

GREYSTOKE GAZETTE

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Surgery News

New members of the team

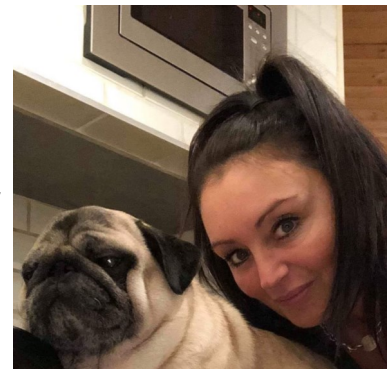


Hi, my name is **Carry Horrocks**. I am delighted to have joined the Greystoke Surgery team as an Advanced Nurse Practitioner from the 1st April. I have been a nurse for 25 years, spending the last 5 years in general practice looking after a wide range of patients. My background includes surgical nursing, offender health and care of the elderly. I really enjoy family practice and the variety of the work it brings. In my spare time I love walking with my dogs in the beautiful Northumberland country side and spending time with close family and friends. Last year I learned to ride a motorbike which has always been an aspiration! I look forward to meeting you.

Katrina Douglass

Hi I've been at Greystoke surgery for 4 weeks now - you'll see me around reception for the next few months as I'm covering maternity leave for another staff member.

I live in Cramlington with my husband, daughter and my dog, I previously worked in a GP surgery in Jesmond for over 9 years until I came here, I really love being a part of the Greystoke team and look forward to meeting you all.



Our 2 new musculoskeletal specialists will introduce themselves next month

Do you suffer from knee or hip pain caused by osteoarthritis (also known as wear and tear arthritis)? 

A new evidence based programme has been launched which has been shown to reduce pain and improve physical function resulting in improved well-being, self-confidence and self-esteem. It is available widely across the UK and is supported by NHS England and Versus Arthritis. The programme has attained multiple awards and endorsements. We now have access to a programme at Concordia, Cramlington. You qualify for the programme if you are aged 45 or older and have suffered chronic knee or hip pain for at least 6 months. Classes are run by an exercise professional and physiotherapist, and delivered over 12 sessions (2 classes per week over 6 weeks). Each class integrates education and exercise.

If you would like to be referred please speak to your GP or practice nurse.

For more information contact nrowley@activenorthumberland.org.uk or visit <http://www.escape-pain.org>.

10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW



Calculator%
This app looks like a calculator but functions like a secret photo vault.



Omegle
A free online chat website that promotes chatting anonymously to strangers.



Snapchat
This is the way most teens communicate with each other. Sending messages and snaps that disappear within seconds and stories go away after 24 hours. Teens live for a "streak" of communication.



Whisper
An anonymous app where the creators promote sharing secrets and meeting new people.



Ask.fm
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.



Hot or Not
Strangers rate your profile. Goal is to lead to a hook up.



Burn Book
Post anonymous rumors about people through audio messages, texts, and photos.



Wishbone
An app that allows users to compare kids against each other and rate them on a scale.



Kik
Messaging app. Kik has built in apps and web content that would be filtered on home computer.



Instagram
Many kids are now creating fake accounts "finsta" to hide content from parents. Kids also like to text using Instagram because most kids know parents won't check messages.

FOR MORE INFO: APPSOLUTELYAPRIL.COM

Please note: Due to the nature of the Internet and App Store, web and app resources change often. Any outdated material will be corrected and updated.
This graphic was created by April Requard.