

GREYSTOKE GAZETTE

ISSUE 100

AUG - SEP 2020

Baby news!

We are delighted to announce the birth of Dr Kurian's baby! Here's the proud big sister to introduce her....

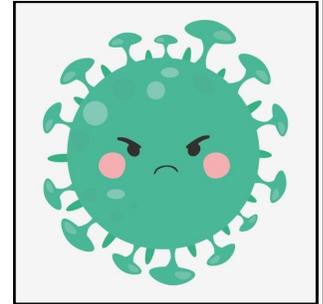
Hi everyone. Esther Hope Kurian here and I am delighted to tell you all about the birth of my little sister Naomi Grace Kurian. She was born on the 12th of August weighing a whopping 10lbs 1oz (poor mummy). She is very healthy, doing really well and is a good baby drinking all of her milk and trying to sleep as much as possible to give mummy and daddy a good rest. She doesn't like it when I make too much noise when I play with my toys but she likes sitting in her bouncy chair with the music on and lying on her jungle gym mat. We are very much alike because when we were both born we had more hair than daddy!

CONGRATULATIONS FROM ALL AT GREYSTOKE!



Covid 19 information

As we approach the Winter months and schools return for the first time in several months, there remains a great deal of uncertainty with regards to what the future brings over the next few months. Will there be a second lockdown? Will there be more local lockdowns? With the upcoming Winter months and the return to schools there will no doubt be an increase in the number of viral infections we see and the big question a lot of people will be asking is 'Do I have Covid?'.



We have seen a huge increase in the number of tests over the past few months and there is no doubt that we will see demand increase for this further. Since lockdown eased, the surgery has faced significant pressures with catching up following lockdown and still continues to do so. We expect these pressures to continue for a number of months but will endeavour to maintain the high quality service we provide.



The situation continues to be extremely fluid and we are needing to review guidelines on a daily basis and respond to any changes with very little notice. Whilst there is potential for disruptions to continue, we will ensure that we keep these to the minimum so please bear with us.

With best wishes from the Greystoke Team

NHS Better health

As the Covid pandemic rolls on, one thing you may have noticed is the drive for all of us to get healthier, not just if we were to develop Covid 19 but for our general physical and mental wellbeing. The NHS is providing resources that can help if you feel that this might be something that benefits you. With this 12 week plan, you can set weight loss goals, use the BMI calculator to



customise your plan, plan your meals, make healthier food choices, get more active, burn more calories, record your activities and check your progress. For more information, visit :-

<https://www.nhs.uk/better-health/>