

# GREYSTOKE GAZETTE

ISSUE 73

MARCH-APRIL 2017

## New Appointment System

We are delighted to say the new appointment system is going well and we have had overwhelmingly positive feedback about it. As we monitor it we have noticed that the majority of our telephone calls come in between 8am and 9.30am and Mondays are very busy. There is no longer a need to telephone early to get the few appointments that were available on the day in the old system. To save you the frustration of having to repeatedly ring if we are engaged you may want to ring later in the day and avoid Mondays if possible. Listed below are the days the GPs are in so that if you want to speak to a specific GP you know which day to ring (days can change occasionally for meetings or holiday cover).

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	Dr David Ridley	Dr Carrie	Dr Carrie	Dr Elphick	Dr Marshall
	Dr Jane Elphick	Dr Ridley	Dr Ridley	Dr Thompson	Dr Kurian
	Dr Richard Glennie	Dr Elphick	Dr Glennie	Dr Kurian	Dr Elphick
	Dr Matt Kurian	Dr Glennie	Dr Marshall	Dr Ridley/Glennie	Dr Thompson
	Dr Hannah Marshall	Registrar	Registrar	Registrar	Dr Glennie/Ridley
	Dr Karen Thompson				Registrar
	Registrar				
<b>PM</b>	Dr Ridley	Dr Ridley	Dr Ridley	Dr Thompson	Dr Marshall/Elphick
	Dr Elphick/Marshall	Dr Glennie	Dr Marshall	Dr Kurian	Dr Kurian
	Dr Lucy Carrie	Dr Thomson	Dr Glennie	Registrar	Registrar
	Registrar	Registrar	Registrar		

## SMS Text Service

The practice has recently introduced a Text Messaging Service. If you would like to sign up to use this service, please contact reception, pick up a consent form from reception area or click on link on our practice website to print consent form and hand it in at reception. It is vital that you keep your mobile number up to date on our system. Only patients 16 or over are eligible to sign up to this service. Useful information can be shared via text eg.

Reminders of forthcoming appointments

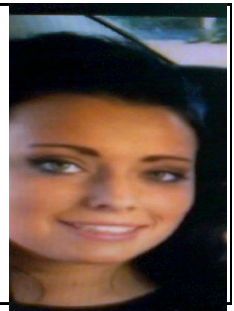
Requests for patients to make an appointment for example: immunisations, reviews

Notifications of 'normal' test results



## Staff News

Hi, my name is Rebecca and I have been recently employed by Greystoke Surgery, before joining the surgery I previously worked as an apprentice at Bedlingtonshire Medical Group. I was transferred here to finish my apprenticeship and I was fortunate enough to be offered a full time permanent role as a receptionist. I hope to expand on the knowledge that I have and gain more experience. I have thoroughly enjoyed my time at Greystoke so far and hope there are many more to come.



## Message from Jilly Bell Practice Nurse



Here at Greystoke Surgery we do take our own, as well as your, health and well-being seriously. Many of the staff members cycle, swim, walk and attend local gyms or sports centres. I run and would like to share with you the growing phenomenon, which is parkrun.

Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.

These events take place in pleasant parkland surroundings and encourage people of every ability to take part. From those taking their first steps in running to Olympians; from juniors to those with more experience, everyone is welcomed.

Our local parkrun is at Druridge Bay. If you are interested, login to the parkrun website, complete the registration form and print off your unique Barcode. This barcode is taken to every parkrun: they are always a Saturday morning, starting at 9AM. So come along and see for yourself, I am there most Saturdays, if you see me say hello. The café is open for post run refreshments, and I have heard they do a good bacon butty.

## Useful Vision

Useful Vision provides positive opportunities and activities for vision impaired children aged 0-19 and their families in the North East. Upcoming events are:

- Exclusive Audio Descriptive viewing of 'Beauty and the Beast' film at Vue Cramlington, Saturday 25th March, 10.00am - 12.00pm.
- Family Day at Washington Wetlands. Take a tour of the wetlands, get creative with jungle themed crafts, explore a bug's life pond dipping and find out about the otters at the feeding session. Saturday 1st April, 10.00am - 2.00pm.
- Tiny Town, Newcastle. Enjoy an afternoon of role play at Tiny Town - an adventure for growing minds! Jo Jingles will be there to provide Easter themed musical activities. Suitable for children aged 8 and under. Thursday 13th April, 1.30 - 3.00pm.
- Skills Workshops. It's all about you! Young people have a voice! Monthly Skills Workshops for vision impaired children aged 10 and over. Gain confidence, make new friends and learn new skills.



If you have a vision impaired child and would like to register with Useful Vision or are already registered with Useful Vision and would like to attend an activity, please contact the office on Tel: 0845 604 8491 or email [office@usefulvision.org](mailto:office@usefulvision.org).

## NATIONAL NO SMOKING DAY

Wednesday 8TH March 2017

No Smoking Day is a great opportunity to stop smoking. Our nurses offer smoking cessation advice for 12 weeks to help you break the smoking cycle, supporting you to quit smoking cigarettes or using E cigarettes. Research suggests 68% of people will continue to smoke when vaping. With this support you are 4 times more likely to quit.



If you would like more information please make an appointment with the nurse, please do not worry if you have had quit attempts in the past and relapsed you will eventually succeed.