

GREYSTOKE GAZETTE

ISSUE 76

AUGUST—SEPTEMBER 2017

Staff News

There is lots of good news to give you this month. The only sad bit is that we had to say goodbye to Dr **Lynsey Rae**. Many of you will have met her in her 2 years with us and, like us, loved her. She has gone up the hill to St Georges to learn more about psychiatry as part of her GP training. We wish her all the best in her career and a happy, healthy baby in November.

News from Dr Hannah Marshall

Thank you for all the well wishes before I went off on maternity leave - we had a wonderful little boy who we have called Flynn Llewelyn and he is just perfect. As you will see in the photo on the right.



Dr Graeme Denman

I am thrilled to be rejoining the team at Greystoke Surgery as a partner, having spent 12 months here as registrar in 2014/15. Since then, I have continued my interest in medical education at Newcastle



University, and gained further experience in paediatric rheumatology and community mental health. I currently work every Monday at the Great North Children's Hospital as a specialty doctor, seeing children with bone and joint problems, and am set to become a tutor for medical students in the new year. My son Ruairidh was born during my last spell at Greystoke, and I arrive this time with our second child due in September. Outside of work, I have entered the world of ultra-marathon running and completed two 110km fell races in the Lake District recently. My next challenge is running the length of Hadrian's Wall later in the year – wish me luck! Originally from Glasgow, I have fallen in love with the North East and the stunning countryside and coastline it offers.

We also welcome 2 new registrars to the team who introduce themselves below:

Dr Simone Nagiah

I trained at Newcastle University and liked the North East so much I stayed on for GP training. My interests include palliative care, psychiatry and medical education and research. I have previously worked in many of the hospitals in the Newcastle and North Tyneside areas and had placements in GP practices in Amble and Gateshead. When I'm not being a GP I enjoy walking Northumbria's beautiful countryside and beaches.



Dr Alex Barker

Thank you all for the warm welcome that I have received at Greystoke during my introductory week. I am commencing my final year of GP training and I am looking forward to the exciting times ahead! I am a Leeds University Graduate and I entered GP training after returning from Australia, where I worked for a couple of years after completing my Foundation training. I chose General Practice as a career path as I like being a generalist and learning a variety of new skills/knowledge. I also like chatting with people! I have a particular interest in sexual and reproductive health and medical education. As part of my training this year I will be completing a certificate in medical education. Outside of work, I enjoy singing and amateur dramatics. I have also recently commenced a pottery making course! I look forward to meeting you!

A message from Dr Kurian...

I just wanted to say a huge thank you to our wonderful patients who have been wishing me well whilst I have been on sick leave recently. For those of you who are not aware, I prolapsed 3 discs in my lower back resulting in the loss of use of my left leg. Having had treatment I have slowly been getting better and hope to make a full recovery by November. I would have loved to tell you I did my back in making the save of the century in my hockey goal, but I retired from hockey 3 years ago and did it sleeping on a dodgy mattress whilst on holiday! I am sure you will all join me in thanking the other doctors who have had to work so much harder in recent weeks especially given the fact that locum cover is extremely difficult to secure due to the national shortage of GPs and the time of year as well as the fact that my back problem coincided with Dr Marshall commencing maternity leave. It was so nice to return to work and do what I love doing most – being a GP.

General Practice is going through a very difficult time at the moment with ever increasing workload with reducing resources. As a training programme director for the local GP training programme I oversee the training of a number of GPs locally. We are the second lowest area of recruitment for GP trainees nationally but are very fortunate to have a full complement of GPs at Greystoke, indeed the last 3 partners (myself included) are all previous trainees at the practice!

With regards to the new system of telephone consultation, I know that there are a number of you who do not like it. Indeed, this was not something I signed up to when going through the GP training programme. However because of the above demand vs resource issues it was the only way we could try and meet the needs of our patients and remove the several week wait to see a named GP as well as significantly reduce the non attendance rate. I'd like to give you some perspective of what this change has meant for us. Starting work early at 7am to clear paperwork, the phones are on from 8am then it's all hands on deck. I asked one patient on a Monday morning how many consultations she thought I did and she replied '10'. I then informed her that she was the 31st out of 38 patients and counting that morning. On my busiest day I consulted with 84 patients over a period of 13 hours. This is by no means a gripe, but I only wish to share with you my delight in being able to meet our patients' needs by working at this level – it is tough, but worth it.

There are a few things that you can help us with however and we are most grateful for your help. A number of conditions can be dealt with by the Pharmacy First system – see your pharmacist for this. Please only request a telephone appointment if you have a clinical need, if there is information you wish to share with us, please ask our receptionists to pass the message on to us rather than taking up a telephone appointment slot that someone in more need can use.

Finally, I just wanted to say that being off for a six week period and returning to work gave me the perspective of just how much I love being a GP despite the enormous challenges it brings. I have another 27 years before I retire and hope that I can make the most of it and best of it as your GP.

GETTING TO THE HEALTH CENTRE BY CAR

(by John Walton, Chair of the PPG Group)

The junction of the access road leading to the health centre with the main road is very tight, with severely restricted visibility. It is seen by many as an accident waiting to happen. In recognition of the current inconvenience and potential danger, both to road users in general and persons attending the health centre, the Greystoke Patient Participation Group has been making representations to the County Council for a considerable period of time. The preferred solution is seen as the construction of a roundabout junction, which will require the acquisition of some of the adjoining allotment land. It is therefore most encouraging to be advised by Morpeth Town Council that the Secretary of State has now approved the application for the disposal of the land needed for the roundabout.

