

GREYSTOKE GAZETTE

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Sun Awareness Week 8.5.17-14.5.17

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. 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 or 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.

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 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.

Staff News

We are delighted to welcome 2 new members of staff to the Greystoke team. They introduce themselves below:

Nurse Carole Smart

Hello my name is Carle Smart and I have just taken up a post as Practice Nurse at Gresytoke Surgery. I am originally from Ashington and previously worked in the old Ashington Hospital and then Wansbeck Hospital. I then moved into general practice and worked in Laburnum Surgery in Ashington before moving near Berwick and working in a surgery there. I am now relocating back to Ashington and an really happy to be working in this surgery and look forward to meeting you all.



Receptionist Diane Mole

My name is Diane Mole and I have worked for the NHS for over 30 years. My original employment was in the registration department of Family Health Services which was based in Morpeth. We dealt with GP registrations and transferred medical records between surgeries all over the UK. The registration service relocated to Newcastle ten years ago and became part of the Contractor Services Agency. The Newcastle office closed as part of the restructuring of NHS England. Since then I have worked in general practice in Gosforth. I am glad to be working back in Morpeth at Greystoke Surgery. My aim is to improve my knowledge, skills and experience and of course help patients at Greystoke the best way I can.





**family
lives**

Family Lives (formerly Parentline Plus) is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. They know that many people play active roles in raising children, from dads and mums, grandparents, stepparents and non-resident parents. Their role is to support everyone to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals.

Family Lives recognise that the best way to support families is to provide professional, non-judgmental support and advice in a way that all members of the family can freely access. They provide this through a free confidential helpline on Tel: 0808 800 2222 (available Monday - Friday 9am to 9pm and Saturday/Sunday 10am - 3pm), extended support for complex and difficult issues, Online peer support and Online advice and information on all aspects of family life

As well as the core family support services offered through their helpline and online chat, they also work in many different areas and offer tailored support around issues such as bullying, special educational needs, and support for specific communities. People can contact Family Lives about all aspects of family life that include all stages of a child's

development, issues with schools and parenting/relationship support. They also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children.



They are based in South Gosforth within easy reach of public transport. They are looking for volunteer call takers to work on the helpline. If you have ever thought that you'd like to help others cope with the ups and down of family life contact 0191 284 4060 or email: nickh@familylives.org.uk to book a place on the next training

or go along to an information session to find out more about the work that they do. No experience is necessary, full training is given. www.familylives.org.uk/

Top Tips for Healthy Kids - a message from Kate Stephenson, Health Care Assistant

If you are needing help and support with healthy eating and exercises for kids there are a few useful sites to look at:



Change 4 Life offers lots of practical advice on how to help your child achieve a healthier lifestyle. It has a fantastic Be Food Smart app that has a range of easy healthy recipes and enables you to scan food to see just how much sugar, salt and saturated fats they contain. As well as healthy eating it can also help you to find local activities in your area to help encourage your child to exercise and develop friendships.

British Heart Foundation bhf.org.uk

We all know kids enjoy playing games on the net so why not try logging on to the BHF site where they can play a range of interactive educational games. This website looks at healthy eating, physical activity and all the horrible effects unhealthy eating can have on the body. It may even help the whole family



Meaningful Life

Research has shown that people who create a sense of purpose and meaning in their lives, and seek to find and understand their 'true self' experience fewer symptoms of depression and anxiety.

How can you create more meaning? Here are a few tips!

1. Write down your top 5 things that you believe are the essence of how you want to live life
2. Make time in your life to work on something you love
3. Set daily goals – the sense of achievement in ticking them returns a positive feeling
4. Simplify your life – to provide space for you to do what fulfils you and gives your life meaning
5. Be mindful - notice what you do at all times and be mindful, is it in line with your values and principles?

Living a meaningful life and being 'true to yourself' is good for mental health.