

GREYSTOKE GAZETTE

ISSUE 68

JUNE-JULY 2016

Practice News

We are delighted to welcome 2 new receptionists to our team. They introduce themselves below:

Ebony Gooch-McMurdo

Hello Everyone! I'm Ebony and I have recently been employed by Greystoke to be a part of the admin team but also as a phlebotomist for the surgery. I look forward to learning new things with both the admin team and also the nurses, to help expand my existing knowledge.

In my spare time I enjoy dancing, my main interests being ballet and tap. I have received a warm welcome from working here so far and I am looking forward to continuing my time here.

Toni Johns

I have just recently been employed by Greystoke Surgery, before joining the surgery I did an apprenticeship with Bedlingtonshire Medical Group, I hope to gain more experience and look forward to being part of the team. I am already enjoying my time here and look forward to spending more time with the surgery.

Congratulations to our receptionist Helen Rebar who is now Mrs Ramsden. On the right is a lovely photograph of her on her special day



Free Public Wi-Fi Now Installed

Code: 123456789

Name: necspublic

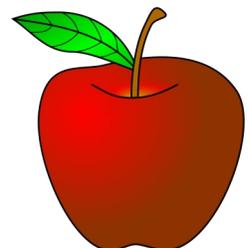
free WiFi

The patients and public now have access to free Wi-Fi in the Morpeth NHS Centre. We ask that you please use it responsibly as it is being monitored by the NHS IT Department.

We would like to take this opportunity to encourage patients to use the online services available e.g. Booking Appointments and Repeat Medications. Please ask the receptionist at the desk if you would like to sign up for this

Apple juice better for children with diarrhoea and vomiting

A recent well conducted research study has shown that young children with diarrhoea and/or vomiting who were not seriously unwell did better if they were given half strength apple juice compared to official rehydration treatments. Less had to be hospitalised for intra-venous fluids. As diarrhoea and vomiting due to gastroenteritis is more common in the summer months this will hopefully be a useful tip for parents.



As summer may have arrived here are some tips to enjoy it safely

Your eyes and the sun

Many people are aware that ultraviolet (UV) light is harmful to the eye and may lead to cataracts and other eye problems. Light-coloured eyes (blue, grey or green) need more protection. Children's eyes are more vulnerable than those of adults. Wearing a hat with a brim or a peaked cap could shield you from as much as 50 per cent of the sun's UV rays. But wearing a pair of good quality sunglasses can block between 99 and 100 per cent of UV radiation. Sunglasses should carry the CE mark and have a label stating they block 99-100% of both UV-A and UV-B rays. Wraparounds prevent UV light getting in at the sides. Brown and amber lenses are the best as they reduce the amount of blue light getting through. Dark sunglasses are not necessarily better; it is the coating on the surface that makes them safe.



Stay cool this summer

Hot weather can be very dangerous and even kill. In one hot spell in August 2003 in England, deaths in those aged 75 and over rose by 60% with 2000 total extra deaths than would normally be expected. Staying hydrated and out of the sun are the best actions to take. If you need to be outdoors wear a hat and take a drink with you. Some people are particularly vulnerable like: the elderly, babies and young children, those with chronic heart and breathing conditions, physically active people like roofers, builders, gardeners, manual workers, athletes and people on certain medications.

Sunscreens

Recent guidance from NICE suggested sunscreens with an SPF of 15 were adequate for most people in the UK. However, this assumes we apply it as the manufacturers advise at 2mg/cm², which requires 35ml every 2 hours for an adult, and is more than double what is applied in reality. It is, therefore, recommended that most people should use a cream with an SPF of at least 30. SPF relates to protection from UVB only. It is also important to have protection from UVA which is equally implicated in the risk of skin cancer. Sunscreens have a 5 star rating for UVA protection in addition to the SPF number and we recommend star 4 or 5.



But please do not forget your vitamin D levels, SPF 15 stops 99% of vitamin D production. You do need to have some unprotected sun exposure (without burning) to build up your stores for the winter. We recommend a weekly total of 60 minutes a week broken down into short spells of unprotected sun to your face and arms on fair skin, longer on darker skins.



Too much information "TMI". The society have put together a series of top tips to help us all be more understanding towards autistic people and their families. 28% of autistic people have been asked to leave public spaces because of behaviour associated with their autism and 70% of parents feel socially isolated.

UNDERSTAND AUTISM, THE PERSON AND WHAT TO DO

"My son's not naughty – he's autistic. It's just that sometimes he gets overwhelmed. The bright lights reflecting on the shopping centre floor. The different music coming from different shops. The smell of the perfumes on every shopper, the wafts of coffee, tea, burgers, chips. Every face, every conversation. Everything, all at once. So if you see someone having a meltdown, don't judge them – think 'TMI' instead".

TAKE TIME

Give the person some time – it can take a while to recover from an information overload. Calmly ask them (or their parent or friend) if they're OK, but bear in mind they'll need more time to respond than you might expect. You see, with so much going on around them, autistic people sometimes need more time to process information. So if you ever ask a question and don't get an answer right away, just wait. It might seem like the meltdown will never end, but it will. So just be patient, and be there.

MAKE SPACE

Try to create a quiet, safe space as best you can. Ask people to move along and not to stare; turn off loud music and turn down bright lights – whatever you can think of to reduce the information overload, try it.

IMAGINE

Imagine feeling so overloaded that you just couldn't cope. Imagine the difference it would make if someone showed you a little kindness, rather than judging you as a naughty kid having a meltdown, or a 'weirdo' flapping their hands. A little understanding can go a long, long way – just a nod or some words of kindness can really put someone at ease.