

GREYSTOKE GAZETTE

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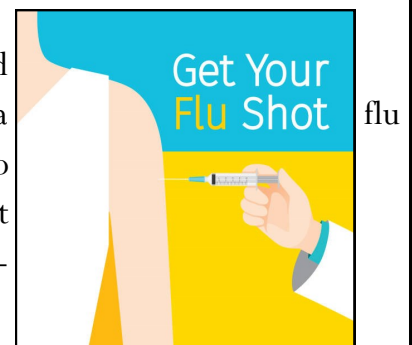
Access to appointments

As the practice continues to negotiate the care of our patients during the Covid 19 pandemic, we would like to take this opportunity to respond to various articles in the press about GP access. There has been a lot of negativity in the press regarding access to GP appointments and the lack of face to face appointments being offered. Having reviewed the figures, we are pleased to say that we are offering 20% more appointments compared with prior to the start of the pandemic. The rate of face to face consultations compared to telephone appointments remains the same compared to pre pandemic levels as does the frequency of home visits offered. We are also offering a number of way to access us should you need an appointment. We appreciate phone lines are busy first thing in the morning, so you can use the eConsult system on the website or book an online appointment with the GP of your choice. We are pleased to report that we will be increasing the number of online appointments available to our patients this month.



Vaccination Stations!

Most eligible patients by now will have had their flu vaccinations and will have been called to the surgery for this. If you are eligible for a jab but have not been contacted by us, please contact reception to discuss further. We are delighted that previous employed staff at Greystoke Surgery have been called in to help deliver the flu vaccination campaign for 2021 so you may see some familiar faces.



The covid booster vaccination campaign is also underway now with multiple sites offering vaccination boosters. If you have not had your Covid vaccination booster yet, we will contact you to arrange this and will be calling patients in order of their eligibility. We will be delivering the vaccinations boosters at Morpeth Health Centre.



FRIENDSHIP

LAUGHTER

HAPPY MEMORIES

SOCIAL FRIDAYS



THE BEST THINGS IN LIFE ARE FREE

THANK SOCIAL FRIDAYS IT'S FRIDAY!

Get that Friday Feeling every Friday when you join our free, friendly social groups at Beaconhill Community Centre, Cramlington, The Round House in Ashington, Bedlington (details to be confirmed) and Morpeth Library.

What's on?

Every week is different at Social Fridays and you can get as involved as much as you like or simply have a cup of tea and a chat. Activities include:

- Board Games
- Arts and Crafts
- Music
- Trips Out
- Lunches and Events
- Visits from Local Groups
- Information and Advice

Who can join?

Anyone over the age of 50 who lives in Northumberland is welcome to join. We are a friendly, inclusive group.

Locations

9:30am - 11:30am
Beaconhill Community Centre, Cramlington

1pm - 3pm
The Round House
Lintonville Parkway, Ashington

1pm - 3pm
Bedlington (location and start date to be confirmed)

10am - 12pm (starts 15/10/21)
Morpeth Library
Royal Sovereign House
Manchester Street



For further information call: **01670 784 800**
www.ageuk.org.uk/northumberland



Age UK Northumberland is a registered charity number 1072394 and a company limited by guarantee registered in England and Wales number 3639406. Registered office: The Round House, Lintonville Parkway, Ashington, Northumberland NE63 9JZ.

Our social prescribing teams are delighted to make our patients aware of the above information as an opportunity to socialise with others on Friday at various times and locations throughout Northumberland. Please call the number or visit the website on the flyer for more details.

In spring and summer, most of us get enough vitamin D from sunlight on our skin and a healthy, balanced diet. During autumn and winter (from October until the end of March) the sun isn't strong enough in the UK to produce vitamin D. That means we have to rely on getting it just from the food we eat. Because it's difficult to get enough vitamin D from food alone, many of us risk not getting enough. Taking a supplement helps to keep levels of the vitamin topped up during the colder months.



Public Health England advise that adults and children over the age of four should consider taking a daily supplement containing 10mcg of vitamin D, particularly during autumn and winter. Vitamin D supplements are widely available from supermarkets and chemists.

People who have a higher risk of vitamin D deficiency are being advised to take a supplement all year round. The at-risk groups include people whose skin has little or no exposure to the sun, like those in care homes, or people who cover their skin when they are outside. People with dark skin, from African, African-Caribbean and South Asian backgrounds, may also not get enough vitamin D from sunlight in the summer. They should consider taking a supplement all year round as well.

It is recommended that children aged one to four years should have a daily 10mcg vitamin D supplement all year round. As a precaution, all babies under one year should have a daily 8.5-10mcg vitamin D supplement to make sure they get enough. Vitamin drops are available for babies. Your health visitor can tell you where to get them. These are available free to low-income families through the Healthy Start scheme. However, babies who have more than 500ml (about a pint) of infant formula a day don't need a vitamin D supplement as formula is already fortified.