

GREYSTOKE GAZETTE

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We wish all our patients a Healthy and Happy 2019

Included in this issue are tips on how you can achieve this for yourself and your family.



The NHS has an excellent website called One You which has lots of resources to help you keep your New Year's resolutions and improve your physical and/or mental health.



Take this quiz to find out how your current lifestyle could be impacting your health and find out ideas to help you make positive changes, whether that be eating better, stopping smoking, cutting down on drinking or getting active.



Having good mental health can help us feel better, sleep better and support us in doing the things we want to do. It can also help us have more positive relationships with those around us.

Hear from people working through their own mental health problems, as well as from experts who explain more about how to manage and improve your wellbeing, in our videos.

Find out which organisations can help if you're experiencing any of these possible causes.

And if you're here to help someone you care about, get tips and advice on helping others struggling with their mental health.

Our practice nurses and GPs are also here for you if you need any help.

Help your child cut back with great sugar swap ideas and discover easy ways to make a swap when you next shop



Did you know just one or two everyday swaps can really make a difference to how much sugar your child is having, while still keeping them happy? Children in England are eating an extra 2,800 sugar cubes a year, which is more than double the recommended guidelines. That's 8 cubes too many each day. Half of the sugar in our children's diets comes from sugary drinks, sweets, biscuits, cakes, puddings, sugary breakfast cereals and higher-sugar yoghurts and puddings.

But it's easy to cut back by swapping from higher - to lower-sugar products. The Change for Life website has lots of useful tips on how to help your child cut back with great sugar swap ideas and easy ways to make a swap when you next shop. There is a quiz to calculate how much sugar your child is getting.



Christmas Fund Raising



Save the Children's Christmas Jumper Day – wonderful donation of £44.55 raised by staff.



Metro Radio Mission Christmas Appeal (instead of Christmas Cards), staff raised an equally brilliant £45.00, which bought a dolls pram and racing track/set.

Late requests for repeat prescriptions.

We are all human and can go to the cupboard to get out the next packet of pills to find we have run out and forgotten to order more. Our urgent "5.30pm collect" system allow for these mistakes; but they are disruptive as it is often the on call GP, rather than your usual GP, who has to interrupt their surgery to do the prescription. As they do not know you they have to review your records in detail to ensure it is safe to do the prescription which is time consuming.

If you receive regular prescriptions we can arrange for repeat dispensing which means enough medication is sent to your pharmacy to last until your next review with the nurse or doctor. This means there is no need to ring us, you just go straight to the pharmacy and they have your next supply ready. If you would like to know more or set up repeat dispensing please speak to one of our medicines managers – Helen Ramsden and Jane Canham.

Staff News

Receptionist Rebecca Trainer is now a proud Mum and enjoying her maternity leave. To help fill the gap we welcome a new apprentice **Anna** who introduces herself below:

Hi, my name is Anna and I've recently started working here at Greystoke Surgery in administration. I am 18 years old and left school 2 years ago. This is my first full time job and I also have a part time job on the weekends. In my spare time I like spending time with friends and family, I enjoy going shopping and to the cinema. I'm very happy to be working at Greystoke Surgery, being a part of a great team and helping as best as I can. I look forward to meeting you all.

