

# GREYSTOKE GAZETTE

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## Surgery News

### We wish all our patients a Healthy and Happy 2020

We start 2020 with a theme of being kind to ourselves and others.

#### Carers

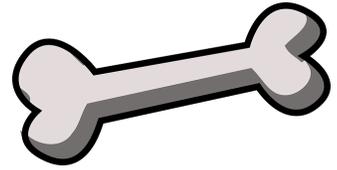
At Greystoke we are currently looking to identify carers within our practice. Our aim is to offer as much support as we can by signposting to the relevant support services, offering routine health checks and annual flu vaccinations to those who otherwise wouldn't be eligible. If you are providing unpaid care to a friend, relative, neighbour etc. please contact the surgery to make an appointment with one of the nursing team. If you already attend regular reviews for a health condition we can incorporate this at the same time. Carers don't often see themselves as a carer so because of this they may not be aware of what they may be entitled to and often through the demand, stress and pressure of being a carer their own health can often be effected. Please can we also ask that if you have previously been coded as a carer and are no longer fulfilling this role contact the surgery so we can update our records. Many Thanks we look forward to hearing from you.

Kate Stephenson, Health Care Assistant



## Bone Health Project

We have started work with a pharmacist called Lewis Sutherland on a bone health project. The project will be pro-actively identifying people who may be at risk of osteoporosis. Osteoporosis is a condition where the bones become less dense and are more likely to break when exposed to force e.g. with a fall, with the main concern being hip fractures. Osteoporosis is symptomless, and is diagnosed with either a bone density scan (DEXA scan) or following a fracture. Lewis will contact people who may be at risk of developing osteoporosis to discuss going for a bone density (DEXA) scan at Wansbeck of North Tyneside hospital as a "check-up" for their bones. If the DEXA scan shows osteoporosis, Lewis will discuss potential treatment options. More information about osteoporosis can be found on the [www.patient.co.uk](http://www.patient.co.uk) web-site.



## Make Life More Meaningful

Gratitude is an emotion we experience in appreciation for what we have or receive, rather than what we think we need or want. Showing gratitude can make us feel more positive and give life more meaning. With gratitude, there is happiness, and with happiness there is appreciation of the 'present moment'.

So many of us go about our daily lives unintentionally missing life's precious moments and forgetting what we have to be grateful for. It might be the roof over our heads, the food in our cupboards or the clothes on our backs. These are items we expect to be there each day, but which many people in the world do not have.

Some people like to keep a gratitude diary. Each morning try writing down 3 things that you are grateful for. Avoid writing down the same things; this will challenge you and as time goes on it will help enhance your sense of well-being.



## Viral Gastroenteritis/Norovirus

We are seeing a lot of cases of this. If you have symptoms wash your hands with liquid soap and warm running water:

- Following an episode of diarrhoea or vomiting
- After using the toilet
- Before handling and eating food

Following an episode of diarrhoea or vomiting, clean and disinfect the affected area with a chlorine-based disinfectant product, e.g. household bleach, Milton. Do not use alcohol handrub as it is not effective at killing the virus.

Stay at home and do not visit hospitals (unless an emergency) or care homes until symptom free for 48 hours.

## Learn To Listen

A good listener can solve problems, resolve conflicts and improve relationships. However, with so many distractions in the 21st Century, we can all find ourselves losing concentration and becoming preoccupied with our own surroundings, mobiles or the constant presence of social media.

Within the workplace, concentrating on what is being said can result in greater understanding, fewer errors and less wasted time.

The following tips can aid concentration and help us learn to listen:

- Maintain eye contact and ensure you are facing the person talking to you
- Listen with empathy and identify with the speaker
- Avoid being judgemental, ensuring that you keep an open mind
- Be patient whilst listening and do not interrupt!
- Pay attention and don't be distracted
- Ask! Never hesitate to ask for clarification to make certain you understand what is intended



"One of the most sincere forms of respect is actually listening to what another has to say"

-Bryant McGill