Car parking provision at the health centre is very limited, with very little scope to increase provision. A meeting with the NHS Property Company and the Practice Managers of both Greystoke and Gas House Lane was recently held to explore the possibilities of making the best use of the available car parking space.

Doctors rota.

With the arrival of the new doctors and Dr Marshall on maternity leave we have had to adjust the rota. The new one is shown below. This may be subject to change, depending on annual leave, training etc. You are welcome to contact our reception team at any time to check when GPs are available. Please be aware 11.00 am – 11.30 am is meeting time so GPs may be unable to return calls during this time.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Dr David Ridley	Dr Lucy Carrie	Dr Lucy Carrie	Dr Jane Elphick	Dr Graeme Denman
	Dr Jane Elphick	Dr David Ridley	Dr David Ridley	Dr Karen Thompson	Dr Matt Kurian
	Dr Richard Glennie	Dr Jane Elphick	Dr Richard Glennie	Dr Matt Kurian	Dr Jane Elphick
	Dr Matt Kurian	Dr Richard Glennie	Dr Graeme Denman	Dr David Ridley / Dr Richard Glennie	Dr Karen Thompson
	Dr Karen Thompson	Dr Graeme Denman		Registrar	Dr Richard Glennie / Dr David Ridley
	Registrar	Registrar			Registrar
PM	Dr David Ridley	Dr David Ridley	Dr David Ridley	Dr Jane Elphick	Dr Matt Kurian
	Dr Richard Glennie	Dr Graeme Denman	Dr Richard Glennie	Dr Matt Kurian	Dr Graeme Denman
	Dr Karen Thompson	Dr Thompson	Registrar		
	Dr Lucy Carrie	Registrar			Registrar
	Registrar				

In addition to normal working patterns, the surgery offer Extended Hours for our patients, early morning and late evening. Availability is as follows, again, this is subject to change:

Dr David Ridley	Tuesday	7.30 am -8.00 am
Dr Jane Elphick	Tuesday	7.30 am -8.00 am
Dr Richard Glennie	Tuesday	6.30 pm - 7.00 pm
Dr Graeme Denman	Tuesday	6.30 pm - 7.00 pm
Dr Karen Thompson	Friday	7.30 am -8.00 am
Dr Matt Kurian	Friday	7.30 am -8.00 am
Practice Nurses		
Trish Ridley	Tuesday	7.30 am -8.00 am
Helen Loughran	Tuesday	7.30 am -8.00 am
Jilly Bell	Tuesday	6.30 pm - 7.00 pm

IT News

We've recently refreshed the practice **website** so would be most grateful if you could update your browser / favourites with:

<http://www.greystokesurgery.co.uk/>



We have also joined **Facebook** - look for us at 'Greystoke Surgery'.

We thought it would be a great way to communicate quickly and directly with patients / public, with any News or Developments within the surgery.

Morpeth Talking Newspaper is produced every two weeks and is a recording of the two previous editions of the Morpeth Herald. Produced with the agreement and co-operation of the Editor and Publishers of the Morpeth Herald, it is freely available to anyone who is blind or partially sighted living in the UK. The work of the registered charity is done by volunteers who record, post out to listeners on USB memory sticks, using free post facilities and wallets with a return label. If you would like more information or if you know someone who would like to receive the Morpeth Talking Newspaper, please get in touch with Simon Foley, 01670 514673. Susifo1@btinternet.com

Depression and low mood: A guide for partners

Good relationships are important to good mental health but so often the partners of people dealing with depression and low mood are overlooked. A new and innovative resource seeks to change this with practical tips for partners to help their loved ones while protecting themselves along the way. Northumberland, Tyne and Wear NHS Foundation Trust and the relationship research charity OnePlusOne joined forces to create an interactive downloadable booklet, 'Depression and low mood: A guide for partners'. This partnership of experts has decades of experience, which means that each section of the booklet and the accompanying videos are steeped in evidence-based research and science. This project aims to make people:

- understand why quality relationships are one of the most important factors in health and wellbeing
- identify the difference between low mood and depression
- recognise and help with the range of symptoms that a depressed person may experience



'Depression and low mood: A guide for partners' explains how depression can affect a relationship, and offers practical tips on how to stop the confusion and blame cycle. It avoids leading a partner into being overprotective yet shows clearly how to help break the cycle of depression. People are already accessing this valuable resource as part of their own self-help work or alongside more traditional medical support. It has also been recommended by a range of mental health practitioners. Penny Mansfield CBE, Director of OnePlusOne, said: "Living with a partner who is struggling with low mood or depression can be tough. Yet supporting one another through tough times is what we expect from our relationships. It can be challenging to work out what's best for your partner and for you. In this simple guide we focus on common worries such as: Am I over-reacting? Am I making it worse? How do I get help for my partner? The guide brings research on relationships and mental health to life, by offering practical tips on how to cope and when to get some extra professional help." www.ntw.nhs.uk/pic/selfhelp

Mental health services for veterans

NHS England has launched improved mental health services for veterans in response to a national engagement undertaken last year. The service, called the NHS Veterans' Mental Health Transition, Intervention and Liaison Service seeks to provide increased access and treatment in a more uniformed manner that is sensitive to the needs of patients and their families. A significant benefit of the new service is that armed forces personnel approaching discharge can also now access NHS care and treatment for mental health conditions. Available across England, patients are able to self-refer or request referral via a health care professional or service charity, regardless of when they left the armed forces. To find out more visit: www.england.nhs.uk/commissioning/armed-forces/veterans-mental-health-services/