



**The PPG and All the Staff at Glenroyd Medical
Wish you all A Happy and Healthy 2019**

The 'Here & There Newsletter' is Compiled and Printed by Members of Your Glenroyd Medical's Patient Participation Group (PPG) Committee for your Information and Amusement.

If you have any information relevant to the Newsletter and your PPG. Please contact by e-mail

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Subject: - 'PPG Newsletter'

Thank you

GLENROYD MEDICAL TELEPHONE No.s

Moor Park 01253 953 500

Appointment /Cancellation Line - **1** Receptionists Line - **2**
Secretaries Line - **3**

Whitegate Drive 01253 951 500

Appointment /Cancellation Line - **1** Receptionists Line - **2**
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www.glenroydmedical.co.uk

This Edition of Glenroyd Medical's Newsletter was Published in February 2019
Lookout for the next Edition from May 2019

HERE & THERE



GLENROYD MEDICAL'S FREE SPRING NEWSLETTER PLEASE TAKE ONE



We Hope You Find it Useful & Informative

The Royd Family Enjoying the Winter Weather



Mother - Glenis, Father - Glen
Grandma - Gran, Grandad - Pop,
Daughter - Mau (Mo)
Baby - Titch, Son - Wills

Who Does What at Glenroyd Medical ?

Glenroyd Medical has a wide range of Highly Qualified Medical Staff who compliment our General Practitioners (GPs).

They Include :- The Pharmacist Team, Clinical Nurse Managers, Advanced Medical Practitioners -- **who can all Prescribe Medications**

We also have :- Specialist Nurses, Practice Nurses, Assistant Practitioners, Health Care Assistants **They are all Qualified in different specialisms**

District Nurses, Midwives, Health Visitors are Attached to Glenroyd

For details of all the teams qualifications please refer to the Practice Booklet available at receptions or the Practice Website:



Our Team of Receptionists *Are the front line - 'Our Go Betweens'*

The Receptionists at Glenroyd Medical are there to help us, the patients, with any queries, They phone us with messages, from the Medical Staff if you need a follow up appointment after a blood test or a hospital visit.

Dose the Surgery Have All Your Contact Details ?

Have You changed your Name, Address or Phone Number recently ?
Did You Notify the Surgery of these New Details?

It is important, so they can still contact you if necessary



NOW AVAILABLE

Fylde Coast Integrated Urgent Care Service
Pre- Bookable Evening & Weekend Appointments
With GPs & Other Health Professionals
At Blackpool, Fleetwood, Freckleton

No matter where you live or
which GP practice you are registered with
Mon - Fri -From 6-30pm, **Weekends** 8am to 8pm
Pre- Book Appointments through
Your GP Surgeries
OR Out of Surgery Hours - 01253 952 950

**Please Treat All Our Staff with the
Respect You Would Want to be Treated**





FUN PAGE

MERRY JOKES RIDDLES & JESTS

1. How did the skeleton know it was going to rain?
2. What's green and white and jumps up and down?
3. Why did the music teacher need a ladder?
4. Who invented fire?

QUIZ

1. What is the capital of Portugal?
2. Which doll is Ken's girlfriend?
3. Colonel Thomas Blood tried to steal what in 1671?
4. What does the abbreviation R.A.C. stand for?
5. What is the name of the largest natural lake in England?
6. Who lives at Number 11 Downing Street?

ANSWERS

1. Lisbon
2. Barbie.
3. The Crown Jewels.
4. Royal Automobile Club.
5. Wimborne
6. The Chancellor of the Exchequer.

QUIZ

1. She could feel it in her bones!
2. A frog sandwich!
3. So she could reach the high notes!
4. Some bright spark!

JOKES & RIDDLES



GLENROYD MEDICAL'S NEWS



The PPG (Patient Participation Group) **Need Your Help**, to become a **Volunteer** to help run the Book Stall, at the Moor Park Surgery. Especially on **Monday morning** to assist in the setting up the stall and/or on **Wednesday Mid-day** to pack up and put the goods away, on a Rota. *Please leave your details with the Receptionists, Thank You.*

Without this help we may have to stop running the Book Stall and thus we will be unable to raise the much needed money to fund the production of this Newsletter as well as past and future Editions. The funds raised in past years has also paid £ 817.80 for the new 'Treatment Couch', so the District Nurses can carry on their vital work

Thank you again to all those of you who have supported the **PPG Book Stall at Moor Park**, either by purchasing the books and /or the CDs and DVDs on sale **most Mondays and Tuesdays, all day, and Wednesday mornings**, as well as supplying us with the goods to sell.

