receptionist at the front desk.

Newlife Foundation Free Equipment Service

Struggling to get equipment that your disabled child's needs? A new batch of specialist equipment is now ready and waiting to be delivered to children in need, across the UK. Equipment includes specialist seating, manual wheelchairs, buggies, walking frames and assisted living aids.

Newlife is committed to ensuring that children and young adults with disabilities, life limiting conditions and terminal illness are able to get the right equipment at the right time. They welcome contact direct from families and also want to hear from professionals if they know a child in need of an item (that they would probably not be able to get through the local statutory services).

To view the current range of equipment available and download the FAQ's on the project, visit the Newlife website: www.newlifeable.co.uk

newlifeable
Action to help disabled and terminally ill children in the uk.

Anxiety in Children - A new guide from NHS Choices

Just like adults, children and young people feel worried and anxious at times. But if your child's anxiety is starting to affect their wellbeing, they may need some help to overcome it. A new guide can be viewed at: www.nhs.uk/ which has very good advice and a link to www.moodcafe which provides written and audio relaxation exercises for children "relax like a cat". Your GP or school nurse are here to help too.



Guide to Childcare for children with special educational needs and disabilities (SEND)

This popular guide, for parents in England, is packed with useful information including:

- Support from birth and in the early years
- The help that childcare, schools and your council should offer you and your child
- Childcare options and childcare funding
- Education, Health and Care assessments and personal budgets
- How to challenge unfair decisions and Useful contacts

An individual copy of this guide is free to parents and carers. To request a copy, please email: info@familyandchildcaretrust.org

Would you like to Volunteer as a Befriender to people living with dementia?

Everyone needs a companion. Become a Gardening Buddy, a Running Chum, a Bake Mate, or simply pop round for a cup of tea. The Alzheimer's Society befrienders may visit at home, out and about or at a group.

As a volunteer you are entitled to receive training relevant to your volunteering role and with your line manager's approval. In addition to the volunteer introduction meeting, the Society often runs other events aimed at enhancing the knowledge and skills of volunteers and staff. Some of the learning activities are essential for your role and some may be optional. All core training courses provided for employees and volunteers by the knowledge and learning team are free of charge.

To find out more about becoming a volunteer befriender in South East Northumberland please contact the Volunteering Officer at Alzheimer's Society on 01670 813255 or at volsnorthumberland@alzheimers.org.uk

**Alzheimer's
Society** | Leading the
fight against
dementia

You can make a difference to someone in your community.