

GREYSTOKE GAZETTE

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Surgery News

Hi everyone! I'm Esther Hope, Dr Kurian's little lady! This September I will be one year old. When I was born I had to be in the special care baby unit for 2 weeks at the RVI, as I had floppy airways because of Down Syndrome. Mummy and Daddy got lots of support from Tiny Lives, the charity that works alongside the special care baby unit. Tiny lives works with parents to support the newborn baby with additional resources that the NHS is not able to provide such as neonatal physiotherapists, developmental care aids and equipment, specialist training for nursing staff, support packages as well as emotional support to parents. To say thank you, Daddy is going raise money for them by cycling 1000km on an exercise bike in the waiting room everyday between the 9th and 13th of September and on the morning of the first flu clinic on Saturday the 21st of September.



If you would like to support Daddy on this fundraising escapade, you can donate in the following ways...

Visit Daddy's Justgiving Page at <https://www.justgiving.com/fundraising/dr-matt-kurian>

Put your money into an envelope, label it 'Tiny Lives' and hand it in to reception

When Daddy is cycling there will be a bucket you can throw some money into whilst watching him sweat!

I might be there at times to cheer Daddy on with my pompoms! Thank you for supporting Daddy and Tiny Lives!

Lots of love, EHK



Winter 2019 to 2020 Influenza Vaccination Campaign

It is that time of year again when the nights draw in, the mornings get colder and we start our annual Influenza Vaccination Clinics. Once again this year the type of vaccine will be different depending on if you are over or under 65 years of age, therefore we will once again be inviting you to clinics depending on the vaccine that will best protect you from "Flu" this winter. We have made a slight change to our clinics. For those aged of 65 years we will as usual be inviting you to a Saturday morning clinic but for those under 65 years of age we will be running an evening clinic which we hope will prove more convenient. Don't worry if you can't make these clinics the nurses will be working hard to offer appointments in the following weeks.

Letters of invite will be sent out to those eligible for a NHS flu vaccination from us in the next 3 weeks.

Dr Richard Glennie. Influenza Vaccination GP Lead

We said a fond farewell to Dr Kate Rowley and Dr Charlotte Ratcliffe in August and are delighted to welcome 3 new GP registrars to the practice who introduce themselves below:

Dr David Mathews

After finishing our first two years of working as doctors, my wife (who is also a GP Registrar) and I spent four months working in a Mission Hospital in Kenya. We really enjoyed this experience and learned a lot... including managing very sick patients, doing Cesarean Sections etc.

We have now returned to Newcastle to complete our General Practice Registrar training.

I like all areas of General Practice, but my particular interests include Global health / Tropical medicine and Expedition Medicine.

Outside of work, I like to play sport (all ball sports, particularly cricket and golf), walk in the beautiful Northumberland countryside, strum along on the guitar, and spend time with family and friends.

I am also very involved with my Church, and my faith is very important to me.



Dr **Heather Sherriff** and Dr **Erin Bloxham** will introduce themselves next month.

Some thoughts to help us in our busy lives.

Practice Empathy

It is important for many of us to feel a sense of belonging or to have affinity with certain people or groups. When we have this connectedness, it can be easier to show our empathic side when interacting with those people. We all have basic human needs for social networks and relationships and this can help us to reach out to others to offer support.

It may be more difficult to empathise with people we don't know, or understand, so that sometimes takes a little more practice. Next time someone pushes past you in the queue, instead of getting mad, think about why they might have done that – think of the reasons why it might have been important to them – a sick child, running late for work, or a traffic warden approaching – and then let it go and show understanding.

What is Your Purpose In Life?

We can sometimes find ourselves losing sight of our values, particularly when we are entrenched in our busy lives. Every now and then, it pays to re-identify with what those values are - and check in to see if we are still living by them. Unlike life goals, reviewing our values is an ongoing process that does not reach an end. Look back over the last year and ask yourself 'did I live by my values?' For example, what sort of partner, friend, child, sibling, employee or community member was I? Did I spend enough time doing things of value such as supporting other members of my team, cooking healthy meals for an elderly parent, volunteering at a local charity? Getting back in touch with your values allows you to re-focus on what is important and acting on this enables us to lead a rich and meaningful life.



Medical Students

We would like to thank our patients for helping us continue to support Medical Student Teaching.

- From January 2020 to July 2020, the surgery will host 3rd Year Students every Tuesday (AM & PM).
- From January 2020, we will host a 4th year Student for 6 weeks.
- We will also have 2 pairs of 2nd Year Students and they will come for a day in December 2019 and a day in March 2020.

Dr Hannah Marshall, Medical Student Lead