If you know of any such goods that are finished with, we are always grateful to receive them. They can be left when the stall is open or with the Receptionists at both surgeries, any time



"Why do Patients Miss Appointments?"

When you phone up for an Appointment, with a Doctor, Nurse or Pharmacist, to be told you will have to wait ages, it is upsetting.

Then to find out that over **300 Patients** did not turn up or cancel their appointments last month -- something is **WRONG** !

We know that the occasional missed appointment can not be helped because of a family emergency., and other unforeseen incident

BUT PLEASE make that phone call to **CANCEL**, no matter how close it is to the time of that **NOT** needed appointment - then someone else can have that time slot, for what could be a - "**Life Saving Visit**"

Could You or Somebody You Know Benefit More From Your Local Pharmacist / Chemist ?

They can discuss your Medication,
Give Advise and Prescribe Minor Ailment Treatment - (in Private if Requested)

eg :- Weight, B/P, Flu Injections,
and many of the Conditions opposite
If they don't have what you need, they can direct
you to the best place to get the Extra Treatment.

Have you nominated your Local Chemist
(Pharmacist) to order, dispense, deliver
and /or let you collect, your Prescribed Medication

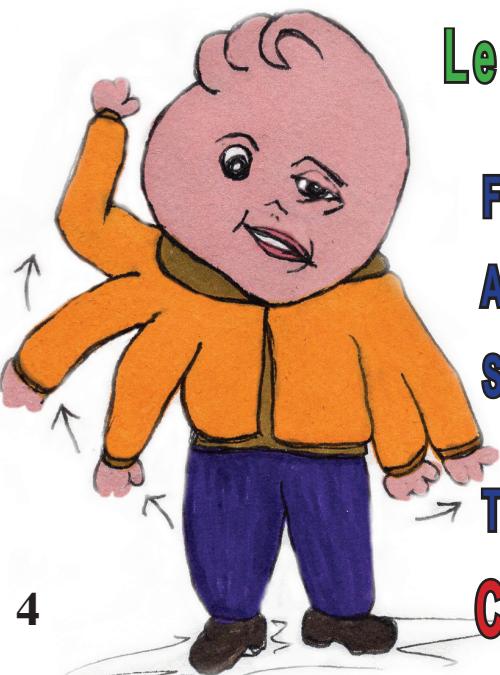
Make More of the Chemist Closest to Home
They are There to Help !

Learn the signs of a Stroke **F. A. S. T.**

Face:- Ask the person to Smile
- Does one side of the face droop ?
Arm:- Ask the person to raise both arms
- Does one arm drift down ?
Speech:- Ask the person to repeat a phrase
- Is their speech slurred or strange ?

Time:- If you see any of these signs

Call 9.9.9 right away



STEPS TO HEALTH

Exercise is a way to a healthy body and mind
There are many ways of keeping fitter and thus healthier, not just going on organized walks or the gym, there are outdoor gyms, cycling, swimming, gardening, walking football and netball; dance classes, there are even exercise sitting in your chair.

Looking for a cheap and easy way to be more active --

- **take to the stairs.** It burns up more calories per minute than jogging and counts to your recommended 150 mins of weekly exercise. It is also good for stronger bones, cardiovascular fitness and weight management, for a safe, low-impact exercise that requires no new equipment,
(unless you live in a bungalow or work where they have no with stairs)
Also join in with Children's fun games, Skipping, Climbing frames, 'Live well exercises', 'Couch to 5K', Power Walking. etc

GET FREE EQUIPMENT - Check Community Freebie Websites
eg **Freegle, Freecycle and Snaffleup**
For more information, details and contact info
refer to the Practise Website @
www.glenroydmedical.co.uk/Family Health

Are you feeling More Energetic?

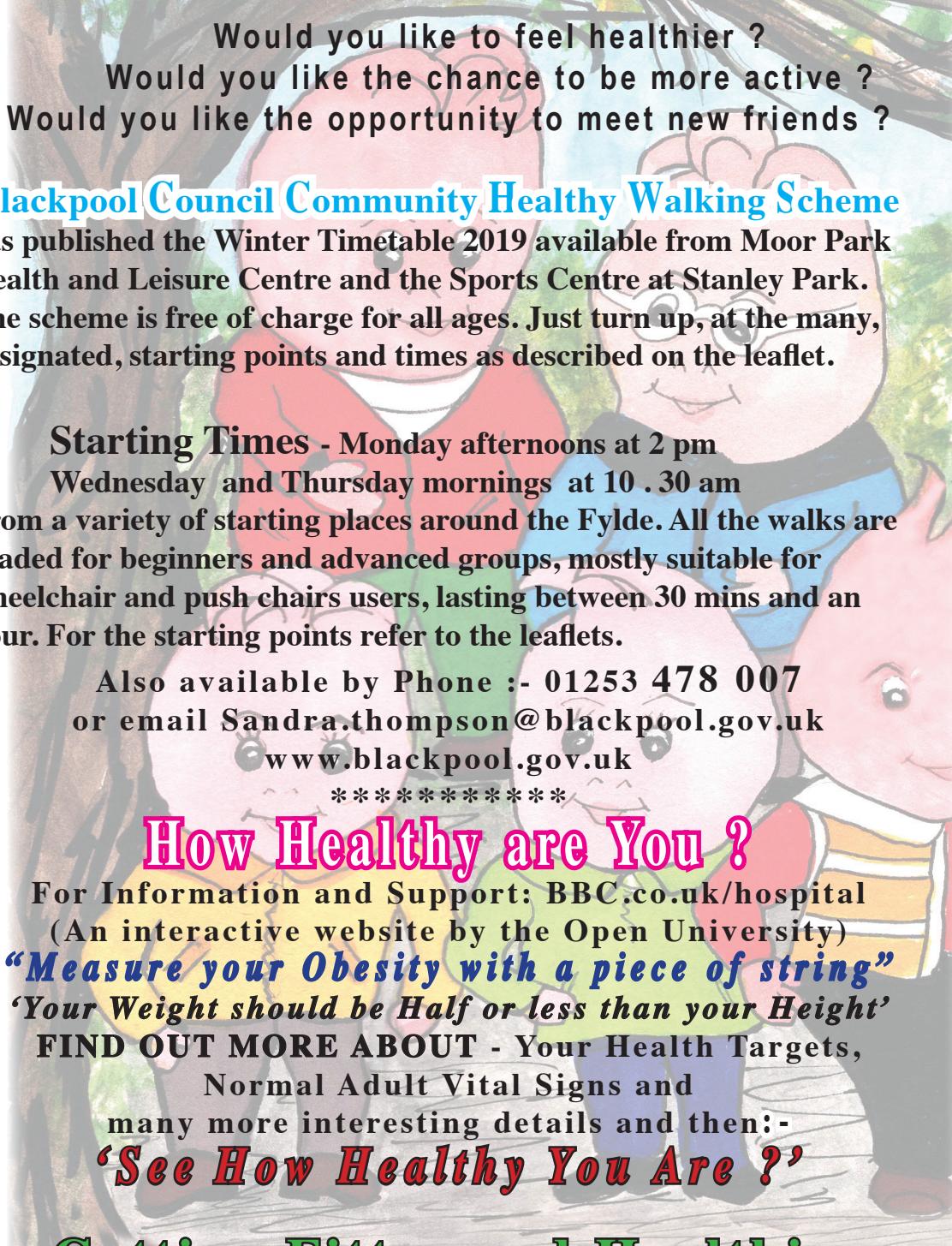
How about the **PARK RUNS** every Saturday at 9am at Blackpool, Lytham Hall and Fleetwood Prom, etc

Each 5 Km. run is **FREE**
For more details and how to Register

www.Parkrun.org.uk/Blackpool
www.Parkrun.org.uk/Lythamhall
www.Parkrun.org.uk/fleetwood prom

Does not have to cost a Fortune 9

STEPS TO HEALTH



Would you like to feel healthier ?
Would you like the chance to be more active ?
Would you like the opportunity to meet new friends ?

Blackpool Council Community Healthy Walking Scheme

has published the Winter Timetable 2019 available from Moor Park Health and Leisure Centre and the Sports Centre at Stanley Park. The scheme is free of charge for all ages. Just turn up, at the many, designated, starting points and times as described on the leaflet.

**Starting Times - Monday afternoons at 2 pm
Wednesday and Thursday mornings at 10 . 30 am**

From a variety of starting places around the Fylde. All the walks are graded for beginners and advanced groups, mostly suitable for wheelchair and push chairs users, lasting between 30 mins and an hour. For the starting points refer to the leaflets.

Also available by Phone :- 01253 478 007
or email Sandra.thompson@blackpool.gov.uk
www.blackpool.gov.uk

How Healthy are You ?

For Information and Support: BBC.co.uk/hospital
(An interactive website by the Open University)

“Measure your Obesity with a piece of string”

‘Your Weight should be Half or less than your Height’

**FIND OUT MORE ABOUT - Your Health Targets,
Normal Adult Vital Signs and**

many more interesting details and then:-

‘See How Healthy You Are ?’

Getting Fitter and Healthier ...

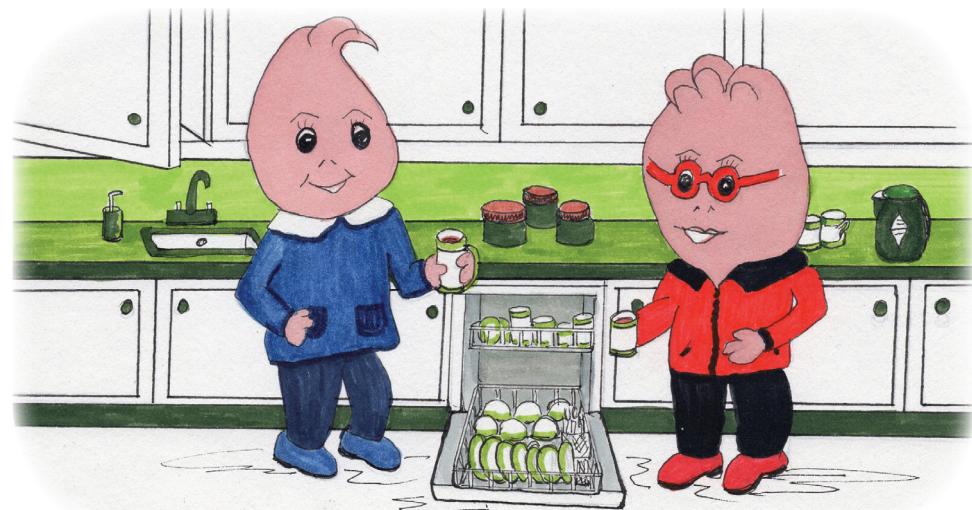
**FROM 1st JULY 2018 SOME TREATMENTS
FOR THE FOLLOWING CONDITIONS WILL
BE UNAVAILABLE ON PRESCRIPTION ***

- *Acute sore throat
- *Cold sore
- *Colds, coughs and congestion
- *Conjunctivitis
- *Cradle cap
- *Haemorrhoids
- *Infant colic
- *Mild cystitis
- *Contact dermatitis
- *Dandruff
- *Diarrhoea (adults)
- *Dry eye/sore (tired eyes)
- *Earwax
- *Excessive sweating
- *Head Lice
- *Indigestion and heartburn
- *Infrequent constipation
- *Infrequent migraine
- *Insect bites and stings
- *Mild acne
- *Mild dry skin/ sunburn
- *Mild or moderate hay fever/ seasonal rhinitis
- *Minor burns
- *Mouth Ulcers
- *Nappy Rash
- *Oral thrush
- *Prevention of dental caries
- *Ringworm/athletes foot
- *Teething/mild toothache
- *Theadworms
- *Travel sickness
- *Warts and Verrucae
- *Probiotics
- *Vitamins and minerals
- *Minor conditions associated with pain, discomfort and/or fever (eg. aches and sprains, headaches period pain, back pain)

If you suffer from one of these conditions, please purchase medication from your local pharmacy or shop. Your Pharmacist will be able to advise you on the best course of treatment.

Some people will still be prescribed medication for illnesses. For example people who have long- term illnesses like arthritis or more serious illnesses like cancer.

A Sunday Afternoon



MUM (Glenis): Have you seen the family?

Just because it's Winter does not mean they should just sit around, in front of the TV and stuff themselves all afternoon,

GRAN: I know how to sort them out!! "*Come on, all of you, get your outdoor clothes on - we are all going out !*"

MUM: Good idea, just let us finish our brews. Oh ! That means I can wear the new boots I got for Christmas.



LATER

GRAN: Well was that a good idea?

A bracing breath of fresh air, for us all

POP: By Jove, I feel better for getting out and managing to get some much needed exercise

GRAN:- Its good to see the children's smiles as they bounce around.

DAD (Glen): It's also meant that Mo has been able to ride her new bike and Will his scooter. There are other folk on skateboards, bikes, and walking their dogs, all enjoying the fresh air.

MUM:- Do you realize that the recommended 30 minutes moderate walk, each day will do us all a power of good, both physically and medically.

POP :-To say nothing of

'Blowing the Winter Cobwebs Away !'